

INTERCONNECTED

Westlock Interagency Newsletter | Feb 2022



WHAT'S HAPPENING THIS MONTH?

Learn more about the programming and events taking place within Westlock, and surrounding area.



"Where there is

love there is life.

- Mahatma Gandhi

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The next newsletter will be March. To be included please ensure that you have your events and forms sent in by the end of April. Thank you!

Submit by emailing: westlock.interagency@hfalberta.com

The Early Childhood Intervention program is offered across the North Zone. Call the office nearest to you:

Barrhead	(780) 674-3408
Cold Lake	(780) 594-4404
Edson	(780) 712-2720
Fairview	(780) 835-6161
Fort McMurray	(780) 714-5616
Grande Prairie	(780) 513-7500
High Prairie	(780) 523-6450
Hinton	(780) 817-4105
Lac La Biche	(780) 623-4471
Peace River	(780) 624-7253
Slave Lake	(780) 849-5101
St. Paul	(780) 645 3396
Valleyview	(780) 525-3338
Whitecourt	(780) 706-3173

For more information on the Early Childhood Intervention Program in your area please contact:

Melody Ulmer
Infant & Child Development
Coordinator

Coverage Areas Include: Barrhead,
Westlock, Swan Hills, Lac Ste. Anne,
Thorhild, and Radway

Office:
Barrhead Community Health Services
780-674-3408 ex. 246
melody.ulmer@ahs.ca

Health Link
Call toll free, 24/7:
811



Revised 2016



**Early Childhood
Intervention
Program**

North Zone

What is the Early Childhood Intervention program?

The Early Childhood Intervention Program provides support to families of infants and children with developmental delays or disabilities from birth to school age.



We are here to help!



Services include:

- Developmental screenings and assessments
- Client visits and group activities
- Information on child development, parenting and play activities to encourage specific skill development.
- Connections for families to therapists and/ or community agencies
- Support in planning children's preschool years

The Early Childhood Intervention program is:

- Free
- Voluntary
- Home based
- Supportive
- Confidential



Further information on child development is available at:

www.MyHealth.Alberta.ca

www.healthyparentshealthychildren.ca

For fun play activities to try with your infant, toddler or preschooler check out:

<http://www.albertahealthservices.ca/services/Page13151.aspx>

EMPLOY *Abilities* NORTH

Serving the Communities of Bonnyville,
Cold Lake, Lac La Biche, St. Paul, Vegreville,
Athabasca, Westlock, and Barrhead

Employment & Training Services Provided to Albertans with Disabilities

JOB SEEKERS

Employment Facilitators work with you to:

- Explore your skills and abilities
- Find solutions that meet your unique needs
- Develop a career path
- Assist with resumes and cover letters
- Improve interview, networking, and job search skills
- Provide up-to-date labour market information and links to potential employers
- Empower you to overcome barriers to obtaining and maintaining employment
- Provide on the job supports and short term jobcoaching



EMPLOYERS

We can help you by:

- Referring qualified people with compatible skill sets
- Supporting the interview process
- Conducting job analysis & job carving
- Assisting in the process of accessing work-related devices for individuals with disabilities
- Assisting in establishing job retention strategies and goals
- Providing awareness workshops, information, and resources on a variety of disabilities
- Supporting your efforts to bring diversity to your workforce
- Developing a workforce that reflects your customer base
- Providing access to a larger labour pool

CONTACT US:

Bonnyville	780-201-6005
Cold Lake	780-594-6244
Lac LaBiche	780-623-1281
St. Paul	780-614-1944
Vegreville	780-603-8182
Athabasca	780-307-7216
Westlock	780-307-7192
Barrhead	780-307-6712

EMPLOY
Abilities

a division of

www.employabilities.ab.ca





1. Navigate to <https://employabilities.ab.ca/>
2. Select Referral Forms across the top and EmployAbilities North on the right-hand sidebar or click this link to take you right to the page <https://employabilities.ab.ca/referral-forms/employabilities-north/>

The screenshot shows the website's navigation bar with 'Referral Forms' circled in red. Below the navigation bar, the 'Referral Forms' page is displayed. On the right-hand sidebar, the 'EmployAbilities North' link is circled in red. The main content area includes a heading 'Referral Forms', a paragraph explaining the purpose of referral forms, and a link to 'Find a list of Edmonton and area programs here'.

3. Fill in the information on the referral form

The screenshot shows the referral form submission page. It includes fields for 'MM', 'DD', 'Referred By:', 'Office Phone:', and 'NE Location:'. Below these fields is a section titled 'Services Needed (click on the title, not the box):' with a list of checkboxes. The 'Job Search' checkbox is circled in red.

4. Select the words not the checkbox on the checklists and then hit submit!



Due to recent service changes because of COVID-19 (Coronavirus), we urge you not to visit local Service Canada Centres unless it is necessary to do so.

Individuals should continue to use Service Canada's many online services whenever possible.

1) Go online: Canada.ca

For the most convenient, easy-to-use and secure way to apply, view or update your information, access our [most requested services online](#). Please note that you can now apply online for a Social Insurance Number (SIN), essential for accessing government services and benefits, through the secure [SIN online portal](#).

2) Call us

Access our [most requested toll-free numbers](#) for service. Please note that call volumes are expected to be high during this time.

3) Get extra help without leaving your home

If you have a question, need extra help or need to make an appointment for an in-person service, fill out the [service request form](#) and a Service Canada officer will call you back within 2 business days.

If your community members or individuals within your network do not have access to the internet or face other barriers, the **Service Canada Outreach Support Centre** will ensure they get access to the services and benefits they need. Call our toll-free number 1-877-637-2657 **TTY: 1-833-719-2657** from 8:30am to 4:00pm Monday to Friday.

4) Visit us by APPOINTMENT

If you require service in-person, please make a request for an appointment by filling out the [service request form](#). A Service Canada officer will call you back within 2 business days. If your request cannot be completed by phone, they will offer you an appointment for service at a Service Canada Centre. Please note that we are not accepting requests for same day bookings.

If you require an appointment and do not have access to the internet, call our toll-free Service Canada Outreach Support Centre at 1-877-637-2657 **TTY: 1-833-719-2657** from 8:30am to 4:00pm Monday to Friday.

February 2022 Workshops for Adults by ZOOM

We have morning, afternoon or evening classes available. Classes are 2.5 hours

Weight Management - [Registration Link](#)

Learn the principles of effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

Tier 2

Feb 2 - Physical Activity & Taming Triggers at 5:30pm
Feb 9 - Making a plan to Eat Well at 5:30pm
Feb 16 - Emotions and Eating at 5:30pm

Tier 2

Feb 17 - Physical Activity & Taming Triggers at 1:30pm
Feb 24 - Making a plan to Eat Well at 1:30pm
Feb 10 - Emotions and Eating at 1:30pm

Tier 3

Feb 23 - Eating Away at 5:30pm
Mar 2 - Factors Effecting Weight Management at 5:30pm

Managing Diabetes - [Registration Link](#)

A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

Part 1 - Feb 1 & 8 at 1:30pm
Part 2 - Feb 15 at 1:30pm

Part 1 - Feb 9 & 16 at 9:30am
Part 2 - Feb 23 at 9:30am

Part 1 - Feb 10 & 17 at 5:30pm
Part 2 - Feb 24 at 5:30pm

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life

Mar 14 at 2:30pm - [Registration Link](#)

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future.

Currently in session

Chronic Pain

Discover changes and strategies to help you live healthier

Feb 23 - Mar 30 at 1:30pm - [Registration Link](#)

Managing Stress

A 2 part workshop on Stress Management

Feb 8 & 15 at 1:30pm - [Registration Link](#)

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

Feb 16 at 9:30am - [Registration Link](#)

Heart & Stroke - [Registration Link](#)

Managing Blood Pressure & Cholesterol
Learn about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Part 1 - Feb 7 at 1:30pm
Part 2 - Feb 14 at 1:30pm

Part 1 - Feb 16 at 5:30pm
Part 2 - Feb 23 at 5:30pm

Part 1 - Feb 17 at 9:30am
Part 2 - Feb 24 at 9:30am

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.

Use the [Get Started](#) button to fill out some information that goes to the Exercise Therapist and you will get a call within 2 weeks to begin your assessment.

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**

Or you can self-register at: <https://www.healthylivingprogram.ca>



Supervised Exercise Program

Real-time
classes

Safe



Fun

Small-group

Interactive

Do your joints hurt too much?
Have a health condition and you're afraid to over do it?
Don't like to exercise in public?
Just getting started? Think exercise is not for you?

Learn to exercise safely while living with a health condition.

Experience the health benefits!

Register for Early Spring Classes Now

Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- Learn to do it safely through Zoom in your own home.
- No equipment needed!

[Click to connect](#) with our exercise team

For information call 1-877-349-5711

Visit www.healthylivingprogram.ca to register



Together we can...

- Harness the power of bulk buying to make an abundant basket of food both affordable and accessible.
- Make healthy, fresh food available in neighbourhoods through the Greater Edmonton area.
- Bring together passionate volunteers and communities dedicated to food security for all.

How does it work? Simple!

- A year's **MEMBERSHIP** is **\$5**. (Lasts from March to March of following year).
- A **PRODUCE BASKET/ORDER** is **\$15** (3 types of fruits, 3 types of vegetables)
- A **MEAT BASKET/ORDER** is **\$20** (2-3 fresh-frozen meats, with a no-pork option).
- Each month before or on **'ORDER DUE DAY'**, members **ORDER** and **PREPAY** for their food baskets at their local depot with cash.
- Visit www.wecanfood.com for the online ordering process *A Paypal account is required. We do not accept credit or debit.
- On **'PICKUP DAY'**, two weeks later, members return to their depot to pickup their food!

Benefits for **pre-paying** for your order:

- Leverages the purchasing power of bulk produce and meats
- Gives you a head-start on your meal planning.
- Ensures your access to quality food later in the month.
- Helps you plan your grocery list knowing there will be meats and produce in your refrigerator.

2022 Food Basket Schedule

Month	Order Due Date	Pickup Thurs.	Pickup Fri.
January	7	20	21
February	4	17	18
March	4	17	18
April*	8	21	22
May	6	19	20
June	3	16	17
July*	8	21	22
August	5	18	19
September*	9	22	23
October	7	20	21
November	4	17	18
December	2	15	16

* Monthly payment and pick up day changes.

Support for our program comes from...



We are located at...

The Jerry Forbes Centre
12122 68 St NW, Edmonton, AB T5B 1R1
Phone: 780-413-4525
Email: info@wecanfood.com
Website: www.wecanfood.com

Office Hours: Wed. – Fri. from 9am to 2pm

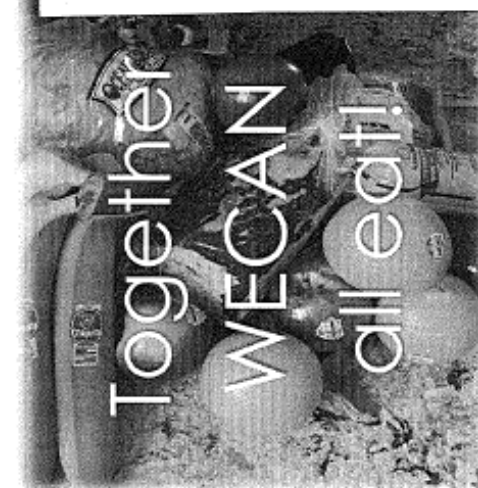
Tax receipts are issued for all donations.

Charitable Number – 89138 1394 RP0001



WE CAN Food Basket Society

Westlock Coordinator – Pamela
text or phone – 780-307-7760
email – westlockwecan@gmail.com



North Edmonton Depots**Abbottsfeld**

pay: Mon-Fri, 9am-4pm Abbottsfeld Mall: #248 3210 118 Ave.
pick-up: Thurs, 1-2pm Abbottsfeld Recreation Centre, 3006 119 Ave.

Alberta Ave.

Alberta Ave. Community League: 9210 118 Ave. NW
pay: Thurs, 5pm-7pm

Beverly

Beverly Daycare and Family Resources Centre: 11005 34 St.
pay: Mon-Fri, 6:30am-5:45pm

Calder

pay: *call 780-451-1925 to arrange time to drop
off payment Mon-Fri, 9am-4pm at Northwest
Edmonton Seniors Society: 12963 120 St.
pick-up: at Calder Community League 12721
120 St.

Dickensfield

Amity House: 9213 146 Ave.
pay: Mon-Fri, 9am-4pm

Sprucewood

Bethel Gospel Chapel, 11461 95 St.
pay: on member due date, 1pm-1:45pm

Central Edmonton Depots**McCauley**

McCauley Apartments: 9541 108a Ave. South parking lot.
pay: *call (780) 964-3444 before dropping off payments
Tues-Fri, 10am-4pm

Inglewood

Inglewood Christian Reform Church: 12230 113 Ave.
pay: online www.wecanfood.com or on pick-up day

West Edmonton Depots**Mayfield**

Jasper Plaza Childcare Centre: 10034 167 St.
pay: on First Friday of month, 9am-5pm

Jasper Place

Jasper Place Child and Family Resource Centre:
16811 88 Ave. (Cabrini Centre)
pay: Mon-Fri, 9am-4pm

South Edmonton Depots**Bader**

Bader Community Room, 11110 86 Ave.
pay: on First Friday of month, 1pm-1:45pm

Strathcona

Edmonton Moravian Church: 9540 83 Ave.
pay: Tues – Thurs, 12pm-4pm

Terwillegar/Riverbend

Riverbend United Church: 14907 45 Ave.
pay: on First Friday of Month, 10am-12pm

**University (this depot is only available to U of A
community members)**

Campus Food Bank, Student Union Building
8900 114. St. NW
pay: Mon-Fri, 12pm-6pm

How it works:

Members order their food
basket/baskets by the
1st Friday of each month

(our order deadline – see calendar on back).

Members pick up their baskets on either the
3rd Thursday or Friday of each month
depending on your depot.

Check your depot's pickup date and time
on our website...

www.wecanfood.com

Orders not picked up are not refunded

OUR MISSION

The WECAN Food Basket Society provides families and individuals food security by giving them the opportunity to purchase nutritious food at an affordable price.

Greater Edmonton Area Depots**Fort Saskatchewan**

Families First Society: 9901 99 St. Fort Saskatchewan
pay: Mon-Fri, 9am-4pm

Gibbons

Bon Accord & Gibbons Food Bank: 5016 50 St.
pay: Mon-Fri, 10am-2pm

Leduc

Leduc & District Food Bank: 201 – 6051 47 St. Leduc
pay: Mon-Fri, 9am-1pm

Sherwood Park

Strathcona County Family Resource Network
3 Spruce Ave.
pay: call 780-464-4044 before dropping off payment.
please email for pickup:
familyresourcenetwork@strathcona.ca

Stony Plain

Family Connection Centre: 5600 50 St. Stony Plain
pay: Mon-Fri, 9am-3pm *closed for lunch

Tofield-Ryley

Tofield Municipal Library, 5407 50 St. Tofield
pay: Mon-Fri, 9am-4pm into secure mailbox
pickup at Bardo Lutheran Church – 4737 57 Ave.

Westlock

Westlock Gospel Chapel: 10227 97 St. Westlock
pay: First Friday of Month 11:00am – 12:30pm



Jerry Forbes Centre
 12122 68 St NW
 Edmonton, AB T5B 1R1

Phone: 780-413-4525
 Email: info@wecanfood.com
www.wecanfood.com
 Charity Number:
 891381394 RR0001

ORDERS Due

~~Edmonton~~

FRIDAY Depot Day

ANNUAL GENERAL MEETING

Westlock Coordinator – Pamela
 text or phone – 780-307-7760
 email – westlockwecan@gmail.com

2022

Together, we can ALL eat!

WECAN thanks the following organizations
 for their support:



Please remember that orders NOT picked up
 are not refunded.

DONATIONS gratefully accepted.

JANUARY							FEBRUARY							MARCH							
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	
						30 31															



Attention WECAN FOOD BASKET SOCIETY Westlock Depot Members:

Payment and pick-up times are as follows at your Westlock depot location:

Month	Member Order Due	Friday Depot Pick Up
December 2021	3	17
January 2022	7	21
February	4	18
March	4	18
April**	8	22
May	6	20
June	3	17
July**	8	22
August	5	19
September**	9	23
October	7	21
November	4	18
December	2	16

WESTLOCK DEPOT

Westlock Gospel Chapel
10227 97 Street
Westlock, AB

Pay for your basket orders on the **member order due date** (1st Friday of each month unless marked with a **) between **11AM - 12:30PM**

Pick-up your orders on the 3rd Friday of each month between **11AM - 12:30PM**

Westlock Coordinator – Pamela
text or phone – 780-307-7760
email – westlockwecan@gmail.com