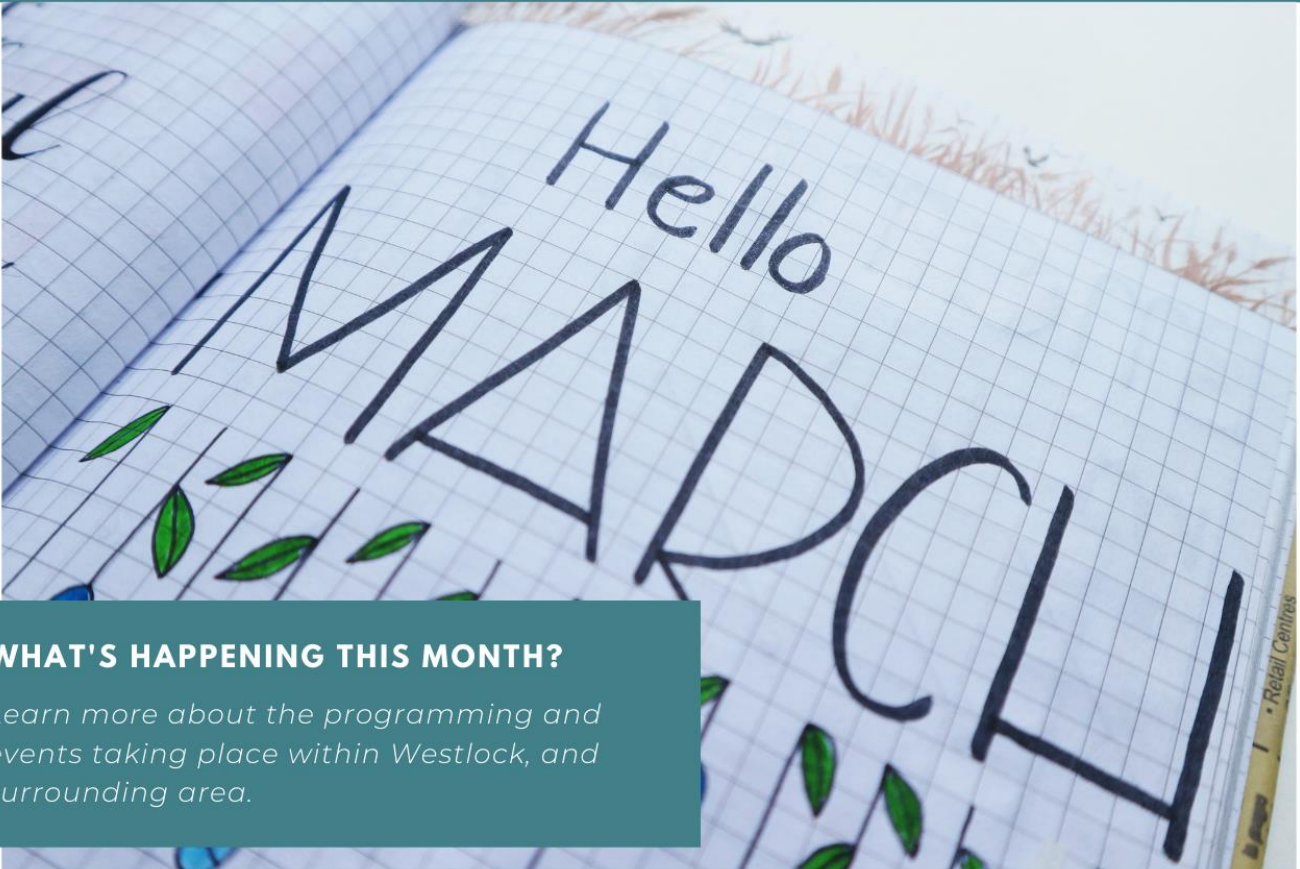


INTERCONNECTED

Westlock Interagency Newsletter | March 2022



WHAT'S HAPPENING THIS MONTH?

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



"Don't watch

the clock.

Do what it does, keep going.

- Sam Levenson

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28-31: Health Families Healthy Futures

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

Submit by emailing: interagency@westlock.ca

A photograph of two women sitting on a light-colored couch. The woman on the left has dark, curly hair and is wearing a bright yellow button-down shirt. She is looking towards the woman on the right with a supportive expression. The woman on the right has long, straight brown hair and is wearing a white and blue striped off-the-shoulder top. She has a distressed or sad expression, looking down. A semi-transparent green banner with white text is overlaid across the bottom half of the image.

Are you Struggling? Confused? Overwhelmed?
You are not alone. We are here for you.

If you or someone you know is struggling with an unexpected pregnancy, there is support and hope. We at the **Barrhead Pregnancy Care Centre** are here to walk with you.

A step-by-step journey



You may not know what to do right now. We are here to listen, provide resources and support to help you walk through your decision.

Call (780) 282-0161 or text 587-874-0155
www.pregnancycarecentre.ca/contact-us/barrhead/
to make an appointment to speak to someone



Barrhead
Pregnancy
Care
Centre

For many years, a maternity home has been a hope in our community. Today it is becoming a reality. **Amber's Hope Maternity Home** will house six to eight expectant mothers and their child(ren) in a space where they can continue their pregnancies.

Whether parenting or placing for adoption, women in need can potentially stay up to three years. The focus will be on building relationship and life skills, pursuing education and employment, and growing toward healthy, independent living, while being surrounded with continuous physical, emotional, and spiritual support from qualified caregivers.



Your support helps ensure that every expectant mother has a safe and caring home.



To Donate:

[https://
www.pregnancycarecentre.ca/
supporting-us/donate-now/](https://www.pregnancycarecentre.ca/supporting-us/donate-now/)



Supportive housing for women during and after pregnancy.

780-282-0161
kim@pregnancycarecentre.ca



The Story of Amber's Hope:

Amber came to the Pregnancy Care Centre in 2018. She had a nine year old son, was pregnant with twins and was in an abusive relationship. At first she was reserved and closed off. She didn't trust anyone. However, in time she began to open up and we got to see her soft heart. Amber loved deeply and gave generously of everything she had. She was beautiful, smart and her greatest desire was to be a good mom.

Amber was taking business administration courses and had employment opportunities lined up. Unfortunately, she kept having to drop her schooling due to her personal living circumstances. She took her three children and left her home to escape abuse. She spent several months living in a women's shelter. Eventually she felt like she was ready to go out on her own. For a short time she did well. But in a moment of desperation, she reconnected with her abuser. When asked why, she simply stated, ***"I needed milk"***

In the summer of 2020, Amber was in the midst of re-establishing a safe space for her and her children. She deeply desired to create stability in her children's lives. When visiting her mentor's (one of our Pregnancy Care Centre staff) home, Amber looked around and said ***"I want a house, just like yours."***

Amber never had the chance to give her children the home she longed to give them. She died this summer. There is a lot of confusion about what happened in her final days. All we know for certain, is that our current systems were not enough.

Three years ago, the Barrhead Pregnancy Care Centre opened its doors to serve women and families facing unexpected pregnancies. Since then, the centre has served **over 100 clients** through our many supports and programs. During this time, it has become abundantly clear that there is a great need for a maternity home. We see pregnant women who do not have safe housing options and have nowhere to turn.

It is too late for us to provide safe housing for Amber and her family, but we do not want to miss the opportunity to provide for other women and their child(ren) who need a safe and supportive home.

This is both the reason and the goal for **Amber's Hope Maternity Home.**



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:

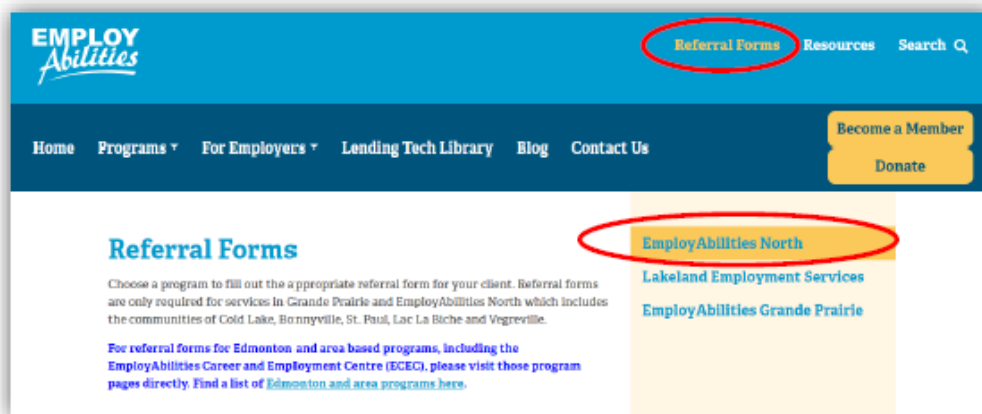
Bonnyville	780-201-6005
Cold Lake	780-594-6244
Lac LaBiche	780-623-1281
St. Paul	780-614-1944
Vegreville	780-603-8182
Athabasca	780-307-7216
Westlock	780-307-7192
Barrhead	780-307-6712



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/>



3. Fill in the information on the referral form

MM +

DD +

Referred By: *

Office Phone:

NE Location: *

Select one...

Services Needed (click on the title, not the box):

- ☐ Resumes/Cover Letters
- ☐ Interview Skills
- ☐ Employment Workshops
- ☒ Job Search
- ☐ Employability/Life Skills
- ☐ Exposure Courses
- ☐ Computer Skills
- ☐ Career Advising
- ☐ Virtual Connections

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.

March 2022 Workshops for Adults by ZOOM

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

Weight Management - [Registration Link](#)

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

Tier 1

Mar 1 - Understanding Weight & Health at 9:30am
Mar 8 - Eating Well for Weight & Health at 9:30am
Mar 15 - Making a Change & Building Habits at 9:30am

Tier 3

Mar 10 - Eating Away at 1:30pm
Mar 17 - Factors Affecting Weight Management at 1:30pm

Tier 2

Mar 22 - Physical Activity & Taming Triggers at 9:30am
Mar 29 - Make a Plan to Eat Well at 9:30am
Apr 5 - Making a Change & Building Habits at 9:30am

Better Choices Better Health®

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

Check Website for upcoming dates

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
Mar 17 & 24 at 9:30am - [Registration Link](#)

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 - Mar 8 & 15 at 5:30pm
Part 2 - Mar 22 at 5:30pm

Part 1 - Mar 14 & 21 at 9:30am
Part 2 - Mar 28 at 9:30am

Part 1 - Mar 16 & 23 at 1:30pm
Part 2 - Mar 30 at 1:30pm

Moving Matters

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

Mar 24 at 1:30pm - [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 - Mar 9 at 9:30am
Part 2 - Mar 16 at 9:30am

Part 1 - Mar 15 at 5:30pm
Part 2 - Mar 22 at 5:30pm

Part 1 - Mar 24 at 1:00pm
Part 2 - Mar 31 at 1:00pm

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](#)

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>





Rural Information Series

Featuring:
**Alberta Farm Mental
Health Network**



Join us to learn more:
March 17, 2022 at 11 a.m.

Alberta Farm Mental Health Network Coordinator, Linda Hunt, will share some of the opportunities their work presents in **supporting mental health literacy in the farming community**, and providing feedback to the government and farming community on how to support the wellness of farmers and their families.

Presented by:



What is RHPAP's Rural Information Series?

These **one-hour learning sessions** will be offered virtually on an ongoing basis and address issues related to rural Alberta communities and health care.

Questions?
Have a session idea?
Contact Holly:
holly.handfield@rhpap.ca

**Registration is
required for this
free event.**

**[Click here to
register](#)**



Did you know?

A recent national survey of Canadian farmers found that **75 per cent of farmers live with mid to high stress levels and 58 per cent met the criteria for anxiety**, levels well above the average Canadian.

**Learn more about the
Alberta Farm Mental Health
Network's Initiatives:**
www.areca.ca

<https://www.eventbrite.ca/e/areca-farm-mental-health-project-registration-261991442457>

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...

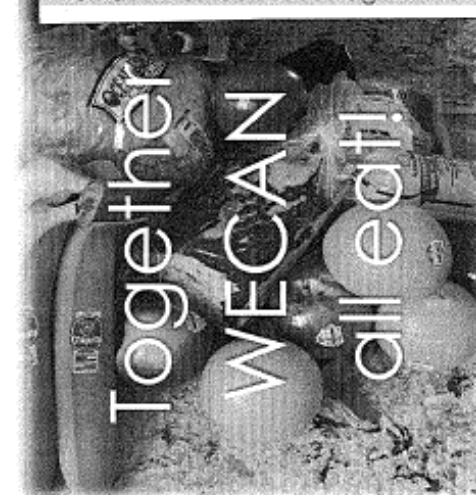
The Jerry Forbes Centre
12122 68 St NW, Edmonton, AB T5B 1R1
Phone: 780-413-4525
Email: info@wecanfood.com
Website: www.wecanfood.com
Office Hours: Wed. – Fri. from 9am to 2pm

Tax receipts are issued for all donations.
Charitable Number – 89138 1394 RP0001



WECAN Food Basket Society

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



North Edmonton Depots**Abbottfield**

pay: Mon-Fri, 9am-4pm Abbottfield Mall: #248 3210 118 Ave.
 pick-up: Thurs, 1-2pm Abbottfield 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.
 pickup: 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. (Cabrin Centre)
 pay: Mon-Fri, 9am-4pm

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

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

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



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

**WECAN thanks the following organizations
for their support:**



Please remember that orders NOT picked up are not refunded.

DONATIONS gratefully accepted.

ANNUAL GENERAL MEETING

2022

JANUARY							FEBRUARY							MARCH							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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23	24	25	26	27	28	29	27	28						27	28	29	30	31			
30	31																				

APRIL							MAY							JUNE						
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10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30		

JULY							AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
31																				

OCTOBER							NOVEMBER							DECEMBER							
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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

CALLING ALL YOUTHS GRADE 11 - 25 YEARS OLD

money
mentors

**JOIN US as we discover the secrets of
Managing Money and Understanding Credit**

-  **explore the benefits of good money management and the consequences of not properly managing your money**
-  **learn how to develop a spending plan, and understanding the differences between needs and wants**
-  **learn about different options for saving money**
-  **explore different ways of paying for post-secondary education, and the basics of credit and debt**



Thursday March 10, 2022

7:00 - 8:15 PM

Completely over zoom

Brought to you by Money Mentors

Register with your Family Resource Centre





Volunteer Income Tax Program



Westlock and District FCSS will be accepting income taxes starting March 1, **by appointment only.**

For Pembina and Smithfield Lodge residents, please contact your resident manager for a drop-off location.

TO QUALIFY FOR THIS PROGRAM:

- ✓ Must be a resident of the Town of Westlock, Westlock County or the Village of Clyde.
- ✓ Income must be under \$35,000/year for a single or \$45,000/year for a couple.
- ✓ Basic tax returns only.
(no capital gains, farm returns, business/rental income or expenses, deceased return or bankruptcy)

Call 780-349-5900 to schedule your appointment!

Recreation Assistance Program

We are committed to increasing residents' participation in our community's social, cultural, and recreational activities. Our new Recreation Assistance Program is a step in that direction.

Modest income residents and families can submit one application to Westlock & District FCSS to determine if they qualify for a 25% or 50% discount on many community programs and services.

- Westlock Rotary Spirit Centre
- Westlock Aquatic Centre
- Summer Programing
- Community Assistance Bus

Eligibility requirements

- **Assessment**
 - Westlock & District FCSS staff will determine eligibility on a sliding scale depending on household members and income.
- **Income**
 - Proof of household income is required, such as a CRA Notice of Assessment or others as deemed appropriate.
- **Residency**
 - Individuals must prove their residency within the Westlock region and service area and have resided there for a minimum of 3 months.

How to apply

Book an appointment with Westlock & District FCSS by calling 780-349-5900

Bring the following documents to the appointment:

- Valid identification
- Proof of residency
- Most recent tax return

Once approved, you will be entered into the system and can access your discount our Town facilities.

Verified Income Scale

Size of Family Unit	Level 1 50% Reduction	Level 2 25% Reduction
one person	\$0 to \$20,220	\$20,221 to \$26,426
two people	\$0 to \$26,023	\$26,024 to \$32,898
three people	\$0 to \$31,010	\$31,011 to \$40,444
four people	\$0 to \$36,325	\$36,326 to \$49,106
five people	\$0 to \$41,957	\$41,958 to \$55,694
six people	\$0 to \$48,714	\$48,715 to \$62,814
seven people	\$0 to \$55,834	\$55,835 to \$69,934
If more than seven people, for each additional person, add	\$7,120	\$7,120



YOUTH OUTREACH PROGRAM



ONE-ON-ONE SUPPORT FOR THE TRANSITION
INTO ADULthood

- **NO-COST PROGRAM AVAILABLE TO ALL YOUTH AGED 16-21 RESIDING IN THE WESTLOCK REGION**
- **SUPPORT IN NAVIGATING SYSTEMS, GETTING INVOLVED IN THE COMMUNITY, AND DEVELOPING THE SKILLS NEEDED TO ADULT!**

**FOR MORE
INFORMATION,
CONTACT FCSS AT
780-349-5900**

Caregiver Education Team Newsletter

March 2022



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

6:00 – 7:30 pm

Understanding Autism
Monday, March 7

Substance Use: A Harm Reduction Approach
Wednesday, March 9

Test Anxiety: Strategies for Success
Monday, March 14

More than Just a Bad Day: Understanding Depression and Self-Injury
Wednesday, March 16

Mindfulness: Benefits for the Whole Family
Monday, March 21

Lunch & Learns

12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance
Wednesday, March 2

Part 1: An Introduction
Wednesday, March 9

Part 2: Calming Our Bodies
Wednesday, March 16

Part 3: Settling Our Minds
Wednesday, March 23

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, March 1
Part 2: Tuesday, March 8

Parenting Teens in the 21st Century

Part 1: Tuesday, March 15
Part 2: Tuesday, March 22

Sessions at a Glance

Drop-In Series
6:00 – 7:30 pm

SEEDS Parenting Series
Creating Positive Experiences Through Play
Thursday, March 3

Supporting Emotional Growth in Children
Thursday, March 10

Motivating Your Child Through Praise and Rewards
Thursday, March 17

Supporting Your Child with Structure and Routine
Thursday, March 24



Mental Health Foundation



Children, Youth & Family
Autism & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 2022



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Monday, March 7, 2022

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Wednesday, March 9, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 to attend together.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"The format you provided honoured adult learners need to be active participants as well as people's privacy...Great job presenters!"

"This was well done, good information, relevant strategies and nice delivery."

"Excellent session, well organized, interactive and informative...fabulous!"



Mental Health Foundation



Alberta Health Services
Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Monday, March 14, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers and teens (grades 7-12) to attend together.

More than Just a Bad Day

Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Wednesday, March 16, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of youth grades 7-12; for adults only.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Monday, March 21, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children/youth grades K-12; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I enjoyed the session and both speakers were very well spoken and I enjoyed listening to them."

"I thought the presentation was very positive and overall loved how [the topic] was spoken about."

"Very insightful and helpful. I am leaving with new tools for success in my classroom."



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, March 2, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 1: An Introduction

Date: Wednesday, March 9, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, March 16, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, March 23, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

March 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I appreciate the ease of it all. Even if I am 'too busy' to sit, I can listen in and participate when I can."

"Timing was perfect as the one hour was easy to do without distractions. Able to absorb and maintain more information with the breakdown. Thank you for keeping it useful and interesting!"



Mental Health Foundation



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Addiction & Mental Health

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Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, March 1, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, March 8, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Tuesday, March 15, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth grades 7-12; for adults only.

Part 2: Tuesday, March 22, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth grades 7-12; for adults only.

March 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you for putting the webinars together!"

"The presenters are very knowledgeable and compassionate. Good work."

"The presenters are very professional and very engaging. It takes a lot of skill to keep an audience engaged virtually and all the presenters I have seen continue to do this".



Mental Health Foundation



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Addiction & Mental Health

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Drop-in Series

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, March 3, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, March 10, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Thanks for the extra time you answered our questions."

"This session was interactive and focused on the intended objectives. Given examples and suggestions were very relevant. The length of the session was appropriate."

"Thank you for an accessible and informative webinar."



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Drop-in Series

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Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Thursday, March 17, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Your Child with Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, March 24, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Lovely course! I'm really enjoying these courses and their online format."

"I always gain new insights and tools to use with my child. Thank you!"

"Thank you so very much for all the wonderful resources. I am so glad I registered!"

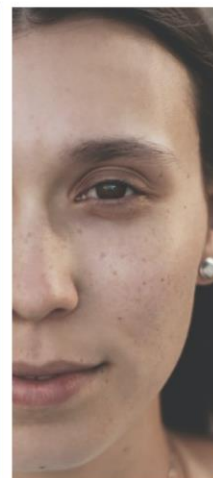
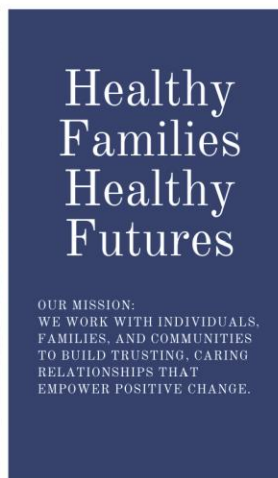


Mental Health Foundation



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Children, Youth &
Family, Addiction
& Mental Health

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Services in Westlock and surrounding area

Home Visitation

Offering in-home mentorship, from a dedicated support person, starting as early as pregnancy and extending into the first six years of a child's life.

FASD Mentorship

Mentorship for those who may be prenatally exposed to drugs and/or alcohol, possibly resulting in Fetal Alcohol Spectrum Disorder.

PCAP Mentorship

Encouraging individuals to reduce or stop alcohol and/or drug use during pregnancy by providing extensive, practical assistance and long-term emotional support to make fundamental changes in their lives

Westlock Family Connections

Our programs help enhance caregiver skills to support children 0-18 in their social, emotional, physical, and intellectual growth and development.

For more information or referral Call: 780-307-2444 ext. 0
Visit: www.hfalberta.com



Online Teen Triple P

POSITIVE PARENTING PROGRAM

March 17, 24, 31 & April 7 ~ 7pm

Building Teenagers' Survival
Skills

Getting Teenagers to Cooperate

Coping with Teenagers'
Emotions

Reducing Family Conflict



FOR MORE INFORMATION OR TO REGISTER EMAIL:
FAMILY.CONNECTIONS@HFALBERTA.COM
OR CALL 780-307-2444 EXT 2





ONLINE through ZOOM!



TRIPLE P Sessions

~~Power of Positive Parenting~~

~~Wednesday January 12 1-3 PM
Thursday January 13 7-9 PM~~

~~"Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like.~~

~~Raising Confident, Competent Children~~

~~Monday, February 7 1-3 PM OR 7-9 PM~~

~~You can help your child become confident and successful – at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get along with others, feel good about themselves and become independent problem solvers.~~

Raising Resilient Children

Monday, March 7 1-3 PM OR 7-9 PM

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Dealing with Disobedience

Monday, April 4 1-3 PM OR 7-9 PM

It can be difficult when children don't do what they have been asked. While it is possible to prevent some problems, it is also important to make a plan for dealing with disobedience before it happens. In this session, we will focus on developing a plan to have your children cooperating, following instructions and contributing as family member in realistic ways.

These sessions are for parents and caregivers of children up to 12 years old.

Register to attend these online programs by emailing:
family.connections@hfalberta.com
or call 780.307.2444 ext. 2

Proud Member of





20 Modifications to Make to Age Well at Home

Is your goal to age well and remain living in your home? If you aren't sure or have questions about the renovations or modifications you should make to ensure your home remains safe and helps you maintain your independence longer, join Jolyn Hall of Edmonton55 for an informative and timely discussion about the most common renovations needed in our homes to safely age in place.

- ▶ **Date:** March 8
- ▶ **Time:** 1 to 2 p.m.
- ▶ **Location:** online
- ▶ **Spaces available:** minimum of five registrants; maximum of 40
- ▶ **Technology needed:** internet access by computer, tablet or smart phone
- ▶ **Register:** register by March 4 by contacting Carla at **780-955-4554** or Carla@leduc-county.com



Jolyn Hall

