

**KNEEHILL REGIONAL  
FCSS WILL BE CLOSING  
AT NOON ON  
DECEMBER 24 AND  
WILL REOPEN ON  
JANUARY 2 AT 9:00 AM**

**INCOME SUPPORT CONTACT CENTRE  
EMERGENCY FINANCIAL ASSISTANCE  
IF YOU ARE FACING AN EMERGENCY, YOU  
CAN APPLY FOR EMERGENCY FINANCIAL  
ASSISTANCE(AVAILABLE 24/7)**

**PHONE: 1-866-644-5135**

**24 HOUR MENTAL HEALTH SUPPORT**

**PHONE: 1-877-303-2642**

**24 HOUR ADDICTION SUPPORT**

**PHONE: 1-866-332-2322**

**TRUE NORTH EMERGENCY SHELTER**

**PHONE: 1-877-934-6634**

# **Just in Case Workshop**

**In a moment of distress, don't waste time  
finding important documents.**

**Avoid the stress! Come create a folder for key  
information in your life “just in case” of an  
emergency, so you or your loved ones can  
quickly find important information  
such as wills, insurance papers,  
key contacts, and passwords.**

**Monday, January 6, 2025**

**10:00 - Noon**

**Linden Lodge**

**To register contact**

**403-443-3800**

**or [shelley@krfcss.com](mailto:shelley@krfcss.com)**



MONTHLY  
**Families**



CONNECT  
THROUGH **ART**

It is all about family connection!

Art is a way that people can creatively communicate things they may not be able to put into words.



*\*No artistic skills are required for these sessions\**

**New Themes Every Month!**

**January's Theme**

**Build Me Up**  
Growth Mindset

**Parents & Kids grades 1-6:**

1st Friday of each month  
January 3rd at 5:30-7pm

**Parents & Youth grades 7-12:**

3rd Friday of each month  
January 17th at 5:30-7pm

**Location:**

Kneehill Regional FCSS  
Office, Three Hills

**REGISTRATION  
IS REQUIRED**

403-443-3800  
michaela@krfcss.com  
www.krfcss.com

SPACE IS LIMITED



# Girls Circle

Girls Circle is a group for girls that builds resiliency, self-esteem, self-awareness, personal skills, and positive peer connections through discussions and creative activities.



## Theme: Friendship

- Discusses positive relationships with ourselves and others
- Addresses inclusion, tolerance, and cooperation
- Encourages confidence, self-esteem, and empathy

## Three Hills School

Mondays from 3:45-5:00 pm  
January 27th until March 24th

Grades 4 - 6

Register by January 19th

403-443-3800

michaela@krfccs.com

[www.krfcss.com/children](http://www.krfcss.com/children)





# GIRLS CIRCLE



Girls Circle is a group for girls that builds resiliency, self-esteem, self-awareness, personal skills, and positive peer connections through discussions and creative activities.



## Theme: Expressing My Individuality

- celebrating individuality
- addresses conflict styles
- feeling good about ourselves
- taking time to relax



Grades 5 - 7

### Trochu

Tuesdays from 3:45-5:00pm  
January 28th until March 25th



### Acme

Wednesdays from 3:45-5:00 pm  
January 29th until March 26th

Grades 4 - 6



Register by January 19th

403-443-3800  
michaela@krfccs.com  
www.krfcss.com/youth

Spaces are Limited



For  
Grades  
1-3

# Harmony Heroes

Come play games and fun activities to build your friendship skills! Learn how to listen and talk with others, solve problems, understand peoples thoughts and feelings, and grow your confidence.

## Acme School

Wednesdays during lunch  
from 12:00-12:45pm  
January 29th until March 26th

## Three Hills School

Thursdays during lunch  
from 11:45-12:25pm  
January 30th until March 27th

## Carbon School

Thursdays after school  
from 3:30-4:30pm  
January 30th until March 27th

**Spaces are limited**

**Register by January 19th**

403-443-3800

michaela@krfccs.com

[www.krfcss.com/children](http://www.krfcss.com/children)





For  
Grades  
1-3

# ZONE PATROL

Come play games and fun activities to learn to identify emotions, regulate emotions, solve problems, and gain confidence to handle whatever comes your way.

## Trochu Valley School

Mondays during lunch  
from 11:45-12:25pm  
January 27th until March 24th

## Prairie Christian Academy

Tuesdays during lunch  
from 11:50-12:25pm  
January 28th until March 25th

**Register by January 19th**  
403-443-3800  
michaela@krfcss.com  
[www.krfcss.com/children](http://www.krfcss.com/children)





# Dementia Experience

**An informative presentation on Dementia, followed by the opportunity to experience a simulation of some of the cognitive and physical symptoms of dementia.**



**January 22 6:00 - 7:00 PM  
OR**

**January 23 12:00 - 1:00 PM  
Kneehill Regional FCSS Office  
(779 2nd St NE, Three Hills)**



**To register or for more information,  
contact Angie at  
403-443-3800 or  
[angie@krfcss.com](mailto:angie@krfcss.com)**



# KNEEHILL DEMENTIA FRIENDLY COMMUNITIES GROUP OPEN HOUSE

KNEEHILL DEMENTIA FRIENDLY COMMUNITIES IS A GROUP OF COMMUNITY MEMBERS IN THE KNEEHILL AREA DEDICATED TO ENSURING THAT THOSE LIVING WITH DEMENTIA AND THOSE WHO CARE FOR THEM FEEL SUPPORTED AND CONFIDENT THEY CAN PARTICIPATE IN THEIR COMMUNITY IN A MEANINGFUL WAY.



**KNEEHILL REGIONAL FCSS**  
**779 2ND ST NE**  
**THREE HILLS**

**JANUARY 23**  
**1:30 - 3:00 PM**

## LEARN MORE ABOUT

- **DEMENTIA FRIENDLY COMMUNITIES GROUP**

Meet members of the Kneehill Dementia Friendly Communities Group and get more information on how to become a member or volunteer

- **DEMENTIA CARE PARTNER SUPPORT GROUP**

Drop-in support group for care partners. Change to connect with others experiencing similar situations.

- **MINDS IN MOTION**

A free in person program designed to keep your mind and body active. Weekly sessions that include gentle exercises, social time and cognitive activities.

- **DEMENTIA EXPERIENCE**

An informative presentation on dementia followed by a simulation of some of the cognitive and physical symptoms of dementia.



\*\*\*\*\* SNACKS \*\*\*\*\* DOOR PRIZE \*\*\*\*\* ACTIVITIES \*\*\*\*\*

[DEMENTIA.SENIORSO.CA/HOME](http://DEMENTIA.SENIORSO.CA/HOME)

403-443-3800

# Alzheimer *Society*

A L B E R T A   A N D  
N O R T H W E S T   T E R R I T O R I E S

## Alzheimer/Dementia

### Drop-in Care Partner Support Group

We invite you to join us...

Where:      Kneehill Regional Family and Community Support Services  
              779 2 Steet N E  
              Three Hills, AB  
              403-443-3800

When:        4<sup>th</sup> Wednesday/month

\* There are no meetings in July, August and December

Time:        2:00 – 3:30 pm

This is a drop-in support group for care partners only, allowing them to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with others and share what is going well and not so well, while talking about any other topics or questions.

**For further information, please call 1-866-950-5465**

**Or email [reception@alzheimer.ab.ca](mailto:reception@alzheimer.ab.ca)**

**Introduction to Nicotine**

Nicotine is a drug that affects the brain and body:

- acts as a stimulant in small doses, but in large amounts can interfere with the body’s nervous system
- it can mess with the brain’s ability to focus and learn
- it makes youth more likely to get addicted to nicotine
- can make depression and anxiety worse and increase stress
- can cause short-term problems like loss of appetite, diarrhea, nausea, faster heart rate and blood pressure
- is a highly addictive chemical

**Reasons youth say they use nicotine:**

- to reduce stress
- curiosity & social influence
- they crave the high sensation (buzz)

**Ways to counter the reasons:**

- help them learn strategies to manage their emotions and feelings; like being creative, practicing mindfulness, and being physically active
- talk to your teen about their goals and values in life and how nicotine might interfere with them
- knowledge is power – take away the curiosity and kill the cool

**Tips to support your youth to be nicotine-free; help your youth:**

- learn how to make informed decisions: together, learn the facts about nicotine and cigarettes, vaping, pouches, and smokeless tobacco
- understand the physical and mental health risks of using nicotine, and how their brain develops
- express their individuality and pursue their interests and passions
- calculate the financial cost and help them plan how they can use their money to achieve their dreams and goals

**Help your kids create a future free from nicotine addiction - support them to:**

- stand up to industry tactics to market their nicotine delivery products to youth
- ask government to “protect them” from being the target of the industry with their “cool devices and candy flavours”
- be role models for their peers and younger children and youth
- advocate for nicotine-free spaces to play, to learn, to live

**MORE RESOURCES, visit:**

[Canada.ca](http://Canada.ca) – [Keep your Kids Smokefree](http://Keep your Kids Smokefree)

[TruthInitiative.org](http://TruthInitiative.org)



For information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

# Infant Massage

The International Association of Infant Massage (IAIM)

## Mom and Infant 0-12 months Classes

Tuesdays @10:30  
beginning Jan 7, 2025

**AT THE OLDS AND AREA PREGNANCY SUPPORT CENTRE**

Register by email at [info@oldspreg.ca](mailto:info@oldspreg.ca)  
or phone 587-796-1611

**Certified Therapist  
Natasha Leischner RMT -IAIM**



Benefits of infant massage • Provides a special individual time for communication that builds love and respect • Promotes attachment and bonding by providing skin to skin touch and a nurturing experience between parent and infant • Helps baby to feel heard, acknowledged and loved, building their self-esteem • Helps baby to sleep longer and more deeply • Increases baby's body awareness • Massage stimulates all body systems • Helps relieve discomfort from gas, constipation, colic, teething, and congestion • Helps to stimulate circulation • Aids digestion and gastrointestinal system • Helps baby to relax and let go of emotional stress • Improves sensory awareness • The sensory stimulation of touch promotes growth and development by supporting myelination of the brain and nervous system • Can be adapted to benefit baby with special needs

**ONE ON ONE CLASSES AVAILABLE BY REQUEST.**

4801 49 Ave, Olds, Alberta T4H 1E1



## TRUE NORTH SOCIETY

1-877-934-6634

[general@truenorthab.com](mailto:general@truenorthab.com)

*Helping you Find your True North; supporting healthy families & communities*

- **24/Hour Support & Crisis Line** (1-877-934-6634) ask questions, contact support, request referrals.
- **Domestic Violence Emergency Shelter:** provides families and individuals accommodation for up to 30 days while our staff supports individuals prepare for the next step on their journey.
- **Outreach Services** - No referral necessary. Please Call 403-934-6634 or [general@truenorthab.com](mailto:general@truenorthab.com)
  - Supportive counselling, Safety Planning, Court Support, Stress Management\Emotional Regulation Support, Bullying, Harassment, Family Violence, Grief, Anxiety, Depression, Divorce support & more.
- **Community Engagement:** Free early intervention education & violence prevention programming to increase awareness and reduce tolerance of violence and abuse in the community!
- **Recent News:**

True North is conducting a **community needs assessment** as we continue to plan for the development of our second-stage housing and shelter facility.

We'd like to hear from YOU! Your experiences accessing care, the services and supports that worked best for you, the services you felt you were missing, or the barriers you faced can help make a real difference as we create new programs to better serve our community. Please note that you do not have to have received services from True North or any other shelter in order to participate.

### What is a needs assessment?

A needs assessment is a systemic process for determining and addressing needs or gaps in current services. We want to know what is working, what isn't working, and what else can we do to support.

### How does it work?

First, we need to gather data. This can be done through surveys, questionnaires, or interviews.

### Who, Why?

As providers, the first step in caring for our community is to amplify and empower the voices and experiences of those we aim to support. We want to hear from survivors because you know best the barriers you faced and the services that helped you. *You are the expert of your story.* Our goal is to support you along your journey.

### Then what?

We use the data collected to adjust & revise our current programming, create new & stronger partnerships, develop new, effective services as we plan for our future second-stage housing project, improve our trauma-informed care, and advocate on behalf of the community to our local and provincial governments.

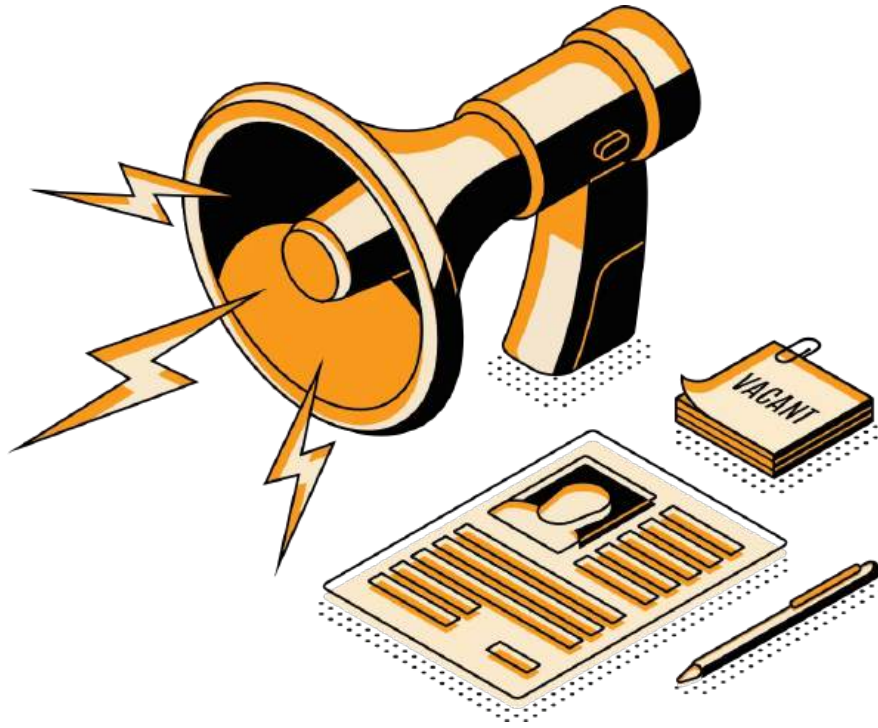
### How do I participate?

Keep your eyes peeled on our socials for surveys to complete from home. We can also arrange an informal interview (in-person or over the phone). How much or how little you would like to share is up to you! All information shared is strictly confidential.

### Questions?

If you are interested in sharing your experiences or have questions about the process, please reach out to [general@truenorthab.com](mailto:general@truenorthab.com)! Thank you for your help and support.

Keep up to date with the True North Society on : [Facebook](#), [Instagram](#), [Website](#)



# #wecanconnect

*We CAN connect you with your NEXT HIRE!*

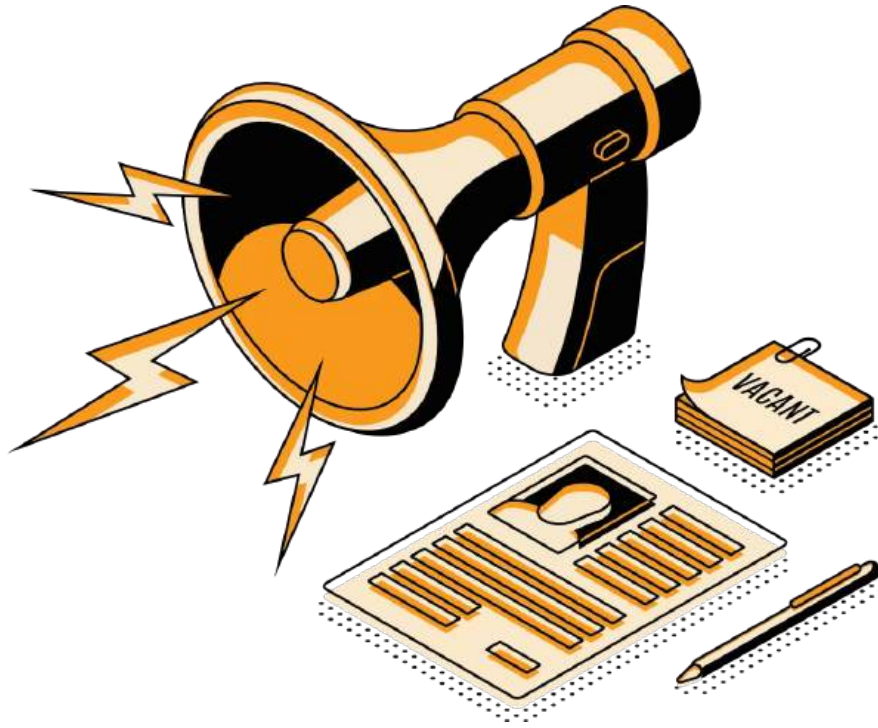
We help employers hire faster and hire better.  
We connect organizations with free services to attract top candidates, train standout performers and reduce hiring/training costs.

To find out how, simply go to

**[www.wecanconnect.ca/employer](http://www.wecanconnect.ca/employer)**

The Province of Alberta is working in partnership with the Government of Canada





# #wecanconnect

*We CAN connect you with your NEXT JOB!*

We get people hired by connecting them with hidden job leads and marketing them to top employers.

To find out how, simply go to

[www.wecanconnect.ca/jobseeker](http://www.wecanconnect.ca/jobseeker)

The Province of Alberta is working in partnership with the Government of Canada





# January 2025 Virtual Workshops Schedule

To get more information on these workshops or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer.

[WWW.RDCAN.CA](http://WWW.RDCAN.CA)

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## **RETHINK | CAREER PLANNING**

January 28 & 29, 2025 from 8:45am - 4:15pm

In this FREE one to two day workshop, you will learn how to successfully change careers by identifying your ideal work and exploring the current labour market.

## **RETHINK | JOB SEARCH**

January 30, 2025 from 8:45am - 4:15pm

In this FREE one day workshop, you will learn how to find the work you want in the fastest possible time-frame by using proven tools and techniques.

## **RETHINK | RESUMES**

January 31, 2025 from 8:45am - 12:00pm

In this FREE half-day workshop, you will learn how to get job interviews by properly preparing and formatting your resume, cover letter and reference page. Once you have completed the workshop, individuals can have their own resume developed by one of our experts.

## **RETHINK | INTERVIEWS**

January 31, 2025 from 12:30pm - 3:00pm

In this FREE half-day workshop, you will learn how to get job offers by properly preparing for and navigating through your next job interview. Once you have completed this workshop, individuals can have a one-hour mock interview session with one of our experts.

## **CAREER ASSISTANCE NETWORK**

Bay 7, 4699 61st Street  
Red Deer, Alberta T4N 7C9  
P:403.341.7811  
E:contact@rdcan.ca  
www.rdcan.ca



# CHANGE YOUR CAREER

*Don't settle for dead end jobs or unfulfilling work! Change your career and take control of your life!*



## Free Walk-in Employment Sessions



Jan 14, 28, Feb 11,  
25, Mar 11 & 25  
10:00am-3:00pm  
779 - 2 Street NE  
Three Hills, Alberta

### FREE RURAL EMPLOYMENT SUPPORTS AVAILABLE

Meet with our employment specialist in the Trochu area and see how we can best assist you! Our programs and services offer one-on-one appointments to go over career planning, resume development, interview preparation, job search supports, etc. Come down to meet with our employment specialist in-person, no appointment necessary!

### CAREER ASSISTANCE NETWORK

*Let us help you find the work you need, build the career you love!*

 **403-341-7811**

# FIND SUCCESS IN SELF-EMPLOYMENT



FREE, ONLINE &  
EI APPROVED!

NEXT SESSION  
**Jan 6, 2025**

**26 Week Self-Employment Training Program.  
Support, Workshops, Coaching, and MORE!**

Visit [bwca.ca](http://bwca.ca) for more information and eligibility details.



Funded by:



The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services

# World of Choices Event

Our in-person World of Choices Event will take place at Red Deer Polytechnic on May 6, 2025. This event will include 300 students from Central and East Central Alberta. We plan to do this in sessions like previous years.



If you know of anyone with a unique career, please forward this invite and let us know! We would love to include more careers!

RSVP to [mhardy@jasouthalberta.org](mailto:mhardy@jasouthalberta.org)  
or call 403-934-0527



**JA**  
**Southern**  
**Alberta**

Member of  
JA Canada