

I said, *Thank you for trusting me with this.*

# Keep it **REAL**

Four simple ways to support survivors of family violence

Supporting survivors is one of the best ways to stop the cycle:



- Effective support leads to increased safety, including fewer suicide attempts and fewer repeat incidents
- It increases self-worth and improves quality of life
- It reduces distress, depression, anxiety and PTSD
- It makes people more likely to get formal help

**Friends and family want to help, but aren't sure how.  
The acronym REAL makes helping easier.**



## Recognize the signs

People experience abuse on a spectrum. Look for a pattern of behaviours that doesn't seem usual. Notice if people are acting differently or seem afraid. If something feels off, there's a chance something is going on.

*Is everything ok?  
You don't seem like yourself.*



## Empathize

Empathy means taking someone else's perspective. Try not to sugar coat things or put a silver lining around what they're going through. Validate how painful and difficult the situation is for them.

*I'm sorry you're going through this.  
That must be so difficult.  
My heart hurts for you.*



## Ask

Ask questions to get a better sense of the situation and how best to support. Be curious and seek to understand their perspective. Asking questions is about the other person's perspective, not what you think or believe.

*Do you want to get help?  
What do you need most right now?*

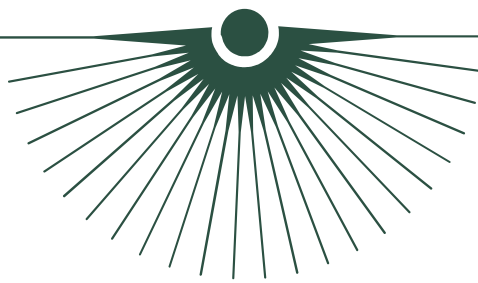


## Listen

When someone is sharing their experience, acknowledge the abuse and the impact it's having. Remove judgment and respect their choices and leaving or staying. Honour what the person has done to resist violence, to try and protect themselves and/or their children.

*You're not alone.  
You are strong.*

Calling All Seniors!  
Please join me for:



Everyone  
Welcome!

# MINDS IN MOTION

**A FREE in person program designed to  
keep your mind and body active!**

**Every Thursday**

**Nov. 7 - Dec. 12**

**9:15-11:15**

**At the Golden Hills Lodge**

**814 1st St. N, Three Hills**

**Coffee, tea and treats provided!**

Weekly sessions include gentle exercises, social time and cognitive activities. All physical and cognitive abilities welcome! Please bring a water bottle and wear good shoes.

Come for all 6 sessions or just 1 or 2 to try it!

**For more info or to register call**

**Kim: 403-321-4727**





# 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.**



**November 18**

**1:30 - 2:30 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)**

# 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)**

# 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.**



Parents and their children are invited to participate in art activities side-by-side to creatively express themselves, gain self-awareness, and open the door of communication with family members.

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

## New Themes Every Month!

**November's Theme**

**Healthy Relationships**

Get Along Better

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

1st Friday of each month  
November 1st at 5:30-7pm

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

3rd Friday of each month  
November 15th 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







# **FEAR-LESS REDUCING ANXIETY IN CHILDREN AND YOUTH**

**Being a parent to a child who is experiencing anxiety can be challenging. This 3 part workshop series will offer parents tips and strategies to help children ages 5-16 manage anxiety.**

**November 7, 21 and 28  
6:30pm-8:30pm**

**For more information or to register, email  
[shelley@krfccs.com](mailto:shelley@krfccs.com)  
or call 403.443.3800**



Come join us for

# HAPPY HOUR

at Kneehill Regional FCSS

Join us for free mocktails as we explore new skills and habits to boost your overall happiness!

THEME: RELATIONSHIPS

November 20, 27 December 4

1:00 – 2:00pm

OR

5:30 – 6:30 PM



To learn more or to RSVP  
contact Shelley at  
403-443-3800  
shelley@krfcss.com



# ARE YOU COVERED?

## INSURANCE BASICS INFO SESSION



Youth ages 14-18 will learn about basic insurance information, different types of insurance, and how insurance works from a local insurance expert for FREE!



### Learn about:

- ✓ General information and tips
- ✓ Different types of insurance
- ✓ Why insurance is important
- ✓ insurance claim process
- ✓ and more...



### Session Information:

**Friday November 29th**  
from 2-3pm

.....  
Located at KRFCSS Office Building  
779 2 Street North, Three Hills

**Register by  
November 22nd**

403-443-3800  
Michaela@krfcss.com  
www.krfcss.com/youth

**FOOD  
IS  
PROVIDED**

**SPACES ARE LIMITED**







# POST-SECONDARY EDUCATION INFO SESSION

Youth ages 14-18 will learn about post-secondary education basics, scholarships & financial aid, how to apply, and more from an expert for FREE!



## Learn about:

- ✓ Types of post-secondary programs
- ✓ Application process
- ✓ Scholarships and financial aid
- ✓ Student benefits
- ✓ Life on campus
- ✓ and more...



## Session Information:

**Friday November 8th**

from 2-3pm

.....  
Located at KRFCSS Office Building  
779 2 Street North, Three Hills

**FOOD  
IS  
PROVIDED**

**Register by  
November 1st**

403-443-3800  
Michaela @krfcss.com  
www.krfcss.com/youth

**SPACES ARE LIMITED**





The Healthy Families Program is provided through Accredited Supports to the Community and is a Spoke service with the Mcman Drumheller and Area Family Resource Network.

Healthy Families works with parents who have children 0-6yrs. The ASC Home Visitation service supports families to achieve the following five key outcomes:

1. Parents/Caregivers learn skills that promote the development of relationships, connectedness, and healthy child development.
2. Parents/Caregivers report knowledge of and use of skills that enable them to cope with life's challenges.
3. Child development is monitored, and any gaps or lags are addressed.
4. Families have a support network and a sense of belonging.
5. Families have knowledge of and access to services that strengthen family well-being.

Healthy Families can provide families with information and support that will assist with larger issues that impact parenting. We support parents and caregivers to build on a foundation for strong family functioning. Guidance, referral and support is offered to families facing challenges, building on a family support network and enabling families to cope with stressors.

Our program is free and voluntary.

We operate in the communities of Acme, Carbon, Linden, Trochu, Torrington, Three Hills, Kneehill County, Drumheller, Hanna, Delia, Morrin, Munson, Starland County, Special Area No. 2 and surrounding rural communities.

Referrals to Healthy Families can be made through the main office in Olds at: 1-866-556-4122, or by contacting Lisa Sauve directly at: 1-403-586-0665.



**Parent-Child Assistance Program (PCAP)**  
**South Central Region**

*Our goal is to prevent future births of alcohol and drug exposed children.*

**Geographical area covered:**

We operate in the communities of Acme, Carbon, Linden, Trochu, Torrington, Three Hills, Kneehill County, Drumheller, Hanna, Delia, Morrin, Munson, Starland County, Special Area No. 2 and surrounding rural communities.

**Criteria for receiving supports:**

- Eligibility A:
  - o Women who use alcohol/drugs during pregnancy
  - o Women who are pregnant, or up to 6 months post-partum
  - o Women who need assistance connecting with community services
- Eligibility B:
  - o Women who have a child diagnosed with Fetal Alcohol Syndrome (FAS) or Effects (FAE)
  - o Women who are in their childbearing years

**What we offer to clients:**

- 3 years of involvement with a mentor who offers home visitation and support.
- Setting achievable goals and taking steps toward reaching those goals.
- Working on a treatment and recovery plan, with a focus on harm reduction.
- Family planning.
- Working with mothers to ensure their children are in safe, stable homes.
- Connecting with other resources in the community.

**Referral process:**

- Phone Accredited Supports to the Community @ 403-556-4110 or contact Lisa directly at 403 586 0665



## LEGEND

MORRIN

DELIA

HANNA

YOUNGSTOWN

CESSFORD

ACME

LINDEN

THREE HILLS

TROCHU

DRUMHELLER

HYBRID

VIRTUAL

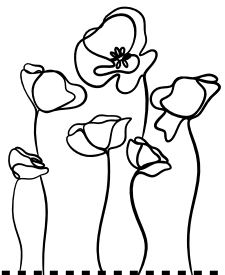
FOLLOW



REGISTER



Provincial Family  
Resource Networks  
Alberta



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04 10-11 AM Words & Wiggles 1-2 Little Sprouts 10:30-11:30 Little Sprouts 1:00-2:00 The Seedlings	05 10:00-11:30 Story Time 1-2:30 PM Little Wonders (closed)	06 10:00-11:30 Power of 4 (closed) 10:30-11:30 Little Sprouts 3:30-4:30 PM Lego Club	07 1-2 Little Sprouts 3:30-4:30 PM Lego Club 6-8 PM E-Connect Parent Group (closed)	08 9:30-11:30 Family Connections Through Play 1:30-3:30 Teen Games Club	10
10	11 Remembrance Day No Programming Office Closed	12 10-11:30 AM Curiosity Co-op	13 10:00-11:30 Power of 4 (closed) 4-5 Lego Club 10:30-11:30 Little Sprouts	14 6-8 PM E-Connect Parent Group (closed)	15 12-3 Home Alone 10:30-12:00 Curiosity Co-op	16
17	18 10-11 AM Words & Wiggles 1-2 Little Sprouts 10:30-11:30 Little Sprouts 1:00-2:00 The Seedlings	19 10:00-11:30 Story Time 2-3 Coffee Talk	20 10:00-11:30 Power of 4 (closed) 6-9 PM Dry Canyon Connections 3:30-4:30 PM Lego Club	21 11-1 FRN Drop-in 1-2 Little Sprouts 3:30-4:30 PM Lego Club 6-8 PM E-Connect Parent Group (closed)	22 6:30-7:30 Craft Night	23 4-7 Festival of Lights
24	25 10-11 AM Words & Wiggles 1-2 Little Sprouts 10:30-11:30 Little Sprouts 1:00-2:00 The Seedlings	26 10:00-11:30 Story Time	27 10:30-11:30 Little Sprouts 1:30-2:30 AHS Watch Party	28 1-2 Little Sprouts 3:30-4:30 PM Lego Club 6-8 PM E-Connect Parent Group (closed)	29 9:30-11:30 Family Connections Through Play 1:30-3:30 Teen Games Club 10:30-12:00 Curiosity Co-op	30



# Drumheller & Area Family Resource Network

## November Program Descriptions

Maria | 403-334-5944  
Tara | 403-443-0304

**Curiosity Co-op:** does your family homeschool? Are you looking for a child-led learning space? look no further!

For Homeschool Families

**Lego Club:** calling all creators, the Lego club is back and better than ever!

For youth aged 6+

**Words and Wiggles:** Join us at the library, for early literacy play and learning. Check out our poster for featured special guests.

For caregivers 0-18 months

**Story Time:** Enjoy stories, craft, and song's while developing early literacy skills.

For children ages 0-6

**Home Alone:** This program created by The Canada Safety Counsel provides skills and knowledge on how to be safe and responsible at home for short periods of time, how to prevent problems, and handle real life situations. Light lunch supplied. Join us at the Hanna Library. Registration required.

For children ages 10+

**Family connections through play:** A drop in play group for children and caregivers. Drop in anytime between 9:30-11:30 for free play and crafts.

Ages 0-6

**Family Craft Night:** spend an evening building connections with your family while making fun crafts. Registration required.

For families of all ages

**FRN Drop in:** Every 3rd Thursday at the Hanna Public Library, stop in to talk to our Hub Coordinator to access referral and support services.

**Little Sprouts:** Come experience stories, songs and crafts, winter themed.

For caregivers with children 0-6 years

**The Seedlings:** Watch our babies learn through play - sensory, crafting, stories, and more.

For caregivers with children 0-18 months

**Teen Games Club:** Join us at the FRN for a drop in on flex Fridays. Bring your own games, such as dungeons and dragons and magic cards, or pick from our selection of board games.

For youth Ages 12+

**Coffee Talk:** A chance for parents to come together, relax and offer peer support. Stay tuned for location and more information.

For parents with children ages 0-6

**AHS Watch Party:** November 27 1:30-2:30 learn simple and effective ways to increase your self-care. Join us for a session and bring the kiddos for some free play!

For parents and caregivers of children any age.

**Dry Canyon Collections:** We have partnered with Dry Canyon Collectables to bring to you Indigenous focused programming based on building community connections, traditional teachings and more!

For Families with children 0-18

**FOLLOW**

**REGISTER**



### Empower your teen. Help them resist drug use/risky behaviours by:

- Nurturing their self-confidence and intelligence
- Creating a sense of hope and optimism
- Ensuring they grow up in a safe environment and are involved in extracurricular activities
- Making sure they have the community support that they need
- Providing clear rules and consequences

### Help your kids practice refusal skills

Help your kids practice saying no so they feel comfortable and confident setting boundaries with their friends. Examples of boundary-setting statements they could use:

- No thanks, I'm not interested
- I have to go home
- I'd rather do something else
- Deflect and redirect:
  - Suggest other activities to participate in

Practice these skills with your teen just like you would any other experience.

### Talk to your teen about substance use. Here are some tips for having the conversation:

- Talk regularly and often. Many “mini-conversations” are better than long lectures.
- Think about their perspective and listen respectfully.
- Use “teachable moments” to discuss drug use with your teen. (i.e.) while in the car or at the dinner table.
- Eat a meal together as often as possible. Family meals are great ways to strengthen your relationship.

### YOU are your child's most important role model

Talking openly with your teen about drugs can help strengthen your relationship. When you have a solid connection, communication becomes much easier.

If your teen talks back or argues, it doesn't mean they are pushing you away. In fact, it often means the opposite. By asserting their independence, your teen is actually working on building a stronger and healthier relationship with you.

### MORE RESOURCES:

[Centre for Addiction & Mental Health](#)

[Parent Information Series - AHS](#)

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





# HAVE A BUSINESS IDEA? START HERE!

## NEXT INTAKE: November 4, 2024

### Self-Employment Program

#### 26 WEEKS - FREE - ONLINE

- ✓ TRAINING
- ✓ SUPPORT
- ✓ WORKSHOPS
- ✓ COACHING
- ✓ NETWORKING
- ✓ MENTORING

Contact us or visit [bwca.ca](http://bwca.ca) for eligibility details.

Funded by:

Canada

Alberta

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

BusinessWorks  
CENTRAL ALBERTA

Inquire  
Today!

Ph: 403-986-1561 Email: [bwca@ethoscmg.com](mailto:bwca@ethoscmg.com)



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



# CHANGE YOUR CAREER

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



## Finance Fast Track Program



**Monday to Friday**  
**9:00am-4:00pm**  
12 Week Program

### FREE EMPLOYMENT READINESS & JOB PLACEMENT SERVICES

If you are unemployed, looking for a career change, have a credit score of 650 or higher, good English and Math skills, and can provide a clean Criminal Reference Check you have everything you need to get started on a rewarding career in the Financial Services Industry. Make your money helping others manage theirs as a Financial Planner, Investment Advisor, Insurance Broker, and more! And the best part? The training is offered at no cost to you! Call (403) 341-7811 to get started today!

### CAREER ASSISTANCE NETWORK

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

 **403-341-7811**

[www.rdcn.ca](http://www.rdcn.ca)

 [careerassistancenetwork](https://www.instagram.com/careerassistancenetwork)

 [careerassistancenetwork](https://www.facebook.com/careerassistancenetwork)

 [rdcn](https://twitter.com/rdcn)



# 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



**Oct 8, 22, Nov 12, 26  
& Dec 10**  
**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!

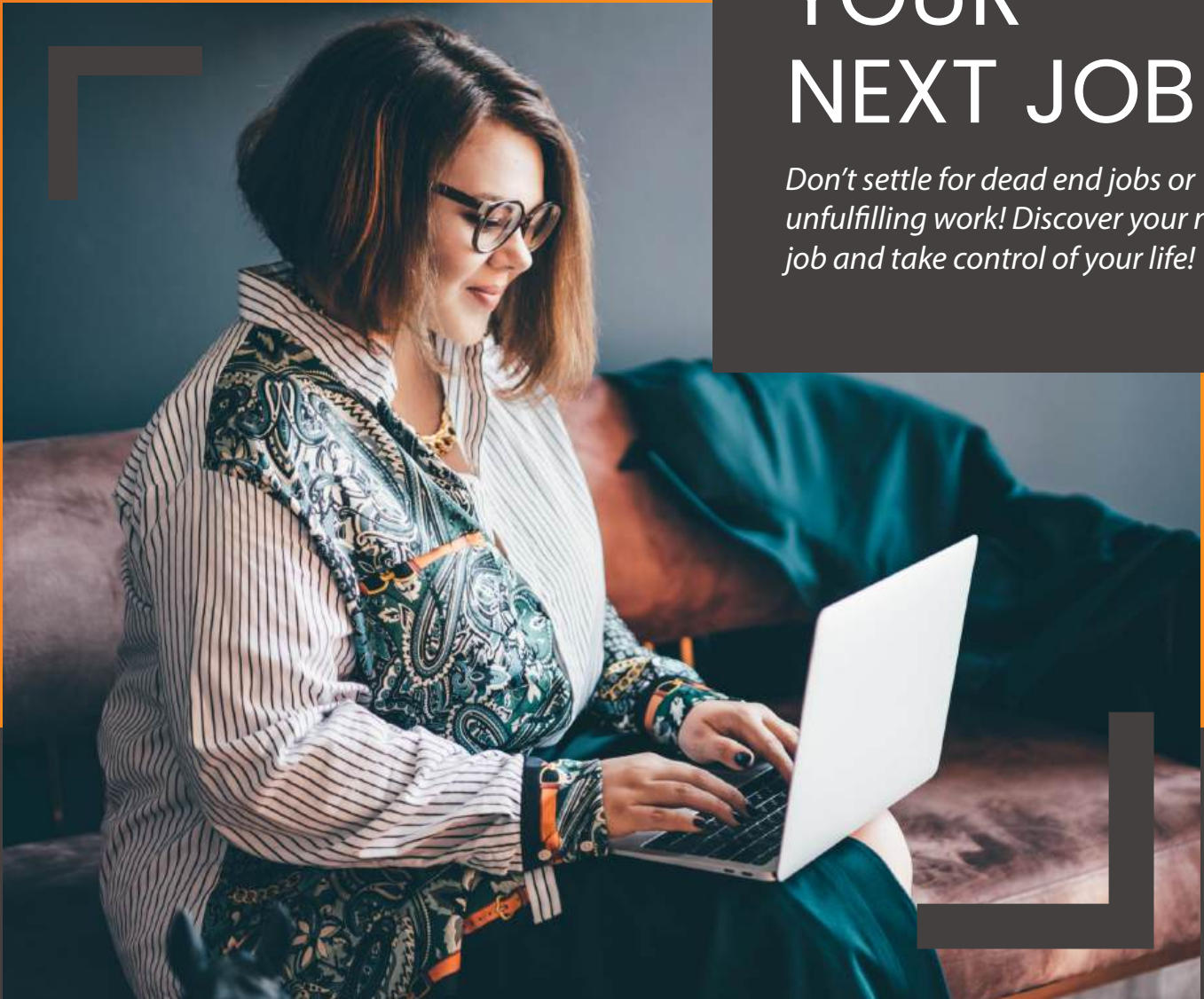
### CAREER ASSISTANCE NETWORK

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

 **403-341-7811**

# DISCOVER YOUR NEXT JOB

*Don't settle for dead end jobs or unfulfilling work! Discover your next job and take control of your life!*



## Rural Transition to Employment Services



**EVERY WEEK**  
**8:45am-4:00pm**  
Virtual or in-person  
appointments

### TRANSITION TO EMPLOYMENT SERVICES

This program provides individuals struggling to find and keep work with vital job search guidance and one-on-one support services for up to 12 weeks. If you are living in the Drayton Valley, Rimbey, Ponoka, Blackfalds, Rocky Mountain House, Trochu, Hanna, Olds and surrounding areas and are needing support, you may qualify!

### WORKPLACE TRAINING PROGRAM

This program provides individuals looking to transition into a new career with placement assistance and one-on-one support during their placement for up to 26 weeks. If you are living in the Drayton Valley, Rimbey, Ponoka, Blackfalds, Rocky Mountain House, Trochu, Hanna, Olds and surrounding areas and are needing support, you may qualify!

### CAREER ASSISTANCE NETWORK

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

 **403-341-7811**



# November 2024 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)

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



## **RETHINK | CAREER PLANNING**

November 26 & 27, 2024 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**

November 28, 2024 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**

November 29, 2024 from 12:30pm - 3:00pm

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**

November 29, 2024 from 8:45am - 12:00pm

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





# Java Mom's Group

At the Olds and Area Pregnancy Support Centre

TUESDAY AFTERNOONS IN THE FALL



It is a great time of coffee, connection and education.  
Moms can build relationships and have great discussion!

Call us to register (587) 796-1611  
4801 49 Ave, Olds







# CULTIVATE

*Prepare, Plant and Process into Adulthood*

**GROUPS FOR YOUTH AGES 8-13 AND 13-18**



The teen years are exciting time, and your child will go through many changes and challenges. We want to help guide them well and prepare them for this phase of life

- PEER RELATIONSHIPS AND DATING
- BULLIES AND CRITICISM
- PHYSICAL CHANGES OF PUBERTY
- EATING DISORDERS, SELF- INJURY, DEPRESSION, ANXIETY
- OUR IDENTITY
- GENDER AND SEX
- CONFLICT RESOLUTION

**CALL US TODAY TO REGISTER**



OLDS AND AREA  
*Pregnancy Support Centre*



587-796-1611

[www.oldspreg.ca](http://www.oldspreg.ca)

*Congratulations*

on your new baby!



OLDS AND AREA  
*Pregnancy Support Centre*

WE ARE SO EXCITED FOR YOU AND WOULD LOVE TO GIVE YOU A LITTLE GIFT.

WE WANT YOU TO KNOW THAT YOU AND YOUR LITTLE ONE  
ARE LOVED AND CARED FOR!

Please call us to arrange a time to pick up your gift  
or to book an appointment!



**(587) 796-1611**

4801 - 49 Ave, Olds, AB. T4H 1E1



# JOIN US

Wednesdays 10:00-12:00

AT THE OLDS AND AREA PREGNANCY SUPPORT CENTRE

FOR

# Restored

*Offering help and healing for women experiencing grief or loss after an abortion*



*Have you had an abortion and are now experiencing negative emotions such as guilt, anxiety, sadness, emotional “numbing” or depression?*

*We want you to know that you are not alone! There is hope beyond the guilt, shame and sadness!*



Call us to register (587) 796-1611  
4801 49 Ave, Olds  
[www.oldspreg.ca](http://www.oldspreg.ca)



Charitable registration number: 766129159 RR0001

# Conquer the Dark



Wednesday evenings starting October 16th  
at the Olds and Area Pregnancy Support Centre  
4801 49 Ave, Olds

A MEN'S GROUP DESIGNED TO HELP EACH OTHER NAVIGATE AND CONQUER THE SEXUAL WAR THAT HAS INVADED OUR LIVES AND CULTURE THROUGH PORNOGRAPHY AND OTHER VENUES. LEARN PROVEN WAYS TO FIGHT FOR YOUR SEXUAL INTEGRITY; FOR YOU, YOUR FUTURE SPOUSE, YOUR WIFE, YOUR KIDS AND YOUR COMMUNITY. STEP OUT OF THE WORLD OF SHAME AND GUILT AND INTO A SAFE NON-JUDGMENTAL PLACE OF HEALING. THIS GROUP IS FOR MEN OF ANY AGE WHO ARE SERIOUS ABOUT WINNING THIS SEXUAL WAR.

Call (587) 796-1611 or email [info@oldspreg.ca](mailto:info@oldspreg.ca) to register



**Facilitated By  
Donate a  
Car Canada**



**Seniors Outreach**

# TRANSFORM SENIORS LIVES WITH YOUR DONATION



**We accept all types of running or non running Vehicles for donation.**

**Donate your Car, Truck, Van, SUV, Motorcycle, Boat or RV.**

## **SUPPORT**

### **SENIORS OUTREACH - KNEEHILL COUNTY**

- Easy and Hassle-Free
- **FREE Towing or Pick-up**
- Simple online form, or Toll-Free Number to Donate
- Guaranteed Tax Receipt
- <https://www.seniorso.ca/donate>



 (403) 443-2555  [office@seniorso.ca](mailto:office@seniorso.ca)

 1-877-250-4904  [www.seniorso.ca](http://www.seniorso.ca)





Wellspring Alberta's

# LUNCH AND LEARN:

Building stronger cancer support communities throughout Alberta

Wellspring Alberta is inviting all Healthcare Professionals and Community Service Organizations to an interactive Lunch & Learn session to discover collaborative approaches to enhance cancer support communities.

[Click here to register for the Oct 29 Lunch & Learn](#)

[Click here to register for the Nov 5 Lunch & Learn](#)

**Cost:** Free

**Where:** Online via Zoom, registration required

**When:** Tues, Oct 29 or Tues, Nov 5  
12 - 12:45 pm

**Who:** Healthcare Professionals and Community Service Organizations

To learn more visit [wellspringalberta.ca](http://wellspringalberta.ca) or call 1.866.682.3135.