

SPRING



2025 PROGRAMS



SturgeonCounty.ca/PROGRAMS

FAMILY AND COMMUNITY SERVICES

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KIDS PROGRAMS

Busy Bags

Looking for fresh stories or fun literacy-based activities for your child? Our early literacy Busy Bags are filled with books, games, and hands-on activities designed to engage young minds. Available for a two-week loan, these themed kits cater to various age groups and provide hours of family fun.

Location: Sturgeon County FCSS Office, 9608 100 Street, Morinville

Date: Year-round

Time: 8:30AM - 4:00PM

Ages: 0 - 8 years

Fee: Free (Registration Required)

Contact: Email edavies@sturgeoncounty.ca

Silly Sprouts

We are partnering with the For Saskatchewan/Sturgeon Region Family Resource Network (FRN) to bring you this FREE, drop in, facilitated program for caregivers and their children aged 0-6 years old. Join us for songs, rhymes, stories, and time to play. Coffee and snacks provided. Questions? Call the FRN at 780-998-5594

Location: Cardiff Hall

Date: January 13, 20, 27 February 3, 10, 24 March 3, 10, 17, 31
No class on February 17 or March 24

Time: 9:30 - 11:00AM

Fee: Free

YOUTH PROGRAMS

Fearless Youth: Bring on the Outdoors

Join Fearless in the Forest in honor of Youth Week on Star Wars Day and enjoy a variety of exciting outdoor forces and activities! Experience new group games and multiple stations where the outdoors meet learning, skill development, science, and fun! Snacks, drinks and a BBQ Lunch will be provided.

Location: Cardiff Park

Date: Sunday, May 4

Time: 10:00AM - 3:00PM

Fee: \$10



Youth Learn to Pickleball

In honor of Youth Week 2025, this “Learn to Pickleball” workshop is where you’ll discover the joy of one of the fastest-growing sports in the world! Pickleball is a fantastic way to stay active, socialize, and have fun on the court. Whether you’re new, a beginner or looking to refine your skills, this workshop is perfect for you.

Location: R.Q.B Arena Gym

Date: Tuesday, May 6

Time: 5:30PM - 8:30PM

Fee: \$5

Youth Week Paint Night

Celebrate Youth Week with Sturgeon County’s Youth Paint Night!

This event honors the contributions and achievements of local youth. Join us for a relaxing evening of creativity.

Location: Sturgeon County FCSS HUB

Date: Thursday, May 8

Time: 6:00 - 8:00PM

Ages: 10+

Fee: \$5

Hug-a-Tree and Survive

This Adventure Smart program teaches children survival skills for the outdoors, including what to do if they get lost. Children will learn how to stay safe by hugging a tree and staying in one place. A brief walk through the river valley follows the presentation.

Location: Gibbons Cultural Centre

Date: Saturday, June 7

Time: 1:00 - 3:00PM

Ages: 7+

Fee: \$5 per family (Registration Required)

YOUTH EMERGENCY SERVICES (YES) ACADEMY

Do you have what it takes?

YES Academy is a three-day, two-night camp where you will:

- Engage in physical training.
- Participate in interactive presentations and demos.
- Hear real-life stories from first responders.
- Gain valuable career advice.
- Build teamworking skills and a stronger sense of responsibility and community.
- Ignite your passion to pursue a career in emergency services!

Application deadline is May 16, 2025.

For more information, visit
www.sturgeoncounty.ca/sturgeon-youth

ADULT GENERAL FITNESS (AGES 16+)

Legal Learn to Pickleball

This “Learn to Pickleball” workshop is where you’ll discover the joy of one of the fastest-growing sports in the world! Pickleball is a fantastic way to stay active, socialize, and have fun on the court. Whether you’re new, a beginner or looking to refine your skills, this workshop is perfect for you.

Location: Legal School, 5122 – 46 street

Date: Tuesday, May 13

Time: 5:30PM - 8:30PM

Fee: \$5

Bird Walk

Explore Lois Hole Centennial Provincial Park and observe the spring migration of birds. Over 235 species have been recorded at Big Lake, offering a fantastic wildlife experience.

Location: Lois Hole Centennial Provincial Park

Date: Saturday, May 3

Time: 9:30 - 11:00AM

Ages: Family Friendly, 10+

Fee: \$5per person/ \$10 per family (Registration Required)

Rock Painting

Join us for a creative session of rock painting, a relaxing activity that promotes wellness and community connection.

Location: Calahoo Community Hall

Date: Thursday, April 10

Time: 6:30 - 7:30PM

Location: Cardiff Community Hall

Date: Tuesday, May 6

Time: 6:30 - 7:30PM

Community Paint Nights

A fun and informal evening of painting.

Location: Coronado Hall

Date: Tuesday, April 8

Time: 6:00 - 8:00PM

Location: Namao Hall

Date: Thursday, April 24

Time: 6:00 - 8:00PM

Wild Calm Forest Therapy Walk

Join a slow, guided walk in the woods to connect with nature and enjoy health benefits like stress reduction and mood improvement.

Location: Boisvert’s Greenwoods, Sturgeon County

Date: Saturday, May 24

Time: 1:00 - 3:00PM

Ages: 16+

Fee: Free (Registration Required)

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2025 PROGRAMS

ASIST (Applied Suicide Intervention Skills Training) (Ages 18+)

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop designed to help family, friends, and community members identify someone at risk of suicide and provide them with the skills needed to make a life-saving intervention. The ASIST workshop is highly interactive, practical and practice oriented. It focuses on teaching suicide first-aid to help a person at risk stay safe and seek further help. You do not need any formal training to attend the workshop. This training is not recommended for anyone that has had a recent suicide loss.

Location: Protective Services Headquarters

Date: Thursday and Friday, May 15 and 16

Time: 8:30AM - 4:30PM

Fee: \$50

REGISTER



Online:

SturgeonCounty.ca/Programs

In-Person:

Sturgeon County Family and
Community Services
9608 100 St. in Morinville.

Office Is open Monday to Friday

From 8:30 a.m. to noon and 12:30 to 4:30
p.m.

By Phone:

Call 780-939-8334

SturgeonCounty.ca/ Programs

Community Spirit Program

Connecting with your neighbours contributes to building a safe, welcoming, and inclusive community.

BLOCK PARTIES

Block parties and other community events help create a sense of community spirit and pride. They allow for an opportunity for you to meet your neighbours – neighbours who know each other are more likely to look out for one another.

To help you host a party, Sturgeon County FCSS can provide funding (up to \$250), support on permits, advertising, planning, and additional supplies!

COMMUNITY SPIRIT GRANT

The Community Spirit Grant provides funding for projects that support community pride, safety, or inclusion and that address social change. You can use the grant for community projects like hosting a workshop in your community, art projects, enhancing or creating community gathering places, community gardens, or improvement projects.

Contact FCSS to apply for the funding (up to \$1500), and help with planning and recommendations for your initiative.



COMMUNITY CLEAN-UP

Show your community spirit by picking up litter in your backyard, around your neighbourhood, or in a favourite green space.

You can get the supplies necessary through one of our Clean-Up Kits. The kit includes: garbage and recycling bags, garbage pickers, work gloves, safety vests, flags, and more! For large scale community clean-ups, a 20-yard garbage bin can be provided.

To plan your community clean up and register for your kits, call 780-939-8335 or email: programs@sturgeoncounty.ca



**DETAILS
ONLINE**



Use your
smart phone
camera



Apply for the Community Spirit Grant, register for programs and more.

www.sturgeoncounty.ca/communityspirit