

SPRING

2024 PROGRAMS



SturgeonCounty.ca/PROGRAMS

FAMILY AND COMMUNITY SUPPORT SERVICES

SPRING

2024 PROGRAMS

YOUTH

Free Youth Swim (Ages 13-17)

Description: This program is all about celebrating youth, having a great time, and creating lasting memories. Through fun additions to a normal swim teen will have the chance to unwind, have fun, and connect with other teens in the community. Don't miss out on the excitement – mark the date on your calendar and get ready to dive into this fun activity during Youth Week!

Date: Friday May 3

Time: 5-8pm

Location: Edmonton Garrison Fitness Centre

Fee: Free, drop in (capacity is limited)



Boys Rock Climbing Therapy (Ages 8 to 11 and 12-15)

Rock climbing therapy is an engaging experience for individuals who may not be as drawn to traditional talk therapy methods and can be particularly engaging for boys. Unleash your inner strength, conquer obstacles, and cultivate resilience with rock climbing therapy!

Location: Edmonton Garrison Fitness Centre

Date: Saturday, May 11

Time: Ages 8-11 9:30-11:30 a.m. / Ages 12-15 1-3 p.m.

Fee: \$5 / Registration Required

*Specific forms will be sent out via email before the class to be completed by parents/guardians

ADULT

Photography Fundamentals with Tim Osborne (Ages 16+)

Whether you're a novice with a smartphone or an enthusiast with a DSLR, this class is designed to provide you with a solid foundation in the art and science of photography. The day will start with a classroom component and in the afternoon we will move out to Cardiff Park to get some hands-on practical experiences. Please bring your own camera or smartphones (tablets work too!) Lunch will be provided!

Location: FCSS Hub (Classroom Component);

Cardiff Park (Photography Component)

Date: Saturday, April 27

Fee: \$10 / Registration Required



DID YOU KNOW?

We offer free counselling services for Sturgeon County residents.
[Sturgeoncounty.ca/LivingWell](https://sturgeoncounty.ca/LivingWell)

MENTAL HEALTH WEEK

Anxious Children and Empowered Parents (Ages 16+)

This workshop will assist parents/caregivers/professionals to begin to understand the psychological and physiological factors that underly anxiety in children. Participants will also learn tools they can implement to help children better manage anxiety. If you have noticed a child experience stomach aches, loss of appetite, nausea, headaches, display anger/irritability, have increased energy, struggle with focus, display avoidance, and/or have poor sleep, etc., this may be anxiety. This workshop is appropriate for parents, caregivers, educators, childcare and/or mental health professionals.

Location: FCSS Hub

Date: Thursday, May 9

Time: 6PM-8PM

Fee: Free / Registration Required

Time: 10 a.m. - 3 p.m.

Fee: \$10 / Registration Required

REGISTER ONLINE



Sturgeoncounty.ca/Programs

Create a user account to register and pay for courses online.

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SENIORS' WEEK

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: RQB Gym

Date: Monday, June 3

Time: 1-4 p.m.

Fee: Free / Registration Required

Seniors Banking and Fraud

Become more educated about financial management, online security, and common scams to protect yourself from financial fraud. The course typically covers a range of topics to empower seniors with the knowledge and skills needed to safeguard their financial well-being.

Location: FCSS Hub

Date: Tuesday, June 4

Time: 11a.m.-12 p.m.

Fee: Free / Registration Required

Scotiabank

Seniors Wellness Workshop

Join us for an enriching experience that celebrates active vitality, balance, and overall well-being! Our Seniors' Workshop is thoughtfully designed to empower you in your daily life. Enhance Balance: Learn techniques to improve stability and reduce the risk of falls. Thrive in Daily Activities: Gain valuable insights to make everyday tasks more manageable. Boost Wellness: Explore holistic approaches to promote overall health. Invest in your well-being and embrace a vibrant, active lifestyle. Elevate your senior years with renewed energy and vitality.

Location: Morinville Leisure Centre

Date: Wednesday, June 5

Time: 1-3 p.m.

Fee: Free / Registration Required



PRIDE WEEK

Stay tuned for a wide range of events when 2SLGBTQI+ communities and allies come together to spotlight the resilience, celebrate the talent, and recognize the contributions of 2SLGBTQI+ communities.

Music and Memory

This program will draw on peoples' memories for lyrics, rhythm, and familiarity with songs. It will also encourage participants to think about particular times in their lives and the stories they could share. Sharing is voluntary; people are welcome to come and will be encouraged to share and contribute in whatever way they are comfortable. No skill or talent is required.

Location: Gibbons, Dew Drop Inn

Date: Thursday, June 6

Time: 11 a.m.-12 p.m.

Fee: Free Drop-In / No Registration Required



Estate Planning – Wills, Powers of Attorney and Personal Directives

An overview of the Will, Power of Attorney, and Personal Directive. These documents will be explained with a discussion on the importance of having them, including what happens if you do not have them when needed. We will discuss tips for choosing a personal representative (executor), considerations for blended families, and the importance of talking with your family about your wishes. These topics and others will be presented by a lawyer from Putnam Law LLP.

Location: FCSS Hub

Date: Friday, June 7

Time: 11 a.m.-12 p.m.

Fee: Free Drop-In / No Registration Required



NATIONAL INDIGENOUS PEOPLES' DAY

Dream Catcher Creation Workshop (Ages 16+)

In this workshop participants will learn the background folklore and purpose of the dream catcher in indigenous culture and how it can assist with our sense of wellbeing. Participants will be guided step by step through the creation of their own personal dream catcher. While creating, participants will learn and discuss the benefits of connecting to the natural world, circular symbolism and transmutation of negative thoughts and patterns.

Location: FCSS Hub

Date: June 20th

Time: 6:30PM-8:30PM

Fee: \$5.00 / Registration Required

National Indigenous Peoples' Day Event (Everyone)

Event information to come!

Community Spirit Program

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

BLOCK PARTIES

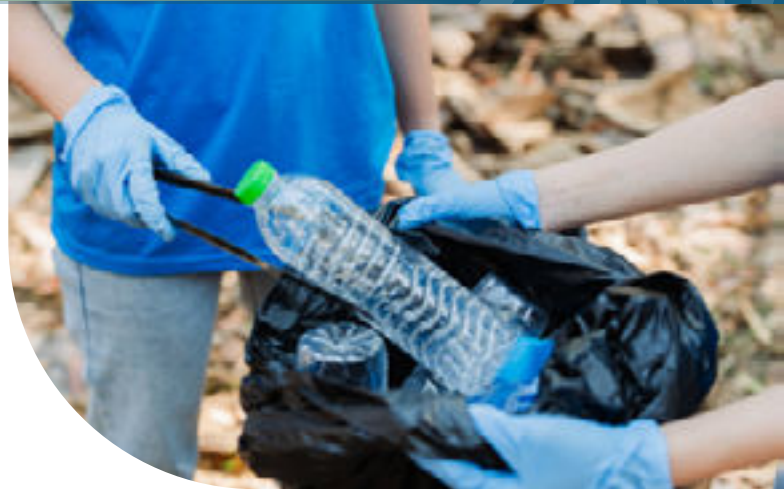
Block parties and other community events help create a sense of community spirit and pride. They allow for an opportunity for you to meet your neighbours – neighbours who know each other are more likely to look out for one another.

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

COMMUNITY SPIRIT AWARD

Recognize your outstanding neighbours who contribute to making Sturgeon County a safe, welcoming, and inclusive community.

You can nominate a neighbour who has helped you or others in a time of need. The nomination form is available online at www.sturgeoncounty.ca/CommunitySpirit.

There is no deadline for submission and awards are made monthly. Award recipients receive a card and a small gift.



DETAILS ONLINE ➔



Use your smart phone camera



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

www.sturgeoncounty.ca/communityspirit

