

# Interagency Newsletter

INTERAGENCY

DECEMBER, 2011

## Social Media Workshop

### CDSS is partnering with Interagency to host a Social Media Workshop

(For agency use of social media as a publicity / public relations tool.)

**With Jason Heise of Vital Effect on Monday, January 23, 1:15 to 3:30**  
(Coffee and goodies for a change.)



Please register by emailing:  
cdss@telus.net (Margaret Holliston)  
or  
cdss2@telusplanet.net (Margaret Falk)  
or call  
780-672-0141  
by January 16, 2012

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#### CDSS Office Christmas Hours

##### Closed:

- December 26
- December 27
- December 28
- January 2

##### Open:

- December 29 & 30

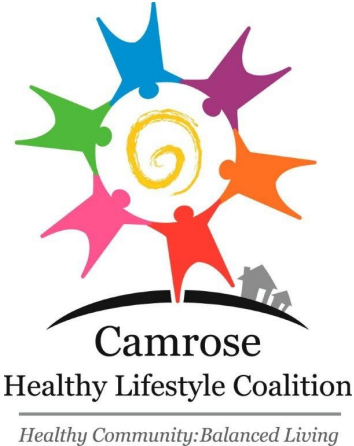
**Merry Christmas & Happy New Year**



## Camrose Healthy Lifestyle Coalition

The Camrose Healthy Lifestyle Coalition is seeking committee members from all walks of life who share our vision to "work together for our community so Camrose is a place where all people can choose a healthy, balanced lifestyle". We strive to provide information and access through advocacy, education and promotion.

If you are interested in serving on the Coalition or have an idea that you would like to discuss, please contact the committee chairperson, Jane Cherry-Lemire at (780) 672-9949 or [jcherry@camrose.ca](mailto:jcherry@camrose.ca)



## Healthy Living Centre

Celebrate the New Year with New Healthy Living Centre Programs

The Winter Healthy Living Centre Newsletter will be hot off the presses early January 2012. Full of information about upcoming programs and services offered by the Healthy Living Centre team, you will want to get your copy! Call 780 608 8683 to have your email added to our email distribution list or email Anita Eggink at [anita.eggink@albertahealthservices.ca](mailto:anita.eggink@albertahealthservices.ca).

## Centra Cam Fundraisers

### 50/50 Ticket sales continue until December 19<sup>th</sup>.

Get your CHANCE AT \$5000 at the Thursday Farmers Market, the Festival of Trees or Centra Cam, 5502 - 46 Street.



### RUFFINGTON FUDGE

Makes a great gift and is available:

At Centra Cam's Outlet Store by ordering at 780-672-9995.





## SUPPORT FOR THOSE FACING BEREAVEMENT AND GRIEF

*We all face loss, eventually.*

This workshop is for:

- People who are coping with grief and loss
- Support People (friends, co-workers, family, health care providers)

### When

Saturday, January 14th, 2012  
Edgeworth Center Community Room #3  
9:00 am to 3:30 pm  
Cost: Free

### What to Expect

Participants will learn:

- The difference between Bereavement, Grief and Mourning
- Stages of Grief
- Common Symptoms of Grief
- Coping with Grief; and
- How to Access Appropriate Community Resources

### Registration

To receive more information or to register, please contact the Camrose PCN at (780) 608-4927 or visit [www.camrosepcn.com](http://www.camrosepcn.com)  
*Space is limited so call today.*  
*Registrations will be taken until January 11th.*



[www.camrosepcn.com](http://www.camrosepcn.com)



Camrose PCN  
#1108, Suite 4  
Edgeworth Centre (Main Floor)  
4512 - 53 Street, Camrose, AB  
(780) 608-4927



## GERIATRIC ASSESSMENT PROGRAM

The Geriatric Assessment Program is available to all patients of PCN physicians who are 65 years and older who are experiencing...

- Frequent falls
- Signs of memory loss or established dementia
- Bladder concerns
- Decreased mobility
- Difficulty coping in their own home or community

### How It Works

Once you have been referred by your PCN Family Doctor, a nurse will contact you and arrange to complete an initial assessment.

If appropriate, you will be further assessed by a doctor with additional Care of the Elderly training who will work with you, your family and your PCN family doctor to develop a care plan that's unique to you.

### For more information

Talk to your Family Doctor or call the PCN at 780.608.4927



Camrose PCN  
#1108, Suite 4  
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(780) 608-4927



# NEW MOMS' NETWORK

If you're a new mom, the Camrose Primary Care Network (PCN) New Moms' Network is the place for you. The New Moms' Network offers the opportunity to meet other new moms, gather information, form friendships and build a network of resources and support that will positively impact you, your child and family.

The New Moms' Network offers six weekly group sessions for moms with infants between six weeks to six months of age. Don't miss out on these fantastic sessions!

## WHEN AND WHERE

**Tuesdays 1pm-3pm**  
 Edgeworth Centre – Upstairs Community Room  
 4512 53 Street

## TOPICS

**Come and learn more about the health and development of your child.**

**Topics include:**

- Library, Literacy, and Speech
- Growth and Development
- Nutrition
- Fitness and Community Resources
- Dental Care
- Car Seats and Safety

## REGISTRATION

**Register at the Camrose PCN**  
 (Main Floor Edgeworth Centre)

*Free of Charge – Space is limited!*

For more information call 780.608.4927  
 or email [info@camrosepcn.com](mailto:info@camrosepcn.com)



**Camrose PCN**  
 #1108, Suite 4  
 Edgeworth Centre (Main Floor)  
 4512 - 53 Street, Camrose, AB  
 (780) 608-4927

## Office Relocation - Open House

### Move

Camrose and Area Adult Learning Council,  
Camrose Family Literacy Program, and  
Camrose Adult Read & Write Program are **moving**.



We will be **closed** over the holidays from  
December 22, 2011 to January 8, 2012 to pack and move.  
We will reopen on January 9, 2012 in our new location:  
2<sup>nd</sup> floor, 4707-56 street, (former Gardner College site)

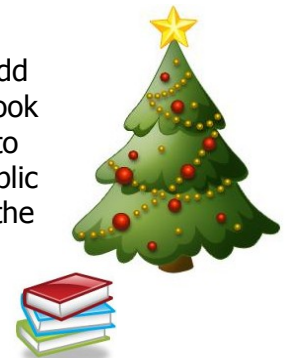
### Open House

We invite you to drop by to our **Open House**  
on January 9, 2012 between 1:00 and 3:00 p.m.  
to tour our new office space.

## Camrose Family Literacy

### Books Under the Tree

Camrose Family Literacy would like to collect **new** children's picture books to add to the Christmas Hampers. Our goal is to provide every family with one new book per child, to be delivered with the hampers. If you have books you would like to donate, please deposit these books in the designated boxes at the Camrose Public Library, all local elementary schools, Merchant's Tea and Coffee house, and at the CALC office at 4872 – 50 St. Financial donations for the purchase of books are also welcome.



### Building Blocks



Building Blocks is a home visitation family literacy program that provides early learning techniques and parenting support to families with children aged 0-5. A trained facilitator provides parents and caregivers with strategies to help develop children's early learning skills. The programs are free of charge. We are beginning to set up our Building Blocks programs for the January to April season. For more information call us at 780-672-8754. Please email referrals to [familit@camroselearning.com](mailto:familit@camroselearning.com).

**WE ARE MOVING.** As of January 1, 2012, we will be located on the second floor of the main building of the old Gardner College Campus. Our new address is 4707 – 56 St.

## Camrose Public Library

The Camrose Public Library has a programmer on staff and is very excited to be having two events in December:

- **Children's Christmas Party – December 17<sup>th</sup> – 1:00 p.m. to 4:00 p.m.**  
(visit from Santa at 2:00 PM)
- **Teen Event: Duct the Halls (Duct tape holiday crafts) December 21 from 1:00 p.m. to 3:00 p.m.**

### Upcoming events include:

#### Children's Programs (Jan - Jun 2012):

- Something Cool After School (gr. 1-3) Mondays, 4:00 - 5:00pm
- Books & Bounces (0-2 yrs) Tuesdays, 10:00 - 10:45am
- Tales for Twos & Threes (2-3 yrs) Tuesdays, 11:00 - 11:45am
- Preschool Concept Corner (3-5 yrs) Tuesdays, 2:00 - 3:00pm
- Wii Wednesdays (teens) Wednesdays, 4:00 - 6:00pm
- Bedtime Storytime (0-5 yrs) Wednesdays, 7:00-7:30pm
- Tween Thursdays (gr. 4-6) Thursdays, 4:00-5:00pm
- Crafternoon @ Your Library (gr. 1-6) Fridays, 4:00-6:00pm
- Summer Reading Club (3-12 years) July & August

#### Adult Programs:

- BYO Book Club 1st Mon. of the month, 6:30 - 8:00pm
- Don't Judge a Movie by its Book Club 3rd Mon. of the month, 6:30 - 9:00pm
- Booklover's book Club 2nd Tues. of the month, 2:00 - 3:30pm

## Neighbour Aid

**Hey!**

**Pat Hagen's Retiring!**

**Let's Roast & Toast her!**

**Wed., Dec 7<sup>th</sup> at 5:30 pm**

**The Knights of Columbus Hall**

**Potluck 6:00 pm**

**Fun Starts at 7:00 pm**

If you have any stories about Pat over the years please be prepared to share!

**So are you coming or not!**

RSVP by Fri., December 1, 2011 to  
Audrey 780-672-2612 or to the other Pat 780-672-4506

**No Cards No Gifts Just Fun with You**



**70%**  
of sexual abuse survivors report excessive use of drugs & alcohol

Source: Darkness to Light

Make it stop.  
Take the prevention program  
| [littlewarriors.ca](http://littlewarriors.ca)

## Learn How to Help Prevent Child Sexual Abuse

Little Warriors is proud to offer the Stewards of Children program

Cost: \$25 per person (Cheques payable to CAFCL)

(subsidies may be available)

Length: 3 hour session

Place: 4516, 54st #3 Community Centre upstairs, Camrose, AB

January 12, 2012 10am-1pm

\*\*To register contact Annette at 780.672.0257 or [ahillaby@cafcl.org](mailto:ahillaby@cafcl.org)

The Stewards of Children program educates adults to help prevent, recognize and react responsibly to child sexual abuse. Designed for organizations that serve children and adolescents, the program provides prevention strategies for all responsible adults including staff, volunteers and parents. This program also qualifies for Continuing Education Credits/Units, depending on your region and course of study. Please visit our website to learn more.

Register today by visiting [www.littlewarriors.ca](http://www.littlewarriors.ca) or by calling 1-888-440-1343.

Email [stewards@littlewarriors.ca](mailto:stewards@littlewarriors.ca) for more information.

Charitable Registration Number: 84568 3168 RR0001

Developed by



Presented by



**If you would like your agency information included in the monthly Interagency Newsletter, please call CDSS at 672-0141 and speak to Margaret Falk**  
[www.camrosefcss.ca](http://www.camrosefcss.ca)

## Camrose & District Help Book 2011

Your Guide to Human Services and Rural Clubs and Organizations



672-0141

Along with the City of Camrose, Camrose and District Support Services partners with Camrose County and the Villages of Bawlf, Bittern Lake, Edberg, Ferintosh, Hay Lakes, New Norway and Rosalind. Residents from rural and urban municipalities all have access to the extensive listing of Human Services Agencies available in this booklet. The Help Book is also available on-line at [camrosefcss.ca](http://camrosefcss.ca).

City of Camrose photos courtesy of City Camrose  
Camrose County photos courtesy of Camrose County

Another project of Camrose and District Support Services made possible with Community Support.

## Check it Out!

<http://www.camrosefcss.ca/helpbook/>

**The Help Book - A Guide to Human Services is available online in the form of a searchable database - <http://www.camrosefcss.ca/helpbook/>**

Thanks to a donation from **EVRAZ Camrose Works**, CDSS was able to order a second printing of the popular Camrose and District Help Book. Please stop by the CDSS office to pick up additional copies of the Help Book for your office.

**"Camrose Interagency promotes the free exchange of information, concerns and solutions among human service organizations in Camrose and area and will act as a body to facilitate collaboration among members with common goals."**

This newsletter is published by:



## Meeting Dates

**Unless otherwise stated, meetings are all held at:**  
 Camrose & District Support Services  
 2nd. Floor, Community Centre, 4516 - 54 St.

### Interagency:

- **Margaret Holliston 672-0141 / Iona Brager 672-9211**  
 Meetings are scheduled from 1:15 - 3:00 p.m.

- February 13, 2012
- May 14, 2012
- September 10, 2012
- November 12, 2012



**Frohe Weihnachten und ein Joyous Neues Jahre!**