

Interagency Newsletter

INTERAGENCY

JANUARY, 2012

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, 1:30 to 3:30
(Coffee and Goodies)



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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Lunch & Learn Alcohol Awareness

- Learn about Canada's New Low - Risk Alcohol Drinking Guidelines
- Learn about Impaired Driving – How to be Safe Behind the Wheel

See Page 2



OSCAR Child Care Society

Providing affordable licensed after school care since 1998

Operating in the following Schools

- Chester Ronning • Sparling • Jack Stuart • École Sifton
- St. Pat's children are escorted by OSCAR staff to Sparling OSCAR

We provide a fun, safe, affordable and caring environment for children 4 1/2 to 12 yrs - Right in your child's own school



#3 Community Centre 4516 - 54 St., Camrose, AB T4W 4W7 **780-672-0141**



Lunch & Learn

TOPIC: ALCOHOL AWARENESS

In this information session you will have an opportunity to:

- Learn about Canada's New Low - Risk Alcohol Drinking Guidelines
- Learn about Impaired Driving – How to be Safe Behind the Wheel

Date: Thursday January 19, 2012
Time: 11:30 a.m. – 12:30 p.m.
Place: St. Mary's Hospital, Patient Education Room
Presenters: Mary Wilton - Addiction Services
 Constable Matthew Wilton, Camrose City Police



Flagstaff's Initiative to Relationship & Spousal Trauma

14th ANNUAL F.I.R.S.T

(Flagstaff's Initiative to Relationship and Spousal Trauma)

SUPPER AND AUCTION

Join us for our most unique event yet.

Come and place bids on a GIFT of FLIGHT from WESTJet, a return trip for two anywhere WESTJet flies along with 4 tickets to the Dr. Phil Show in Los Angeles.

Bid on a VIA Rail Return trip from Viking to Jasper and many other items from local businesses.

Alliance Community Hall
 Saturday, February 4th, 2012

Doors Open at 5:00 p.m.

Supper at 5:30 p.m.

Auction at 6:30 p.m.

\$25.00 /person

Tickets Available at

Flagstaff Family and Community Services

PHONE 780- 385-3976



Help us make a difference in the lives of families in Flagstaff

Healthy Living Centre - Alberta Health Services

Supermarket Savvy Grocery Store Tour - Join a Registered Dietitian on a tour of the grocery store to learn how to cut through the clutter of logos and clever marketing to make the healthiest food choices at the grocery store! **Upcoming tour dates: January 24, February 8, May 13th at 10 a.m. Location to be confirmed.** Additional tour dates are scheduled as needed – call the Healthy Living Centre for upcoming dates, times and locations. The tour is free but registration is required. To register, call the Healthy Living Centre at 780-608-8683.

Heart Wise: Nutrition for Heart Health - “Good food is good medicine” is a phrase which eludes to the fact that good food holds all of the nutrients we need to keep our bodies healthy and free of illness. Heart disease is largely a preventable disease which is influenced by our food and lifestyle choices. At this session, learn the most important tips to improve your heart and blood pressure health. **January 18, February 29 or May 23, 1 - 2 p.m. at the Healthy Living Centre.** This class is free, but registration is required. To register, call the Healthy Living Centre at 780-608-8683.

Learn to Love the Body You’re In! - This session is presented in partnership by Alberta Health Services and the Camrose Arts Society. While the advice to “love your body” seems easy enough, a surprising number of women have a hard time taking it to heart: overall research indicates that 90% of Canadian women are dissatisfied with their appearance in some way. So you’re not alone if you’ve ever felt less than thrilled with the reflection in the mirror. If the body blues have you down more often than not, this class is for you! Learn how to nurture the body you’re in through healthy foods, physical activity and ditching negative thoughts to feel better about the skin you’re in. **Thursday, February 2, 7 p.m. at the Camrose Arts Society. Cost \$5. To register, please call the Camrose Arts Society at 780-672-9949.**

On Your Weigh Weight Wise Group Education Sessions - The Weight Wise Group Education Sessions are interactive classes 2 1/2 hours in length that provide adults with weight management strategies to assist in managing their weight. These modules cover many areas such as eating habits and patterns, nutrition, stress, goal setting, emotional eating and activity. Sessions will be held from **6:30 - 9 p.m., location to be confirmed at registration. For more information and to register, call the Healthy Living Centre at 780-608-8683. Upcoming sessions:**

January 18 Finding Balance -The role of Calories in Weight Management
Learn 5 top ways to lower calories.

February 15 Moving Matters Include Physical Activity in Your Day
Explore the benefits and barriers to being more active including tips to safely include physical activity in your day.

Camrose & Area Adult Learning Council

Move

Camrose and Area Adult Learning Council,
Camrose Family Literacy Program, and
Camrose Adult Read & Write Program have **moved**.



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:
2nd floor, 4707-56 street, (former Gardner College site)

Open House

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.

GED Prep Course

February 7 – April 26, 2012

Tuesday & Thursday Evenings for 12 weeks

Cost: \$180.00 includes textbook (sliding fee scale available)

For registration forms and more info contact:

Diane at: 780-672-8754 or calc@camroselearning.com

Visit our website: www.camroselearning.com

Stop by our office 2nd floor, 4707-56 street



Camrose Adult Learning Council



Camrose Adult Learning Council

Ed2Go Online Delivery Courses; Learn What You Want When You Want

Camrose Adult Learning Council has joined a partnership with Campus Alberta and Norquest College to bring you 300+ courses in an online delivery format. Go to www.ed2go.com/norquest to view the course selections.

What's available? Courses related to:

- **Accounting and Finance, Business, Computer Applications, Design and Composition, Health Care and Medical, Language and Arts**
- **Personal Development, Teaching and Education, Technology, Writing and Publishing**

Register for a course using the Registration Form on our website:

www.camroselearning.com and pay in Canadian Funds.

Character Development and Editing Workshop

Learn to edit your own work in progress and enhance your characters in your non-fiction writing. Bring your work in progress and work on two of your main characters during the workshop. Bring your own writing materials and/or laptop.

Workshop Facilitator: Patricia McQuarry

Friday, February 24, 2012

6:30 p.m. to 9:30 p.m.

Location: new Camrose Adult Learning Council office; 2nd. Floor, 4707-56 Street

Cost: \$25.00 Space is limited.

To register: mail or drop off fee (cash, check or money order) with registration form to the Camrose Adult Learning Council office 2nd Floor, 4707-56 Street, Camrose, Alberta, T4V 2C4

Office Hours: Mon, Tuesday, Wed; 8:00 am to 4:30 pm; closed 12 to 1 pm.

Call Diane at 780-672-8754 or email calc@camroselearning.com for more information

Poetry Workshop

Learn to create your own poetic images by putting your thoughts to paper. No experience necessary.

Please bring a pencil, pen and a journal or notebook to write in. Workshop Facilitator: Trish Clark

Saturday, January 28, 2012

9:30 a.m. to 12:00 noon

Location: new Camrose Adult Learning Council office; 2nd. Floor, 4707-56 Street

Cost: \$20.00 Space is limited.

To register: mail or drop off fee (cash, check or money order) with registration form to the Camrose Adult Learning Council office 2nd Floor, 4707-56 Street, Camrose, Alberta, T4V 2C4

Office Hours: Mon, Tuesday, Wed; 8:00 am to 4:30 p.m.; closed 12 to 1 p.m.

Call Diane at 780-672-8754 or email calc@camroselearning.com for more information.

2012 Literacy Award Nominations

We are seeking nominations until March 12, 2012 for individuals who have made a significant contribution or provided exceptional service to literacy in Camrose and/or surrounding area.

- Do you know an individual who has:
- Inspired individuals or community groups to further lifelong literacy
- Shown dedication and commitment in the literacy field
- Taken the initiative to develop unique projects and/or partnerships

Made an exceptional contribution to literacy

For more information on how you can nominate an individual for this award go to our website:

www.camroselearning.com, call Diane at 780-672-8754 or email calc@camroselearning.com



Alberta Father Involvement Initiative

Lunch 'n Learn

Bring your lunch and join **the Family Violence Response Council for an enlightening presentation on this new provincial initiative.** **Patrick Dillon, Provincial Coordinator** will outline the goals of this project and why it matters for families in Camrose area.

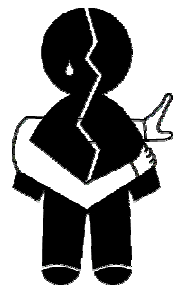
Date to be Scheduled for February, 2012
Call Sheralyn Dobos @ 780-672-0141

Family Violence Action Society

FAMILY VIOLENCE ACTION SOCIETY: Group programs for adults accepting registration now. There is no registration fee for any of these programs. Call (780)672-0141 to register.

Conflict Resolution: Conflict is a natural outcome of interaction between people. How it is managed can either strengthen relationships or damage them. This 8-week group is designed for people who want to learn to manage conflict they have in work and personal relationships so that everyone feels respected and heard, and their own angry outbursts become a thing of the past. Call to register for next group starting in April 2012. Group runs two hours, one evening per week. This program is not intended for addressing conflict with an intimate partner / spouse (see Changing Ways and Choices).

Changing Ways for Men and Choices for Women: These psycho-educational groups are for men and women whose domestic (spousal) relationships have involved any form of abusive behaviour. Gain an understanding of healthy vs. unhealthy relationships, learn how children are impacted, and acquire specific skills and tools to create a healthier future. Call now to get into men's or women's groups starting February 2012. Each group runs two evening hours, once a week. Changing Ways is a 12-week (14 session) series; Choices is 16 weeks in length.



Parenting After Violence: Learn how family violence impacts children and parenting relationships. This eight-week series addresses assertive parenting, single parenting, positive discipline, conflict management and more. Call now to get into group starting February 2012. Group runs two daytime hours per week. Child care is provided. Delivered in partnership with Camrose Family Literacy Program.



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

Space is limited so call today.

Registrations will be taken until January 11th.



www.camrosepcn.com



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



www.camrosepcn.com



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

New for 2012



The OPD
Rebate Program



COMMUNIQUE

Connection to the Community

January 2012

Starting January 2nd, Money Mentors is the only credit counselling agency offering a rebate on fees. Money Mentors is rolling out an exciting new initiative for our Orderly Payment of Debts program clients. Starting on January 2nd, there will no longer be start up fees as well as offering an incentive for OPD clients to complete their programs: a rebate of all monthly fees paid during the debt repayment process!

What does that mean for the client? Added motivation. On top of exiting the program debt-free, the rebates ranging from \$500 - \$3,000 will help clients kick-start the next phase of their money action plan by providing the savings to put towards future financial goals!

To qualify, clients have to pay off their debts in full and attend a selection of educational sessions while on the Orderly Payment of Debts program.

Coaches n' Counsellors' Corner

It's one of those pesky facts of life – heating and energy costs go up in the winter. Here are some practical tips to use at home to save money on your utility bills:

- Invest in a programmable thermostat to turn the temperature down at night and when you're at work to avoid paying for heat you're not using. - *Dolores Ongaro*
- Avoid high costs with high efficiency. Technological advances have made for highly efficient light bulbs that use way less power and last longer. Even with their higher initial cost than traditional bulbs, it'll save you a bundle to make the light switch. - *Leona Berreth*
- Make sure you are paying for only the services you actually use on things like your phone, cable, and cell phone bill - I discovered I was paying an extra \$10 a month for services I have never even heard of on my land line – this is a savings of \$120 a year! - *Stacey Townsend*

Social Media Connection

Money Mentors is plugged in to the social media pipeline on Facebook, Twitter and now Google+. After the overwhelming success of our "Small Change Adds Up" Facebook contest during "Financial Literacy Month", we invite you to join the conversation and look for exciting new social media contests in 2012!



www.facebook.com/MoneyMentors



@MoneyMentors

To schedule media interviews or to book financial education sessions for your company or community, please contact our Community Relations Coordinator at 1-888-294-0076 ext 2198 or wcoristine@moneymentors.ca

Question of the Quarter

My New Year's resolution this year is to manage my money better. My goal is to pay back my debt and start really putting money away for my retirement... I'm just not sure how to the ball rolling.

Let's focus on the debt side first and keep in mind that your debt will cost you money if you don't pay it back right away. One option is Power Pay. Instead of trying to pay down each debt by spreading the payments equally, focus on eliminating one account. Put all the budgeted money other than minimum payments towards paying off that debt then repeat with each account and voila! No more debt! For saving for retirement, it's never too early to start. If your employer has an RRSP matching program, use it! You'll get a bigger investment and you won't notice the money you put in since it comes right off your paycheque.

To learn more on debt management and retirement savings, Money Mentors hosts free Community Information Sessions each month:

January 11: "Tackle Debt"

February 8: "R n R in Retirement"

March 14: "Break the Cycle: Spend Less and Save More"

Another option is to book a free personal review with one of our counsellors.

Our Customer Service Representatives are available Monday to Thursday 8 am to 8 pm, Friday and Saturday 9 am to 5 pm at 1-888-294-0076. Visit our website at www.moneymentors.ca or find us on Facebook and Twitter!

Calgary

Edmonton

Red Deer

Lethbridge

Grande Prairie

Medicine Hat

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.camrosecfcss.ca

Camrose & District Help Book 2011

Your Guide to Human Services and Rural Clubs and Organizations



Along with the City of Camrose, Camrose and District Support Services partners with Camrose County and the Villages of Bawlf, Dittern 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 camrosecfcss.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.camrosecfcss.ca/helpbook/>

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

