

Interagency Newsletter

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March, 2011

Leaders of Tomorrow Awards

Leaders of Tomorrow Awards of Battle River Region Nomination Deadline Extended to March 10th

Invest 15 minutes (that's one coffee break) to nominate a young person (ages 5-25) or a group of young people for outstanding contributions to their community through volunteer service. All nominees are provided



recognition and numerous opportunities for further development of leadership skills. Full details of criteria and nominations available at http://www.whyvolunteer.ca/leaders_of_tomorrow_awards/

Family Violence Action Society

Changing Ways

Next start date is April 13. This 16-week counselling support group is for men wanting to change abusive behaviour and attitudes.

Choices

Next start date is April 7. This 16-week counselling support group is for women who have experienced domestic violence or abuse.



Adult Anger Management

Next start date is April 6. This 8-week education program is for individuals who want to deal with chronic anger and rage, not related to their marriage, common-law or dating relationships.

Enquire or register by calling Sheralyn at (780) 672-0141. No registration fees apply.

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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 in Camrose County and 17 villages of Swift, Stone Lake, Edberg, Ferris, Hay Lakes, New Norway and Rosedale. Residents from rural and urban municipalities have access to an extensive listing of Human Service Agencies available in this booklet. The Help Book is also available on-line at camrosefss.ca

City of Camrose (photos courtesy of City of Camrose)
Camrose County (photos courtesy of Camrose County)
Member project of Camrose and District Support Services made possible with Community Support.

The 2011 Help Book will be printed on March 10, 2011. Please stop by the CDSS after March 10th to pick up your yearly supply.

Camrose Chamber of Commerce

April 6th General Meeting Luncheon – Camrose County Annual Presentation

Held at Camrose County Office Time: 11:30-1:00 p.m.

Everyone is welcome!

Please R.S.V.P. to 780-672-4217 or camcham@telus.net



2011 Jaywalkers Jamboree booth space applications can be downloaded at:
P:\Chamber Master Files\Chamber\Events\JWJ\JWJ 2011\Jaywalkers Reg. Form 2011.pdf

Camrose Public Library



Win the 5 book set and tote bag!

Each time you visit the Library in March enter your name in the draw box. A winner will be selected on April 1st. Sign out a copy of one of the 5 books and see which one you would have picked as the winner.

Parenting After Separation Seminars

Camrose Dates

- April 30, 2011
- July 9, 2011
- November 5, 2011
- February 4, 2011

Wetaskiwin Dates

- April 30, 2011
- July 9, 2011
- September 10, 2011
- October 15, 2011
- November 26, 2011
- January 14, 2012
- March 3, 2012

Participants must pre-register at 780-679-1204 - Camrose Office, or 780-361-1308 - Wetaskiwin Office.



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**



“Writing from the Heart”

Would you like to learn to express yourself through writing within a supportive group of women? Join us for...

Tuesdays

6:30 – 8:00 p.m.

April 19 to May 31, 2011

Camrose Adult Learning Council

2nd. Floor, 4872 - 50 street

**To register or for more info,
call Diane at 780-672-8754**

No registration fee.



The *Writing from the Heart* approach does not emphasize the mechanics of grammar and spelling. It uses enjoyable “free writing” exercises to build writing confidence and skills. No previous writing experience is required. Writers will explore their lives and the world from different angles, gaining new perspectives by putting thoughts and feelings into written words and sharing their stories with others.

“Writing for Work”

Mondays, 7:00 to 9:00 pm

March 28 to May 16, 2011

Camrose Adult Learning Council

2nd. Floor, 4872-50 street

**To register or for more info, call Diane at
780-672-8754**

Registration Fee: \$50.00

Improve your work related writing skills in the areas of:

- completing forms, timesheets & logs
- email communication
- public and internal workplace notices
- procedures & protocols
- charts, diagrams & graphs
- activity & incident reports
- business letters



Camrose Adult Learning Council



2011 ANNUAL SCHOLARSHIPS PROGRAM



The Camrose Association For Community Living

is pleased to offer the following Scholarships for the upcoming 2011/12 academic year.

The Norris Bowen Scholarship:

Established by Muriel Rieger, this scholarship is administered by CAFCL. A **\$300** Scholarship will be awarded to an individual with a developmental disability participating in further education of any type.

The Camrose Association For Community Living Disabilities Studies Scholarship:

This **\$1,000** Scholarship is to be awarded to a student in the disabilities field or a field of related study.

Deadline to apply for either Scholarship: April 29th, 2011

To obtain application, visit www.cafcl.org or contact:

Camrose Association For Community Living

Attention: Colleen Lindholm

4604 - 57 Street Camrose, AB T4V 2E7

Phone: (780) 672-0257

Fax: (780) 672-7484

Email: clindholm@cafcl.org

www.cafcl.org

Healthy Living Centre

The Healthy Living Centre: Join the Healthy Living Centre for these upcoming sessions, which are available to you or your clients at no cost:

March 24, 2:00 – 3:00 p.m. Living Well with Chronic Pain – learn valuable information and practical skills to assist those living with chronic pain.

April 14 - Explain Pain – led by a physical therapist, learn more information about pain and how to enjoy life again!

March 9, 15 and 23, Wednesdays, 12:00 – 1:00 p.m. "Living Your Best Life" Series – learn over your lunch hour! Topics include such things as goal setting, benefits of exercise (strength and flexibility), healthy eating (optimal nutrition), and more!

The Healthy Living Centre also offers programming to support individuals with arthritis, osteoporosis, fibromyalgia, and low back pain. For more information on any of these programs, please contact the **Healthy Living Centre at 608-8683.**

Service Options for Seniors

Legion Ladies Auxiliary Presents



You Can Prevent Fraud
From Happening to you and those you love

Tuesday, March 29th
7:00pm

Royal Canadian Legion Branch #57
Memorial Hall

Guest Speaker: Donna Coombs
Executive Director SOS Program

Cost: Freewill offering for refreshments
Provided by the Ladies Auxiliary

Revenue Canada Volunteer Income Tax Program

Service Options for Seniors will once again will be hosting the Revenue Canada Volunteer Income Tax Program beginning in March.

Individuals making less than \$30,000 per year, or couples making less than \$39,000 qualify under Revenue Canada's guide lines to have their income tax done using this service.



THE OPEN DOOR

www.camroseopendoor.com
780-679-6803

Opening the Door To A Brighter Future

Thank you!

For helping us put a
TOQUE on homelessness.



=



We sold 1100 Toques @ \$10 each →

Equivalent to 44 months of housing
(about 1/3 of our annual need)

This year's **Raising the Roof Toque Campaign** was a great success – thank you to all 'Toqueheads' – we hope you enjoyed National Toque Day on Feb. 8!

Thanks to all of our community partners who purchased/sold toques and participated in Toque Day promotions:

Crystal Glass
McClellan Wheaton Chevrolet
Duggan Cinemas
Shocker Mechanical
Fox Taekwon Do
Camrose Canadian
Round Hill School
Augustana CSL Students

The Café (Augustana)
Camrose Registry
Café Connections
Safety Starts Here
Battle River Credit Union
Windwood Group
Open Door Staff
Camrose Kodiaks

Sears
OLMP School
Ryley School
Royal Lepage
7-11
Tabb Lanes
Co-op Gas Bars
Church of God

Special thanks to:

Jaclyn Shacher (Shocker Mechanical), Tanya Fox (Fox Taekwon Do) & committee members for all of your work!

Lube X, Midas, and many others for donations to our supportive housing project.

To anyone we missed – we apologize. Thank you for your contribution to this year's campaign.

Toquegether we are making a difference!

Camrose & District Pre-School Registration for 3 & 4 Year Olds

**Learning Through Play
Come & See What We are About!**



Photo courtesy of Jun Mah

Play is a complex part of a child's life. It can also be a way of coping and problem solving in our ever changing world. Your children can learn to explore, experiment, and imagine.

Camrose & District Pre-School provides a warm, nurturing and stimulating atmosphere with an emphasis on having fun! **Activities at the Camrose & District Pre-school focus on the social, physical, intellectual, creative & emotional development of 3 and 4 year olds.**

Pre-School does an excellent job of balancing active & quieter times, It incorporates a monthly theme such as: under the sea, dinosaurs, seasons, and many others. **Alphabet and number skills are incorporated in all our play.**

Play Centres Include:

- Playhouse
- Painting centre
- Playdough table
- Science corner
- Water & sand table
- Building block corner
- Reading centre
- A variety of table top toys

3 Year Old Class

children must be 3 years when entering the program, and 3 by Dec. 31/2011. Fees - \$40/month

4 Year Old Class

children need to be 4 years old by December 31, 2011 for the 2011/2012 term. Fees - \$75/month

CDSS Subsidy Available

Provincial Subsidy for Stay at Home Parent available.

672-0141

**Camrose & District
Pre-School
Registration
&
Open House
Monday, April 11
6:30 p.m. - 8:00 p.m.
Community Centre
4516 - 54 St.
Field House**

3 Year Old Program

Monday Class Times:

Class 1 - 9:00 a.m. - 11:00 a.m.
Class 2 - 12:30 - 2:30 p.m.

4 Year Old Program

Tues./Thurs. a.m. - 8:45 - 11:15
Tues./Thurs p.m. - 12:30 - 3:00
Wed./Fri. a.m. - 8:45 - 11:15

www.camrosefcss.ca



Men At Risk Program



Men At Risk is essentially an injury prevention program aimed at reaching men working in trades, industry and agricultural occupations. Our goal is to increase awareness of stress, depression and potential for suicide and to provide information about what to do and about available resources.

The Men At Risk presentation features male presenters with a background in trades, industry or agriculture who have first hand experience dealing with stress, depression or loss from suicide. This presentation is free of charge and is approximately 45 minutes long. We are available to present this information at morning meetings, during the day, evenings or weekends.

Male Volunteer Facilitators are needed in your area

If you work in the trades, industry and/or agriculture and have first hand experience dealing with stress, depression or loss from suicide, you could become a volunteer facilitator with the Men at Risk Program. Together with the Program Coordinator, volunteers share their story of coping and educate others to recognize the signs of distress, depression and warning signs of suicide.

* If you would like to become a volunteer facilitator or know someone who may be interested, please contact the Men At Risk Coordinator in your area.

Alarming Statistics:

- In Alberta, suicide is a leading cause of injury death. In some years the number of suicides is higher than motor vehicle fatalities.
- In Alberta, men are 4 times more likely than women to die by suicide.
- In Canada, mental health problems account for more time off from work than heart disease, accidents or cancer.

For more information or to book a presentation, please contact:

Neil Harris – Program Coordinator
(Lloydminster and area) Ph: (306) 825-5523
neil.harris@albertahealthservices.ca

Sandra Loades - Program Coordinator
(Camrose and area) Ph: (780) 679-1241
sandra.loades@albertahealthservices.ca

volunteers + COUNT!

52% of Albertans volunteer... are *you* one of them?

Volunteer any time between April 10-16, 2011 and submit your total number of hours on the Volunteer Alberta website.

1st draw prize: \$500.00 to a non-profit organization of your choice

2nd draw prize: \$250.00 to a non-profit organization of your choice

3rd draw prize: Registration to Vitalize 2011 in Edmonton

Count yourself in: www.volunteeralberta.ab.ca



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

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 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 now available online in the form of a searchable database - <http://www.camrosefcss.ca/helpbook/>.

The 2011 Help Books will be printed early March 10, 2011



"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.
- May 9, 2011
- September 12, 2011
- November 14, 2011

The May 9, 2011 Interagency Meeting will host the following presentations:

- **Presentation on the Parent Child Assistance Program** - Judith Fitzmaurice -Johnson; TIPS @ Camrose Association for Community Living.
- **Presentation on the provincial ECD Community Development Mapping Initiative** (including Camrose and area project update) by Dianna Souveny, University of Alberta, supported by Laurie Jansen, Camrose Family Resource Centre – A Parent Link Centre.