

# Rimbey & Area MAY 2021 Community Newsletter

## OUR MIND, OUR HEALTH

### Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.

**Recreation Services 403-83-3151**  
[www.rimbey.com](http://www.rimbey.com)

### Employment Opportunities

We are now taking applications for  
Lifeguard and Instructors positions  
for the 2021 season!

Applicants must have current lifeguard and  
First Aid/CPR Certifications. Positions will  
be filled when suitable candidates are found.

Drop of your resume at the Recreation Office  
Monday through Friday 8:30am-4:30pm the  
office is closed for lunch 12-1pm or by  
email: [recreation@rimbey.com](mailto:recreation@rimbey.com)



Tennis nets are now up at the Tennis courts located by the  
outdoor swimming pool.



Brought to you by:  
Neighbourhood Place &  
Rimbey Adult Learning

**Facilitator: Noah Boakye-Yiadom**  
Health Promotion Facilitator  
Addiction and Mental Health

Second Thursday of the month  
10:00  
a.m. to 12:00 p.m.

For more information or to get the  
link to this free online workshop  
please email: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Call or text (780) 887-2702

# Counselling

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Depression, Anxiety, Self-esteem?

Available in Rimbey, For Everyone – on a sliding scale fee – no financial barriers.

Call Red Deer Catholic Social Services intake; 403 347-8844 and ask to be seen in Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



RIMBEY & DISTRICT



The Rimbey and District Attraction and Retention committee wishes to acknowledge all the health-care providers who provide quality healthcare to the larger community. We hope that everyone in Rimbey and surrounding Ponoka County can take a few minutes to thank their health professionals. A small gesture goes a long way!

To find out more about the Rimbey and District ARC, please contact: the ARC Chairperson, [rimbeyarc@gmail.com](mailto:rimbeyarc@gmail.com)



Rimbey Neighbourhood Place will get you connected locally!

e-mail; [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Or (P) 403.843.6299

Find us on facebook!

do you need a computer or stable internet?

Rimbey Neighbourhood Place

can help!

by appointment only:

403 843-6299



Computer can be used for:

- ✓ EI filing
- ✓ job searches
- ✓ zoom interviews
- ✓ online counselling



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"There's no way to be a perfect mother, and a million ways to be a good one."

—Jill Churchill

#Rural Health Matters

[ruralhealthweek.ab.ca](http://ruralhealthweek.ab.ca)  
May 24 - 28, 2021

Alberta Rural Health Week (ARHW) celebrates the contributions of health professionals and rural Albertans to the quality of life in rural Alberta. Visit [ruralhealthweek.ab.ca](http://ruralhealthweek.ab.ca)

to find out more and learn how to provide your local health-care heroes with a healthy dose of recognition.



## Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.

You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

Phone: 403-314-9129 Toll Free: 1-877-314-9129

# Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

Once again, we have been closed. We are more than happy to provide curbside service to you. Please phone us and we will gladly arrange for a time. We are also allowed to book private appointments to proctor exams. Again, please call us to set up a time. 403-843-2841.

We are running a virtual book sale. Keep an eye on our Facebook page for details.

We have activity kits for children of all ages and they have been updated. Come check them out!

We have one virtual program that runs through Facebook; Bed-time Story Time – Fridays 7:00 pm

Lana Curle has made and donated a most beautiful quilt to auction. Tickets will be going on sale within the week. Please support our renovation AND take the chance to win a gorgeous locally made quilt.

Check out <https://rimbeylibrary.beanstack.com/reader365> For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

And most of all please stay safe. The library has some masks available courtesy of the Alberta Government. If you haven't already, please come pick up a pack.

## This is how to make your kids amazing: 4 secrets from research

Part 7—continued from last month

### 4) Empathy

It's okay. You can admit it. You've had that thought. Every parent has. You look at your child's behavior and say to yourself: "*Oh my god, I'm raising a self-absorbed sociopath.*" They demand everyone's attention regardless of what is going on. They cause another person pain and then promptly *laugh out loud.*

It's okay. The vast majority of the time this is a mere developmental phase. Most kids are inhumanly selfish when they are tiny but slowly their empathy muscles grow. That said, bullies do come from *somewhere*, so let's see if we can speed this up a bit. In the future I want your kid to grow up and take first prize in the science fair, not take my car.

Again, behavior is communication and discipline is teaching. If they're being selfish we gotta help them with empathy and social skills, not be cruel to them to teach them not to be cruel to people.

So deliberately draw children's attention to other people's experiences and their feelings. Obviously you want to do this when the kid has harmed someone else, but you also want to do it preventatively.

With a young child, storytime can include questions like, "What is the Lorax feeling right now?" And that is the goal – feeling. You don't want kids to just *understand* how other people feel. That's called "cognitive empathy" and it doesn't reform sociopaths, it makes them more effective sociopaths. You want your children to have "compassionate empathy." To see others feeling pain and to have the desire to help. This is another reason why bubble-wrapping children is dangerous. If kids don't experience the range of negative emotions it can make it hard for them to relate.

Another fun exercise is to let children help pick the gifts your family buys for others. It's a natural way to remind them that other people are different and to consider what will make *other people* happy.

From Barking up the wrong tree—to be continued....



## Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for

Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.

"Hours of operation: Monday-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment."



Alberta Health  
Services

*"A mother is not  
a person to lean on  
but a person to make  
leaning unnecessary."*

 Dorothy C. Fisher



## Neighbourhood Place

**WHAT WE CAN DO:  
LISTEN WITHOUT  
JUDGEMENT, GENUINELY  
CARE ABOUT YOUR  
WELLBEING AND  
CONNECT YOU TO  
SERVICES**

**Would you just  
like someone  
to talk to?**

**in Rimbey call  
403 843-6299**

**WHAT WE  
CAN'T DO:  
COUNSEL  
OR  
ADVISE;  
WE ARE  
NOT  
SOCIAL  
WORKERS**

## What's happening at Ponoka & Rimbey Adult Learning



### Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email. Date TBA

### Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

### Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

### Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been re-scheduled for the New Year.*

### The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

### Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.

The Family Resource Network supports children and youth ages 0-18 and families in Rimbey and surrounding areas. The FRN Hub provides a single point of entry for families to connect with individualized supports through a variety of programs available including in home support, child and youth development, parent education, traditional parenting, and cultural supports. Through connecting with the Family Resource Network Hub, families will be referred to a program(s) that meets their needs as well as connections to community supports. All services are currently being offered via phone or virtually, due to current health restrictions. For more information or to connect with supports, contact 780-352-4643 Ext. 28.



**Big Brothers  
Big Sisters**  
OF RIMBEY

**Become a mentor today!**

**One hour a week is all it takes!**

**Mentors greatly needed in our area.**

**Call 403-843-1066 for more information!**

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 e-mail: rimbeynp@telus.net