Rimbey

Recreation Services 403-83-3151 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



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

News ter

FCSS is hosting a Seniors virtual coffee visit on Tuesdays at 10 am! Call 403-843-2030 for information or to sign up!



OUR MIND, OUR HEALTH

Mental Wellbeing Workshops

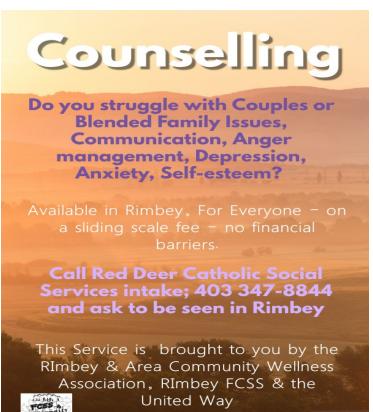
Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.



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

Call or text (780) 887-2702







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





Rimbey Neighbourhood Place will get vou connected locally!

e-mail; rimbeynp@telus.net Or (P) 403.843.6299 Find us on facebook!

do you need a computer or stable internet?

Rimbey Neighbourhoood Place



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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

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

<u>Rimbey Community</u> 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

"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."



Rimbey Library

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

403 843-2841

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

Check out our daily social media posts for online programming.

We are expanding to the north of the building! If you would like to financially support us in this endeavor please contact 403-843-2841.

Tickets are on sale for the beautiful quilt that Lana Curle has made and donated for us to raffle. Please support our renovation AND take the chance to win a gorgeous locally made quilt.

Check out Paskapoo Park for one of our Story Walks. Take a picture of your child with a story walk panel, post it on social media, tag us, and then come get a prize!

June is Pride Month. We have a great selection of LGBTQ2 books. Please check them out. Keep an eye on our social media accounts for more pride

"In a world when you can be anything choose to be kind". Kindness is so important particularly in today's polarized world. We have teamed up with Rimbey Neighbourhood Place and the Boys and Girls Club to create a kindness rock snake. We have created kits with rocks and everything you need to paint them along with a children's book to read. You can pick up your kits at the library. If you would like to paint a rock on your own that's great too. Paint the rock and take it to the BYAS building to form the snake. If you see a rock that resonates with you take it and leave one in its place. Please do not take a rock without leaving one.

June 8th is World Oceans Day. We will be providing a link to a virtual tour of an aquarium. They also have live cams so you will be watching the animals move. We will be having an under the ocean themed craft kit available to pick up from June 3rd – June 8th.

Father's Day is June 20th. Father's Day kits will be available to pic up the week of June 14th.

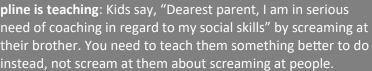
Check out https://rimbeylibrary.beanstack.com/reader365
For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!
And most of all please stay safe. 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 8—LAST ONE! continued from last month

Sum Up

This is how to make your kids amazing:

Behavior is communication. Disci-



- Balance: Connect and redirect to return them to the green zone
- **Resilience**: No bubble-wrapping. Sometimes use pushin' and other times cushion to expand their green zone.
- **Insight**: Name it to tame it. Label emotions and help them be both "player" and "spectator."
- **Empathy**: Draw children's attention to other people's feelings.

I've written a lot of posts about parenting over the years. Very rarely do I come across anything about improving a child's behavior that adults couldn't learn from. These days grown adults seem to really enjoy YA novels and I suggest we just expand that to nonfiction as well. If it's about improving kids' behavior, it will likely be incredibly helpful for you. (If you find that condescending, fine. I get naptime and cookies and you don't.)

Most of what children learn isn't taught explicitly. If you're an anger-fueled overachiever or a people-pleasing martyr, that's very likely what you are unconsciously role-modeling for your children. And so I ask...

Did you make sure <u>you</u> were in the green zone before you tried to get your kid back in there? Do you know what your triggers are? Do you know what gets you back in the green zone?

Do you push yourself to be more resilient? Spectate your own behavior enough to gain insight? Pay enough attention to be sensitive to the feelings of others?

You are trying to teach your child to be a great adult. You are already an adult. Hopefully, you are a great one. If not, work on it with the same tools you use to help them. *Physician, heal thyself.*

Again, most of what children learn isn't taught explicitly.

It's much easier to raise a better child after you've put in the time to be a better you.

From Barking up the wrong tree





On-going Rummage Sale at Rimbey United Church! Wednesdays from 10:00 a.m.-4:00 p.m. & Saturdays from 10:00 a.m. 3:00 p.m.

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!

The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family.



"Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song."

May 2021 Addiction & Mental Health News MOVE YOUR BODY Mindfuness Did you know that what you eat and drin affects how you feel? We know that it helps your body grow and stay strong, but it's also good for your brain. d help to callm a busy n ke a family goal to focus on drink ter to hydrate your body and ker our brain fuelled and energized. Montal Health Tix Everything gets better Montal Health Tip

Alberta Health Settlement Support in Regional Communities: **Supporting Newcomers in Central Alberta** Do you know anyone who is new to Canada? Or,

Health Link

maybe you are a newcomer yourself? The Regional Settlement program (through Central Alberta Refugee Effort, Red Deer) offers Permanent Residents support, information, and referrals on:

Documentation and Basic Needs

Improving English Language Skills

Interpretation and Document Translation

Settlement support in schools

Community Connections

Canadian Culture and Society

Volunteer and Employment Opportunities

Please contact our C.A.R.E. Regional Settlement Practitioner:

403-318-1706 regionalsettlement.care2centre.ca www.immigrant-centre.ca

Funded by the Government of Canada

RIMBEY & AREA COMMUNITY NEWSLETTER -Available during Covid restrictions at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & 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 TOC 2JO phone:403.843.4304 e-mail: rimbeynp@telus.net