

Rimbey & Area March Community Newsletter

Recreation Services 403-83-3151
www.rimbey.com

Looking for Instructors/Programs:

Do you have a skill that you would like to offer to the public through the community Centre.

Are you an instructor that can offer a program for the community.

Please contact :
Peter Lougheed Community Centre
At 403-843-3151 or by email programs@rimbey.com

The Rimbey Aquatic Centre

is now accepting applications for :
-Junior/Senior Lifeguard Positions.
-Red Cross Instructors

Send your resume to
recreation@rimbey.com to apply.

For more info call 403-843-3151

May your troubles be less
and your blessings be more
And nothing but happiness
come through your door

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



Made with PosterMyWall.com

MENTAL ILLNESS is characterized by changes in an individual's
thinking, mood, or behaviour and is usually associated with significant
distress or impaired functioning in social, occupational and other activities.¹



ABOUT **1 IN 3** CANADIANS WILL BE AFFECTED BY A
MENTAL ILLNESS DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover
from or manage a **MENTAL ILLNESS**. However, stigma and other
barriers can delay people from seeking help.

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 ap-
pointment.”



PFA
PSYCHOLOGICAL FIRST AID
HOPE-CONNECTION-HEALING
VIRTUAL CARE IN A PANDEMIC

Alberta Health
Services
Provincial Addiction and
Mental Health Programs
and Services

Psychological First Aid (PFA) to Support Individuals, Families, and Communities

What is PFA?

PFA is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency (including a pandemic). It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

PFA Training

PFA training is an interactive 2-hour webinar adapted from the 6 hour in-person training. The training aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

Objectives:

- Understand the timing of interventions for disasters and emergencies.
- How to utilize the PFA Action Principles in virtual environments.
- Identify and provide practical support to those in distress.
- Understand when to refer people to appropriate community supports.
- Explore self-care strategies for disaster response.

“This training is amazing, it helps me fill my cup, what I am feeling is normal and builds me up, personally and professionally. It gave me space to step back and recharge and positively reflect.”
Webinar Attendee

Training Facilitated by:

Jeanette Walker, Alberta Health Services Addiction and Mental Health Prevention & Promotion

Next Session:

March 2, 2022 7:00 PM - 9:00 PM
Session will be presented over Zoom

How to Register:

Please email (so the zoom link can be sent)
Neighbourhood Place - rimbeynp@telus.net
BY February 28.

System requirements

- Internet connection
- Audio (headset with microphone preferred)
- Access to Skype or Zoom (platform details sent out prior to the session)

Mental Health Promotion & Illness Prevention
Email: hpdip.mh.earlyid@ahs.ca
Version: 02. Revised:2021-03. Next review: 2023-03
© 2021. Alberta Health Services

A PLACE FOR FAMILIES OF
0-6 YEAR OLDS TO CALL THEIR
OWN



RIMBEY NEIGHBOURHOOD
PLACE

Drop in
GROW & PLAY

Monday's @ 10 am,

BLINDMAN YOUTH ACTION BUILDING
BACK DOOR

text 780 887-2702 for questions



Financial contribution from
Public Health Agency of Canada
Agence de la santé
publique du Canada

Adults Please
still wear a
mask



Launch—A Work Experience Program

If you are currently unemployed, are 20 to 30 years of age, have some post-secondary or trades training and are having difficulty finding employment, then the Launch program can help you. Participants earn a training allowance and are eligible for a program completion bonus.

Start Earning Today

www.mcgcareers.com

Call - 780-732-4283

Rimbey Library

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

403 843-2841

So excited to be able to offer programming once again. We are starting small and working our way up!

Tuesday Mornings 10:30 am – Storytime with Sue

Wednesday afterschool 3:30 pm – Get you Geek on! Come explore our new technology with Oli and Julia

Thursday, March 24th – 6:00 pm – Book Club

Friday, March 25th – 7:00 pm – Spring Break Kick Off!
Peter Puffin Whale Tales Tuesday – Friday March 29th – April 1st. 2:00 pm – Spring Festival.

Different Live Artists every day – Performers to be announced.

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples. Thanks to Alberta Parks and Recreation, we have snowshoes for loan. Please take advantage of this beautiful weather and try something new! 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!



Neighbourhood Place
Family Programming

Located in the BIAS Building
back entrance: 4907 49st

THURSDAYS
9:30 - 11:30 AM

Parent Support Group

♡ PARENTS SUPPORTING PARENTS

♡ A PLACE TO CONNECT

♡ CHILD CARE PROVIDED

Email: sam.rimbeynp@gmail.com
or Text/Call 403.872.1968

Financial contribution from
Public Health Agency of Canada / Agence de la santé publique du Canada
Made with PosterMyWall.com

Rimbey Family Community Collective



Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details www.rfcss.com

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!

CALM THE CHAOS:

A Virtual Presentation

Thursday, March 24

7:00pm

Presented by Melissa Prins, M.Sc., R.Psych

To the Stars Wellness Centre



TO THE STARS
WELLNESS CENTRE

"What it's like to be a parent: It's one of the hardest things you'll ever do, but in exchange, it teaches you the meaning of unconditional love."
- Nicholas Sparks



This Presentation Focuses On:

- How the Brain Works
- Coregulation
- Attachment Based Parenting
- Attending to our Children's Needs

Friendships: Enrich your life and improve your health—1st in a series from www.mayoclinic.org
Discover the connection between health and friendship, and how to promote and maintain healthy friendships.
[By Mayo Clinic Staff](#)

Friendships can have a major impact on your health and well-being, but it's not always easy to develop or maintain friendships. Understand the importance of social connection in your life and what you can do to develop and nurture lasting friendships.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Friends also play a significant role in promoting your overall health. Adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections.

"May the blessings of each day be the blessings you need the most."

—IRISH BLESSING



Big Brothers Big Sisters of Rimbey

Become a mentor today! One hour a week is all it takes. Mentors are greatly needed in area. Call 403-843-1066 for more information.

Settlement Support in Regional Communities:

Supporting Newcomers in Central Alberta

Do you know anyone who is new to Canada? Or, 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

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 & 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 in partnership with the town of Rimbey Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: