

Kneehill Regional FCSS Newsletter – Fall 2025

Fall is in full swing at Kneehill Regional FCSS, and our office is buzzing with excitement! From Halloween fun to new programs and friendly faces, we're here to help our community connect, learn, and thrive. Take a moment to meet our amazing team and check out what's coming up this season!

Meet Our Team

Angie – Director



As the Director of Kneehill Regional FCSS, I provide leadership and direction to ensure our programs meet the needs of individuals, families, and communities. I'm passionate about building partnerships, supporting our team, and creating opportunities that help people feel connected, capable, and cared for.

Jennie – Program Coordinator



As the Program Coordinator, I oversee the planning, coordination, and delivery of FCSS programs designed to strengthen individuals, families, and the community. I hope to bring people together and ensure that everyone has access to meaningful supports and opportunities.

Bree – Administrative Assistant



As the Administrative Assistant at Kneehill Regional FCSS, I'm often the first friendly face you'll see or voice you'll hear. I help connect individuals and families to programs, resources, and support — making sure everyone who reaches out feels heard, respected, and cared for.

Chrissy – Kneehill Grant Writer



My name is Chrissy, and I'm the new grant writer for Kneehill. I grew up in Three Hills and have raised my family here. I'm excited to assist community groups, non-profits, and municipalities in securing funding for local projects and initiatives.

Raelene – Kneehill Community Support Coach



As the Community Support Coach, I provide preventative social support to youth and families throughout Kneehill area. I love connecting with young people and helping them grow their confidence, creativity, and community connections.

Michaela – Kneehill Family Wellness Worker (Trochu, Linden, and Acme)



I contribute to the social and emotional well-being of children, youth, adults, and families through one-on-one support, classroom programs, and community resources.

Yvonne – Kneehill Family Wellness Worker (Carbon and Three Hills)



I provide wellness support and programs for children, families, and individuals in Carbon and Three Hills. Outside of work, I enjoy the outdoors — hiking, skiing, paddleboarding, and dirt biking in Alberta and B.C.!

💜 Family Violence Awareness Month – November

November is Family Violence Awareness Month — a time to recognize the importance of safe, healthy relationships and to remind those who are struggling that help is always available.

Reaching out takes courage, but you're not alone. Whether you're worried about your own safety, someone you care about, or simply want to learn more, support and understanding are here in your community.

👉 If you or someone you know needs help, please reach out:

- Sexual Violence 1-866-403-8000
- Child Abuse Hotline 1-800-387-KIDS (5437)
- Suicide Prevention Service 9-8-8
- Emergency Income Support 1-866-644-5135

Together, we can break the silence, offer compassion, and create a community where everyone feels safe, valued, and supported. 💛

Upcoming Events & Programs (See attached posters for more information)

- 🧠 Understanding Dementia – November 3, 2025
- 🎨 Family Connect Through Art – November 7, 2025
- 💰 Canada Revenue Agency Clinic – November 12, 2025
- 📖 Storytime & Crafts (Weekly) – Nov 12 to Dec 17, 2025
- 📁 Just in Case Workshop – November 14, 2025
- 🧸 Babysitter Course – November 15, 2025

Team Fun Facts!

- 🌍 Raelene once lived in Australia for six months.
- 🏞️ Yvonne loves dirt biking and paddleboarding.
- 💙 Chrissy is a proud mom of three boys raised right here in Three Hills.

Quote of the Month

"Kindness is like a boomerang — it always comes back."

Understanding Dementia



- The difference between Dementia and Alzheimer's Disease.



- Practical tips to help with better quality of life.



- Have your questions answered.

WHERE: Kneehill Regional Family and Community
Support Services

779 2nd Street NE, Three Hills, AB T0M 2A0

WHEN: Monday November 3rd from 1:30-3:30PM

For more information please contact
Angie Stewart: 403-443-3800 or angie@krfcss.com

MONTHLY
Families
CONNECT
THROUGH **ART**



It is all about family connection!

Art is a way that people can creatively communicate things they may not be able to put into words.



No artistic skills are required for these sessions

New Themes Every Month!

November's Theme

Healthy Relationships
Get Along Better

Parents & Kids grades 1-6:

1st Friday of each month
November 7th at 6-7:30pm

Location:

Kneehill Regional FCSS
Office, Three Hills

SPACE IS LIMITED

**REGISTRATION
IS REQUIRED**

403-443-3800
raelene.lupule@krfcss.com
www.krfcss.com





Government
of Canada

Gouvernement
du Canada

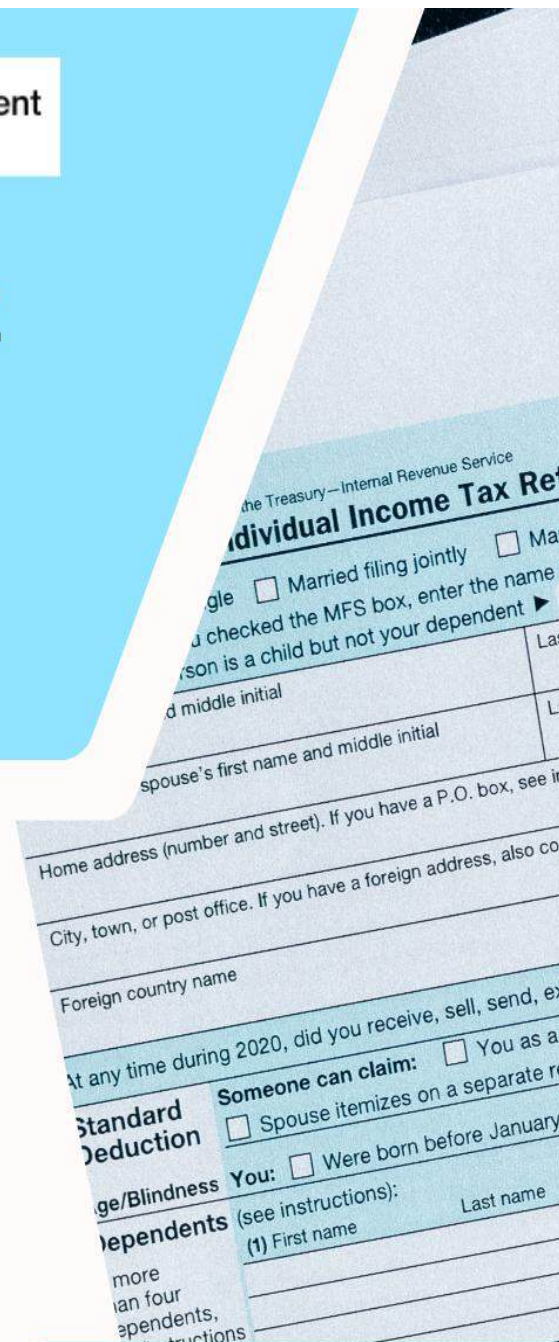
CANADA REVENUE AGENCY (CRA) CLINIC

November 12
Three Hills
By Appointment Only

- Obtaining tax slips (including T4's and Notice of Assessments)
- Change of address/phone number
- Change direct deposit details for benefits
- Helping understanding letters from the CRA
- Providing clarity about the different benefits and credits
- Educating clients on MyAccount, including how to enroll and how to use the system
- Answer questions about the GST and Canada Child Benefit



**Book your appointment by
calling 403-443-3800 by
November 7th**



STORYTIME & CRAFTS

DROP-IN

TROCHU MUNICIPAL LIBRARY

Wednesdays, 2:00–2:45pm

Last session on December 17

Parents & Children ages 2–5

STARTING NOVEMBER 12

Come join the fun at our Storytime & Craft program! Each week we'll read a story and create crafts that spark creativity and help little ones build early SEL skills. It's a great way for families to connect, make memories, and be part of our friendly community!



Just in Case Workshop

**In a moment of distress, don't waste time
or deal with the stress of finding important
documents.**

**Come create a folder for key information
in your life "just in case" of an emergency, so
you or your loved ones can quickly find
important information
such as wills, insurance papers,
key contacts, and passwords.**

November 14, 2025

1:00 - 3:00 pm

Kneehill Regional FCSS Office

To register contact:

jennifer.parsons@krfcss.com or 403-443-3800





The Babysitter's Course

Babysitters course for Saturday,
Nov 15. 9am-4pm
Cost \$65

Become a professional Babysitter!
The Canadian Red Cross Babysitting Course teaches
basic first aid and caregiver skills for youth 11-15 years
old.

To register or for more information contact
jennifer.parsons@krfccs.com or 403-443-3800



Canadian
Red Cross

Mental Health & Addiction Newsletter

November 2025

STRENGTH IN CHOICES: BUILDING YOUTH ASSETS AGAINST VAPING



Vaping is a challenge many young people face today, but as parents, we can help our children stay strong and make healthy choices. Research suggests the more you do of the below, the more likely your child will resist the pressure to start vaping.

Communicate Openly → Learn about vaping and talk to your child about the risks. Encourage them to be honest and be sure to listen without judgment.

Set Clear Expectations → Make your family rules about vaping clear and consistent. Kids who know their parents disapprove are less likely to vape.

Encourage Healthy Activities → Support your kids in sports, clubs, volunteering or hobbies to keep them busy, make friends and reduce stress.

Boost Confidence & Skills → Encourage your child to develop skills in the activities above, and/or academics and more – and watch their confidence grow! As they build self-esteem, they are more likely to make good decisions and resist peer pressure.

Be a Role Model → Lead by example in your own positive habits and strong values. Plan family activities that reinforce healthy choices.

Resources

www.albertahealthservices.ca → search “Youth Vaping Tobacco”

www.canada.ca → search “Vaping”

www.cdc.gov → search “E-Cigarettes”

www.kidshealth.org → search “E-Cigarettes”

www.kidshelpphone.ca → search “Resources for Caring Adults”

www.recoveryalberta.ca → search “Vaping”

www.searchinstitute.org → search “40 Developmental Assets”

Access Addiction & Mental Health

→ 1-888-594-0211

Mental Health Help Line

→ 1-877-303-2642

Addiction Services Help Line

→ 1-866-332-2322

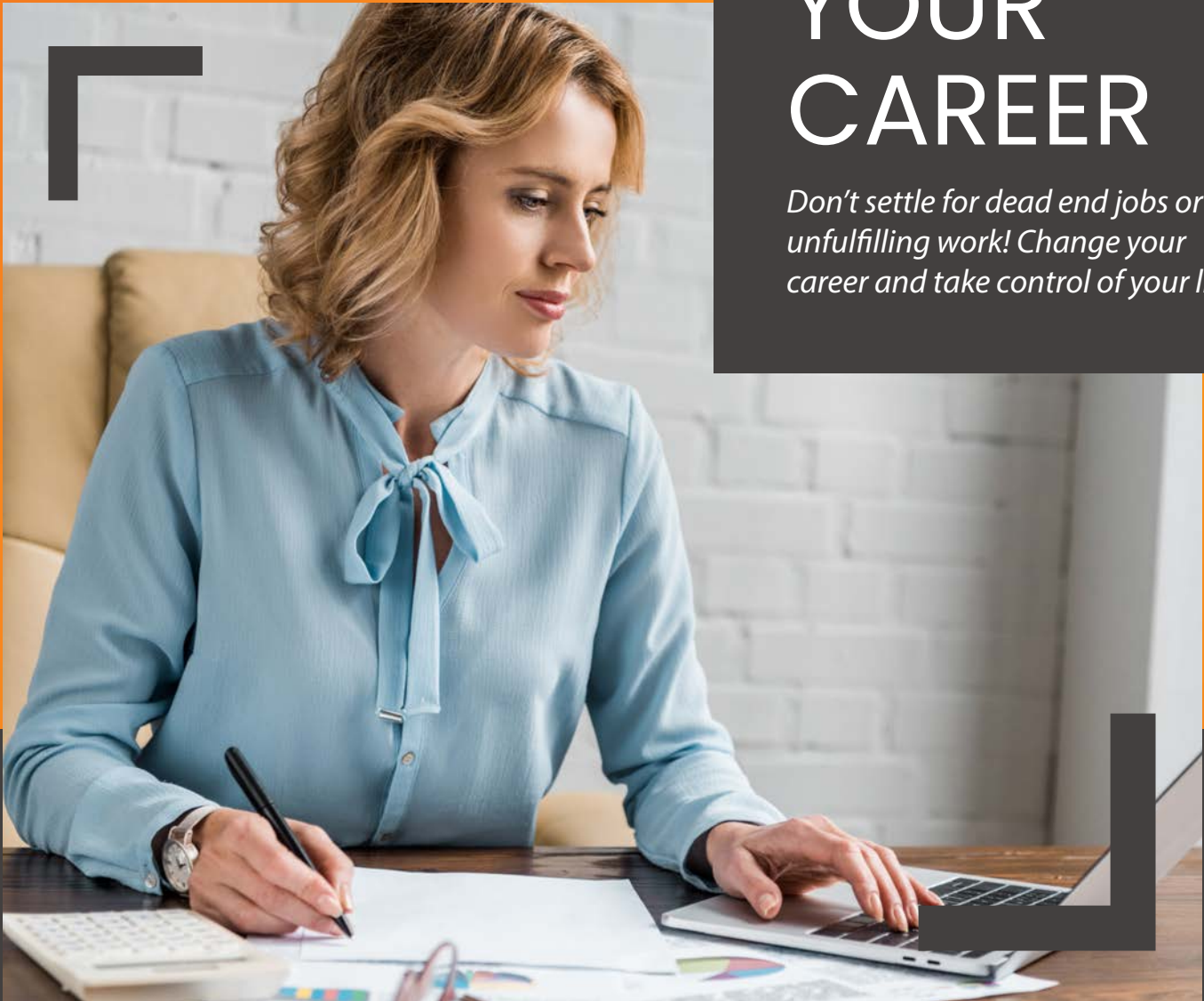


Recovery Alberta

MENTAL HEALTH AND ADDICTION SERVICES

CHANGE YOUR CAREER

*Don't settle for dead end jobs or
unfulfilling work! Change your
career and take control of your life!*



Free Walk-in Employment Sessions



**Oct 20, Nov 17 &
Dec 15**
10:00am-3:00pm
779 - 2 Street NE
Three Hills, Alberta

FREE RURAL EMPLOYMENT SUPPORTS AVAILABLE

Meet with our employment specialist in the Trochu area and see how we can best assist you! Our programs and services offer one-on-one appointments to go over career planning, resume development, interview preparation, job search supports, etc. Come down to meet with our employment specialist in-person, no appointment necessary!

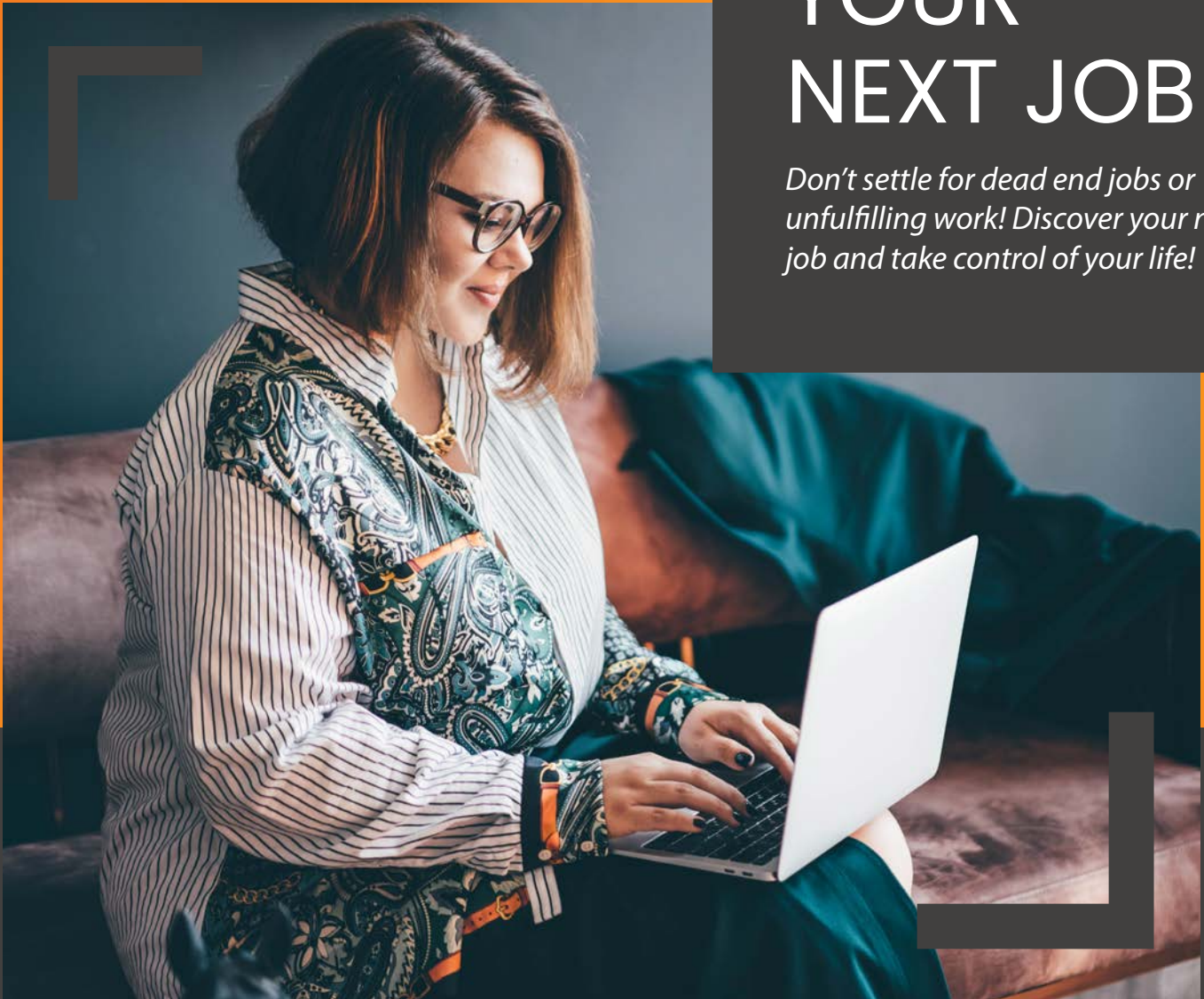
CAREER ASSISTANCE NETWORK

*Let us help you find the work you
need, build the career you love!*

 **403-341-7811**

DISCOVER YOUR NEXT JOB

Don't settle for dead end jobs or unfulfilling work! Discover your next job and take control of your life!



Rural Transition to Employment Services



EVERY WEEK
8:45am-4:00pm
Virtual or in-person
appointments

TRANSITION TO EMPLOYMENT SERVICES

This program provides individuals struggling to find and keep work with vital job search guidance and one-on-one support services for up to 12 weeks. If you are living in the Drayton Valley, Rimbey, Ponoka, Blackfalds, Rocky Mountain House, Trochu, Hanna, Olds and surrounding areas and are needing support, you may qualify!

WORKPLACE TRAINING PROGRAM

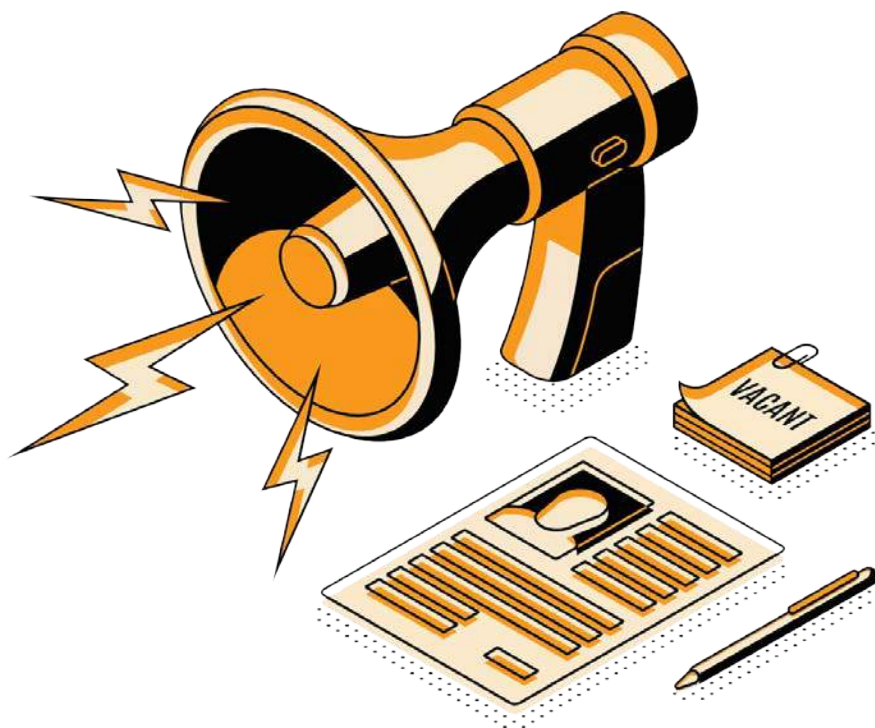
This program provides individuals looking to transition into a new career with placement assistance and one-on-one support during their placement for up to 26 weeks. If you are living in the Drayton Valley, Rimbey, Ponoka, Blackfalds, Rocky Mountain House, Trochu, Hanna, Olds and surrounding areas and are needing support, you may qualify!

CAREER ASSISTANCE NETWORK

Let us help you find the work you need, build the career you love!



403-341-7811



#wecanconnect

We CAN connect you with your NEXT JOB!

We get people hired by connecting them with hidden job leads within their local communities.

To find out how, simply go to

www.wecanconnect.ca/jp-trochu-and-three-hills

The Province of Alberta is working in partnership with the Government of Canada





November 2025 Virtual Workshops Schedule

To get more information on these workshops or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer.

WWW.RDCAN.CA

The Province of Alberta is working in partnership with the Government of Canada



NEW REALITIES OF CAREER PLANNING

November 25 & 26, 2025 from 8:45am - 4:15pm

In this FREE one to two day workshop, you will learn how to successfully change careers by identifying your ideal work and exploring the current labour market.

NEW REALITIES OF JOB SEARCH

November 27, 2025 from 8:45am - 4:15pm

In this FREE one day workshop, you will learn how to find the work you want in the fastest possible time-frame by using proven tools and techniques.

NEW REALITIES OF RESUME WRITING

November 28, 2025 from 8:45am - 12:00pm

In this FREE half-day workshop, you will learn how to get job interviews by properly preparing and formatting your resume, cover letter and reference page. Once you have completed the workshop, individuals can have their own resume developed by one of our experts.

NEW REALITIES OF JOB INTERVIEWING

November 28, 2025 from 12:30pm - 3:00pm

In this FREE half-day workshop, you will learn how to get job offers by properly preparing for and navigating through your next job interview. Once you have completed this workshop, individuals can have a one-hour mock interview session with one of our experts.

CAREER ASSISTANCE NETWORK

Bay 7, 4699 61st Street
Red Deer, Alberta T4N 7C9
P:403.341.7811
E:contact@rdcan.ca
www.rdcan.ca

Community Futures Wild Rose Report – Interagency

CF Wild Rose Upcoming Events Page - <https://wildrose.albertacf.com/news-events/upcoming-events>

CF Wild Rose Website - <https://wildrose.albertacf.com/>

Interview Like a Pro – Session Registration - <https://www.eventbrite.ca/e/1902215601069?aff=oddttdtcreator>

Attachment – Complimentary, Confidential 1:1 HR Support with our HR Consultant registration card

Community Heroes: Bringing Non-profits to the Forefront

We recently received funding through Alberta’s Community Initiatives Program for a new project called *Community Heroes: Bringing Non-profits to the Forefront*. It runs until January 2027 and focuses on helping local non-profits increase visibility and connect more people to the services they provide.

Through this project, we’re helping organizations share who they are and what they do using the platforms that best reach their audience — whether that’s radio, print, or online features. The goal is to boost awareness, volunteerism, and donor support while connecting the community to the services they need.

To keep things organized and fair, participants will be grouped into **five cohorts**:

- **Cohort 1:** Cut-off October 24 | Ad Run November–January 2026
- **Cohort 2:** Cut-off January 15 | Ad Run February–April
- **Cohort 3:** Cut-off April 15 | Ad Run May–July
- **Cohort 4:** Cut-off July 15 | Ad Run August–October
- **Cohort 5:** Cut-off October 15 | Ad Run November–January 2027

We’ve also partnered with 211 Alberta to help organizations understand how to list and maintain their information effectively, and we’re developing an easy-to-follow “Online Presence” manual with step-by-step guidance on things like claiming a Google listing, posting updates, and maintaining online information.

Overall, it’s about shining a light on the incredible work being done in our region and giving non-profits practical tools to keep that visibility going long after the project wraps up.

Eligible non-profit service providers include any located in the following areas: Acme, Ardenode, Bassano, Beiseker, Carbon, Carseland, Chestermere, Cluny, Conrich, Dalemead, Dalum, Delacour, Gem, Gleichen, Hussar, Huxley, Indus, Irricana, Kathryn, Keoma, Kneehill County, Langdon, Linden, Lyalta, Norfolk, Rockyford, Rosebud, Standard, Strathmore, Swalwell, Three Hills, Torrington, Trochu, Wheatland County, and Wimborne

Please use this link to register -  [Community Heroes Registration](#)

Nutrition Services
FREE one-hour class



Eating well for the menopause journey

Join AHS dietitians to help build nutrition knowledge, skills and confidence as you navigate the menopause transition and beyond.



➤ To register, scan the QR code or visit:
<https://redcap.link/AHSNutrMeno>



Let-Us Connect



Central Zone Population and Public Health Dietitian Team | Nov 2025

NUTRITION FOR MENOPAUSE

NEW!

We are pleased to introduce a new nutrition and menopause class through the Alberta Healthy Living Program. Click below for registration details and promotional materials to share.

[LEARN MORE AND REGISTER](#)

[CLASS POSTER](#)

RAISING OUR HEALTHY KIDS

This series of short videos for parents and caregivers was recently updated and covers many topics including: nutrition and healthy eating, active play, positive parenting, mental health and more.

[VIEW THE VIDEO SERIES HERE](#)

NOVEMBER IS FALL PREVENTION MONTH!

Good nutrition can help reduce the risk of falls in older adults. Check out our *Nutrition Check Up* tool to check your nutrition and receive personalized resources for healthy eating.

[LEARN MORE](#)

INFANT NURITION CLASS

Join this FREE online class for parents & caregivers. Learn about what foods to introduce first, commonly allergenic foods, making food for your baby, preparing different textures, and more!

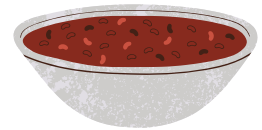
[LEARN MORE AND REGISTER HERE](#)

[Click here](#) for our social media kit. Please share our classes on social media!

WARM SOUP FOR COOL WEATHER



[Beef, Tomato and Vegetable Soup](#)



[Black Bean and Rice Soup](#)



[Curried Squash and Sweet Potato Soup](#)



VIEWING A PAPER COPY OF THIS NEWSLETTER?

Scan this QR code with your phone camera to view the digital newsletter. This will allow you to access all the links for additional information.



Everyone 65+ Welcome!

MINDS IN MOTION

EVERY THURSDAY
NOV. 6-DEC. 18

9:30-11:30

GOLDEN HILLS LODGE
814 1ST ST N THREE HILLS

No
Cost!!

JOIN US WEEKLY OR JUST ONCE IN A WHILE! THIS IS A GROUP
PROGRAM INVOLVING PHYSICAL, COGNITIVE AND SOCIAL
COMPONENTS DESIGNED TO KEEP YOUR MIND AND BODY ACTIVE!
ALL PHYSICAL AND COGNITIVE ABILITIES WELCOME. STAY FOR
THE WHOLE PROGRAM OR JUST THE PHYSICAL PORTION
PLEASE BRING A WATER BOTTLE

To register call Kim: 403-321-4727



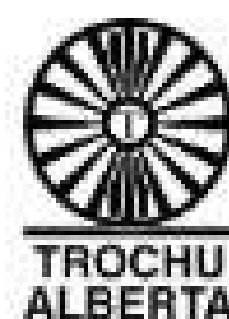
THANK YOU KNEEHILL COUNTY!

We appreciate your support and
your invaluable feedback in the
2025 Housing and Service Needs
Estimation Survey.

Your insights will help us better
understand and address housing
and service needs in
our community!



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES





Canada Summer Jobs Grant Applications Opening Soon!

The annual **Canada Summer Jobs (CSJ) program** Call for Applications will be **launched on November 4, 2025**, and will **close on December 11, 2025** at 11:59 p.m. Pacific Standard Time.

CSJ provides **wage subsidies to support** employers to create **quality summer work experiences for youth aged 15 to 30 years**.

Not-for-profit employers can receive a wage subsidy of up to 100% of the current provincial minimum hourly wage.

Public and private sector (with 50 or fewer full-time employees) employers are eligible to receive a wage subsidy of up to 50% of the current provincial minimum hourly wage.

Visit the [CSJ website](#) for the launch of CSJ 2026 and for more information regarding the application process.

If you **need assistance with this application**, or have questions, **please contact Ashton or Tracy at 403-341-7811**

Seniors Outreach - NOVEMBER 2025 Events Calendar



Seniors Outreach

(403) 443-2555

+1 888-443-2555

office@seniorso.ca

www.seniorso.ca



We need volunteers for

RECEPTION & DATA ENTRY

For more info please call

(403) 443-2555

Contact us for

FROZEN & HOT MEALS

AVAILABLE FOR HOME

Meals on Wheels

DELIVERY

ORDER BY PHONE

Three Hills

FOR APPOINTMENTS + BUS TRIPS

(403) 443-2555 or 1-888-443-2555

COMMUNITY DROP-IN CENTRE

POOL & DROP IN | Mon-Sat | 9 am - 12 pm | \$3

Drop in Committee Events

GAMES NIGHT | Wed's | 6:30 pm | \$3

XMAS CRAFTS | Nov 13 | \$5

COMMUNITY SUPPER | Nov 20th | \$20

Follow us on Facebook for more events!

**Call 587-321-8170 for drop in centre committee events*

Three Hills Regular Bus Route

FREE Thursdays from 1:15-3:30 pm

Thanks to Three Hills ELKS

& Healthy Aging Grant



Olds Bus Trip

Friday November 21st | 9:30 am

From Three Hills: **\$25**

From Trochu: \$20

Stops for shopping and more!



Calgary Philharmonic Orchestra

Slavonic Dances

Friday, November 14th

Depart 7:45 am | return 3 pm

\$35/person



Kneehill South

FOR APPOINTMENTS

Contact Sherry (403) 412-4195

Acme Seniors Center

Potluck | November 12th | 5:30pm @

The Blue Ginger Restaurant - No meeting

Bridge: Mon | 12:30-3:30 pm

65 (Cards): Tues | 1-3 pm

Pool: Tues | 1-3 pm



Carbon Seniors Center

Tuesdays & Thursdays

Coffee, cards, visit | 1:30 pm



Linden Care & Share

Coffee's On | Mondays | 9 - 11 am | \$1

Potluck | November 21 | 6pm

music by Dusty Rae to follow



Offices closed Tuesday November 11th

for Remembrance day



Kneehill North

FOR APPOINTMENTS

Contact Lorna (403) 425-1555

Trochu Drop-In Center

Mon-Sat | 9-11 am | Coffee - \$1

Mon, Wed, Fri | 1:30-4 pm |

Coffee/Visiting/Games

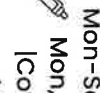
Mon | 7 pm | Bridge

Nov. 11th | Legion Luncheon | After ceremony at

Cenotaph

Nov. 19th | 7pm | Evening Bingo - \$3

Nov. 25th | 1pm Birthday Bingo - \$3



Wimborne Community Center

Mon-Sat | 10:00-11:30 am

Coffee - \$1



Torrington Silver Willow

Mondays 9-11 am | Coffee & Sweets - \$1

Wednesdays | 1 pm | Crib \$2

Fridays | 6:30 pm | Games & treats \$1

Call (403) 667 6954 to sign up



Scott Woods Concert (Trochu).

Wednesday November 19th

Bus Departs Three Hills @ 6:15 pm

\$55/Person

GRIEF & LOSS SUPPORT GROUP

You Are Not Alone

FREE Three Hills Community Support Group

This welcoming and compassionate support group

Is open to:

- ✓ Seniors
- ✓ Their families
- ✓ Community members

Facilitated by a registered professional, Free of charge, Snacks Included!

Guided activities to help you work through your loss in your own way.

You don't have to travel this road alone!

Facilitated by Micaela Olson, Registered Psychiatric Nurse

LOCATION

Chateau Three Hills

920 Main Street

Thursday evenings 6:30 p.m. to 7:30 p.m.

Group starts Nov. 6th

Contact Seniors Outreach to confirm your attendance at

403-443-2555



To Register please call:
(403) 443-2555
www.seniorso.ca

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

Miracle on 34th Street



JOIN US FOR A BUS TRIP TO
A SHOW AT ROSEBUD
THEATRE!

TWO SHOWINGS – 2 BUS TRIPS

1. Dress Rehearsal – Thurs, Nov 6

Seniors Outreach Trip

 Bus leaves Three Hills @ 5:30 PM

 Tickets: \$35 + Bus: \$15

 Call Seniors Outreach: 403-443-2555

2. Matinee – Thurs, Nov 20

Lunch & A Show – Mount Olive Church Trip

 Transportation included

 Ticket & Bus \$85 per person

 Call Mount Olive: 403-443-7779

ROSEBUD
& **THEATRE**
SCHOOL OF THE ARTS



Seniors Outreach

Community Potluck Event

12 p.m. Lunch

403- 443-2555

Come together with friends, family, and neighbors for a
Seniors event filled with laughter, connection, and mouthwatering meal



499 -3rd Ave SE
Three Hills
Three Hills CommUnity
Drop-In Centre
(By Tennis Courts)



TUESDAY
November
4th, 2025





Seniors Outreach

VOLUNTEER RECEPTIONIST



Receptionist



The perfect job for a people person.

Do you love interacting with others? Are you the friendly, welcoming type?

If so, we want you to apply for our Receptionist position!

As the first point of contact for Seniors Outreach, the Receptionist is responsible for providing excellent customer service and creating a positive first impression. This is a great opportunity to develop your customer service skills and grow your career.

Requirements

- Strong communication and interpersonal skills
- Professional appearance and demeanor
- Ability to multitask and stay organized
- Flexible availability

Join a great Team

- 4 hour shifts
- Morning / Afternoon
- No Friday's - you choose the day

CALL: 403-443-2555

APPLY NOW

We look forward to hearing from you!

office@seniorso.ca



If you are interested in joining our team, please apply today!

WE NEED YOU!

VOLUNTEER DRIVERS

Join Our Team!

Volunteer as a Handivan Driver with Seniors Outreach

A big thank you to the Drivers for supporting our community by helping provide safe and reliable transportation for seniors and others in need. Your time and commitment make a real difference!

**KNEEHILL
COUNTY**



How to Get Started:

Call (403) 443-2555 and ask for Lorilee, Administrative Assistant
Visit us at www.seniorso.ca

**CLASS 5
DRIVERS
Needed**

5



Documents You'll Need:

Please bring the following to the Seniors Outreach office (ASK for a package of forms and details, which Lorilee will go over with you :

- ☐ Clean Driver's Abstract (3/5 years)
- ☐ Copy of your recent Driver's Licence
- ☐ Completed Volunteer Intake Form
- ☐ Police Check Completed



LORILEE BOON
Administrative Assistant

office@seniorso.ca

+1 (403) 443-2555

+1 (403) 443-7755

www.seniorso.ca

Provincial Building - 128 3 Ave S,
Box 1465, Three Hills, AB T0M 2A0



**SENIORS
OUTREACH PROGRAM**
A SINGLE KEY TO
OPEN MANY DOORS



What Happens Next

- You'll receive an orientation to the Handivan & Driver responsibilities
- You'll be added to the Volunteer Driver List.
- When drives/trips are available, you'll be contacted and can always say YES or NO.



Flexible Driving Options

In-town trips

Out-of-town trips (Red Deer, Olds, Drumheller, Airdrie, Calgary)

Daytime or Evening trips or Both

Volunteer or Paid trips or both (e.g., Group rentals, Safe Drives)



Driver Responsibilities

- Pick up the keys and binder (trip details, gas card, bus documents, plates) from the office.
- Complete a pre-trip and post-trip vehicle check, Bus Driver Meetings

Thank you for stepping up to drive! With your help, we keep our community connected.

403-443-2555 | www.seniorso.ca | Seniors Outreach Office



YOU CHOOSE: HANDIVAN - SEATS 6 or CHAMP BUS SEATS 16

VOLUNTEER



403-443-2555



www.seniorso.ca



office@seniorso.ca



Seniors Outreach



It's not about "getting over" grief quickly, but rather about learning to live with the absence, finding meaning, and rebuilding hope.

THE IMPORTANCE OF GRIEF SUPPORT

The loss of a loved one is one of the most difficult experiences we face in life. Grief Support Therapy is essential to accompany and guide those going through this process, helping them manage complex emotions such as sadness, guilt, and anxiety.

Free Grief & Loss Support Group for seniors, families, and open to all community members. 8 Weeks, once a week, facilitated by Micaela Olson, RPN. Call **403-443-2555 to register**. Thanks to the New Horizons Grant for Seniors for providing funding for these events. guided activities, snacks, and a safe space.

TROCHU: St. Mary's Health Centre, Trochu; Thursdays afternoon 1:30–2:30 p.m. starting Nov 6

THREE HILLS: Chateau Three Hills, 920 Main Street, Thursday evenings 6:30 p.m. to 7:30 p.m. starting Nov 6

LINDEN: Linden Care and Share: 3 p.m. Starting Tuesdays - November 4, 18, 25, December 2 and 9, January 6, 13, and 20th. Time: 2-3 pm

Receiving professional support can make the difference between healthy grief and complicated grief.



403- 443- 2555

Register Today - 8 Weeks
once a Week for 1 Hr
OPEN TO ALL ADULTS



FREE IN LINDEN **SMALL GROUP** **SUPPORT GROUP** *You Are Not Alone*

This welcoming and compassionate support group

OPEN TO ALL COMMUNITIES

Facilitated by a registered professional

Location: Linden Care and Share

Dates: Tuesdays - November 4, 18, 25

December 2 and 9

January 6, 13, and 20th

Time: 2-3 pm

REGISTER TODAY!

403-443-2555



**EXPERIENCING A
CHANGE, OR GRIEF AND
LOSS**

**SMALL GROUP,
SAFE + SNACKS**

**FREE - 8 WEEKS FOR 1
HOUR/WEEK**



Call (403) 443-2555



Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

Seniors Outreach

NOVEMBER Senior Events and Bus Trips (403) 443-2555



SENIORS
OUTREACH PROGRAM
**A SINGLE KEY TO
OPEN MANY DOORS**

Minds in Motion®

A social program for people with early to mid-stage dementia and their care partners. Gentle exercise, games, and friendly connection.

When: Thursdays, Nov 6–Dec 18, 9:30–11:30 a.m.

Where: Golden Hills Lodge, Three Hills Register: Kim Larson, 403-321-4727
kim.larsen@bigcountrypcn.com



Understanding Dementia & Alzheimer's Disease

Information session at Kneehill Regional FCSS, Three Hills.

When: Monday, Nov 3, 1:30–3:30 p.m. Register: Angie Stewart, 403-443-3800



Grief & Loss Support Groups

Meet weekly for eight weeks in Trochu, Three Hills, and Linden. Guided activities, snacks, and a confidential, supportive space. Open to caregivers.

Register: 403-443-2555

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Support for Seniors & Families

Short Term Family & Couples Counseling available through Kneehill Regional FCSS – 6 FREE sessions. Info: Angie Stewart 403-443-3800

CRA Tax Clinic

When: Wednesday, Nov 12, by appointment only

Where: FCSS, Three Hills Register by: Nov 7, 403-443-3800



Just In Case Workshops

When: Friday, Nov 14, 1–3 p.m. Register: Jennifer, 403-443-3800

Bus & Handivan Trips – Call 403-443-2555 to participate

- **Nov 6:** Rosebud Theatre – Miracle on 34th Street Dress Rehearsal. Depart 5:30 p.m., Cost \$50
- **Nov 14:** Calgary Philharmonic Orchestra – Slavonic Dances. Depart 7:45 a.m., Cost \$35
- **Nov 19:** Christmas Hoedown with Scott Woods Band, Trochu Baptist Fellowship Center. Depart 6:15 p.m., Ticket \$45, Bus \$10
- **Nov 20:** Rosebud Theatre – Matinee & Meal (Mt. Olive Church event open to Seniors). Cost \$85, Call 403-443-7779
- **Nov 21:** Trip to Olds. Depart 9:30 a.m., Cost \$25
- Every Thursday: Three Hills Bus Route, regular stops around town.

Events

Nov 4: Three Hills Drop-In Centre Potluck, 12 p.m., Cost \$5

Nov 21: Linden Care & Share Potluck, 6 p.m., Music by Dusty Rae