

COMMUNITY UPDATES



May 2026

MOTHER'S DAY *Afternoon Tea*

Saturday, May 9 | 1:30pm-3:00pm
Trochu Arboretum



COMMON GROUND SERIES

Build connections across generations, preserve valuable skills, and inspire lifelong learning in a fun, supportive environment.

ALL ABOUT HERBS
May 15 | 2:00-3:00pm
Digger's Greenhouse
All Ages



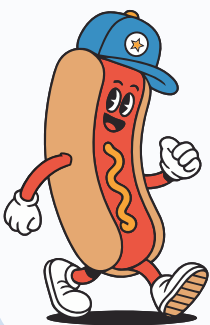
JOIN YOUR LOCAL MEN'S SHED!

A Men's Shed is a welcoming, community-based space where men have the opportunity to connect and collaborate, working side by side on projects, learning new skills, or simply spending time together and meeting new people!

Meetings are on Mondays
from 1-3pm at the
Community Drop-In Centre.



MEN, KIDS & MAYHEM



From action-packed games to hands-on activities, this event is all about teamwork. It's the perfect chance for father figures to bond with their kids.
Hot dogs provided!

Linden: June 2 (5:30-7pm)

Trochu: June 4 (5:30-7pm)

STAY UP TO DATE



@Kneehill Regional Family & Community Support Services



www.krfcss.com/calendar



Register for our events here!

Youth & Family Programming:
raelene.lupul@krfcss.com

CONTACT US!
403-443-3800

Adult Programming:
jennifer.parsons@krfcss.com



The Healthy Families Program is provided through Accredited Supports to the Community and is a Spoke service with the Mcman Drumheller and Area Family Resource Network.

Healthy Families works with parents who have children 0-6yrs. The ASC Home Visitation service supports families to achieve the following five key outcomes:

1. Parents/Caregivers learn skills that promote the development of relationships, connectedness, and healthy child development.
2. Parents/Caregivers report knowledge of and use of skills that enable them to cope with life's challenges.
3. Child development is monitored, and any gaps or lags are addressed.
4. Families have a support network and a sense of belonging.
5. Families have knowledge of and access to services that strengthen family well-being.

Healthy Families can provide families with information and support that will assist with larger issues that impact parenting. We support parents and caregivers to build on a foundation for strong family functioning. Guidance, referral and support is offered to families facing challenges, building on a family support network and enabling families to cope with stressors.

Our program is free and voluntary.

We operate in the communities of Acme, Carbon, Linden, Trochu, Torrington, Three Hills, Kneehill County, Drumheller, Hanna, Delia, Morrin, Munson, Starland County, Special Area No. 2 and surrounding rural communities.

Referrals to Healthy Families can be made through the main office in Olds at: 1-866-556-4122, or by contacting Lisa Sauve directly at: 1-403-586-0665.



Parent-Child Assistance Program (PCAP)
South Central Region

Our goal is to prevent future births of alcohol and drug exposed children.

Geographical area covered:

We operate in the communities of Acme, Carbon, Linden, Trochu, Torrington, Three Hills, Kneehill County, Drumheller, Hanna, Delia, Morrin, Munson, Starland County, Special Area No. 2 and surrounding rural communities.

Criteria for receiving supports:

- Eligibility A:
 - o Women who use alcohol/drugs during pregnancy
 - o Women who are pregnant, or up to 6 months post-partum
 - o Women who need assistance connecting with community services
- Eligibility B:
 - o Women who have a child diagnosed with Fetal Alcohol Syndrome (FAS) or Effects (FAE)
 - o Women who are in their childbearing years

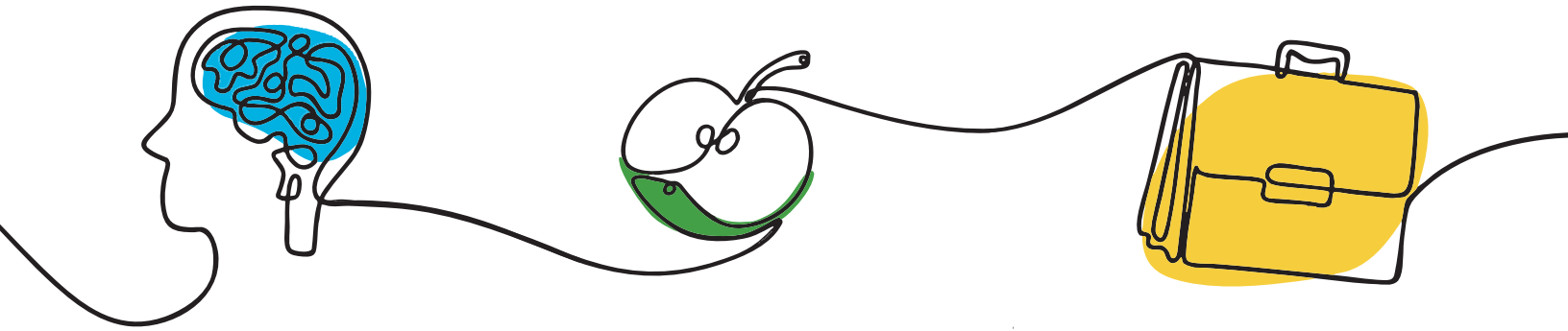
What we offer to clients:

- 3 years of involvement with a mentor who offers home visitation and support.
- Setting achievable goals and taking steps toward reaching those goals.
- Working on a treatment and recovery plan, with a focus on harm reduction.
- Family planning.
- Working with mothers to ensure their children are in safe, stable homes.
- Connecting with other resources in the community.

Referral process:

- Phone Accredited Supports to the Community @ 403-556-4110 or contact Lisa directly at 403 586 0665








211[®] Alberta

211 Alberta is here to connect you to the support you need—mental health, food, employment, and more.

Free. Confidential. Available 24/7.

-  Dial 2-1-1
-  Text INFO to 211
-  Visit ab.211.ca

HELP STARTS HERE.

211 Alberta is provided in partnership by:



Mental Health & Addiction Newsletter

MAY 2026



MOVE YOUR MOOD
MENTAL HEALTH WEEK MAY 4-10, 2026



In recognition of Mental Health Week, we're highlighting Move Your Mood healthy lifestyle practices that support both mental and physical well-being while strengthening connection with others. Small, intentional actions can make a meaningful difference. We invite you to take a few moments as a family to explore simple daily activities that support well-being for everyone in your home.

Move Your Body: Daily movement strengthens the heart and muscles while boosting mood, energy, confidence, focus and creativity. It can also reduce stress, ease feelings of anxiety and low mood. Encourage activities your child enjoys. Spend time being active outdoors, go for a walk, bike ride, or visit a local park. When movement feels fun and positive, it becomes something to look forward to each day.

Fuel Your Body: Eating balanced meals and staying hydrated supports focus and emotional well-being for both you and your child. Try adding a new fruit or vegetable to your meals and keep a water bottle within reach throughout the day.

Practice Mindfulness: Slowing down and being present can reduce stress and support emotional balance. Try pausing with your child for three deep breaths or spend one minute tuning into your five senses, noticing what you can see, feel, hear, smell and taste. Then talk together about how practicing mindfulness makes you feel.

Expand Your Mind: Exploring activities that challenge the mind releases natural "feel good" chemicals that boost mood and well-being. Try dancing to music, sharing a laugh, reading a book, or doing something creative together.

Build Assets: Developmental Assets are the building blocks that help children and youth grow into healthy, caring, and responsible individuals. You can help build these assets in your child by regularly doing things together, offering lots of support, setting boundaries, and modeling healthy choices.

Resources

www.moveyourmood.ca → search "About" or "Community"

www.cmha.ca → search "Mental Health Week"

www.participaction.com → search "Community Challenge"

www.albertahealthservice.ca → search "Ways to Wellness Toolkit"

www.csepguidelines.ca → search "24 Hour Guidelines"

<https://www.humin.org/wellbeing-tools/app> → search "Healthy Minds"

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

ALBERTA BRAIN INJURY NETWORK (ABIN)

Central Region

Supporting Adults (18+) with Acquired Brain Injury to

*Live, Work & Participate
in their Communities*

AREAS WE SERVE



North Central

- Lloydminster, Wetaskiwin,
- Wainwright, Camrose & Surrounding Areas

Central

- Ponoka, Stettler, Red Deer,
- Sylvan Lake, Lacombe & Surrounding Areas

South Central

- Olds, Innisfail, Drumheller,
- Sundre, Three Hills & Surrounding Areas

WHAT WE OFFER

- ✓ Free of Cost
- ✓ Confidential & Voluntary
- ✓ Client-Centred Support
- ✓ Short-Term (Up to 2 Years)
- ✓ Individualized Service Planning

SCAN TO
**LEARN MORE
OR REFER**



WHO WE SUPPORT



Adults 18+ with a Diagnosed
Acquired Brain Injury



• Traumatic Brain Injury
(Concussion, Accidents)



• Stroke



• Brain Tumors



• Infections (Meningitis, Encephalitis)



• Oxygen Deprivation

• Whiplash / Shaking Injuries

SERVICES



Support

For Clients & Families



Coordination

Access to Resources



Community Capacity

Awareness & Partnerships



Education

Skills & Independence.

☎ 403-342-2266

✉ abin@reddeer.cmha.ab.ca

🌐 cmhareddeer.ca



Canadian Mental
Health Association
Central Alberta

ALBERTA BRAIN INJURY NETWORK (ABIN) REFERRAL FORM

CLIENT NAME		DATE OF BIRTH: (YYYY-MM-DD)	INCOME SOURCE(S)
PRIMARY PHONE		HOME ADDRESS	
EMAIL ADDRESS		SEX <input type="checkbox"/> Male, <input type="checkbox"/> Female, <input type="checkbox"/> Trans, <input type="checkbox"/> Other	MARITAL STATUS
PREFERRED PRONOUNS <input type="checkbox"/> He/Him, <input type="checkbox"/> She/Her, <input type="checkbox"/> They/Them		DO YOU IDENTIFY AS: <input type="checkbox"/> First Nations, <input type="checkbox"/> Metis, <input type="checkbox"/> Inuit, <input type="checkbox"/> Two-Spirit, <input type="checkbox"/> Not Applicable	
GUARDIAN: (if applicable)		PHONE:	
ARE THERE ANY SPECIAL INSTRUCTIONS FOR CONTACTING YOU? (e.g. preferred Contact Method: e.g. phone, text, e-mail)			
REASON FOR REFERRAL: (how can we help you? e.g. client goals/needs, etc.)			
DATE OF ACQUIRED BRAIN INJURY:		CAUSE OF ACQUIRED BRAIN INJURY:	
SUMMARY OF WHERE CLIENT IS AT: (what referrals have been made, dates of hospital admission, services ending soon, etc.)			
PROOF OF BRAIN INJURY (Medical Record Required Before Starting Services): Please attach a copy of the medical record along with the completed referral form.			
ADDITIONAL INFORMATION THAT MAY AFFECT SERVICE DELIVERY: (behavioral history, personality changes, safety concerns: e.g. access to firearms, alcohol/drug concerns, physical health concerns, mental health concerns, etc.)			
REFERRING INDIVIDUAL:		PHONE:	
REFERRING AGENCY: (if applicable)		DATE:	

PLEASE FAX (403-342-5684), OR EMAIL (ABIN@REDDEER.CMHA.AB.CA) REFERRAL FORM

VALID IDENTIFICATION (e.g., Government-Issued ID, Driver's License, Passport, or Alberta Health Care Card) is required before starting services.

Community Futures Wild Rose Report – Interagency

In a recent conversation with another organization about referrals, we talked about creating a short cheat sheet outlining our requirements, what we offer, what we don't offer, and main contact information. We created one and will share it out to interagency.

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

To be hosted at CFWR - Offered Hybrid

April 14, 2026 - [Success in Digital Marketing - Social Media Marketing](#)

April 21, 2026 - [Success in Digital Marketing - Email Marketing](#)

To be hosted at Kneehill Adult Learning (Three Hills) - Offered Hybrid

(Non-Profit focus) March 18, 2026 - [Get Found: A Hands-On Guide to Using 211 Alberta](#)

April 16, 2026 - [Interview Like a Pro](#)

May 14, 2026 - [Difficult Conversations](#)

June 16, 2026 - [Performance Management](#)

September 10, 2026 - [Policies That Work](#)

October 13, 2026 - [Management Tools & Communication](#)

November 17, 2026 - [WCB & Protected Leaves](#)

January 14, 2027 - [Attendance Management](#)

February 9, 2027 - [HR Pitfalls](#)

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

- **Community Heroes: Bringing Non-profits to the Forefront – Still looking for Non-Profits to participate**

Through this project, organizations are supported in sharing who they are and what they do using the platforms that best reach their audience, including radio, print, and online features. The goal is to increase awareness, volunteerism, and donor support while connecting the community to available services. Participation is at no cost, as all ad space is prepaid to support awareness-building. The project also includes support with 211 Alberta registration and a practical Online Presence how-to manual to help organizations maintain accurate and effective online information. To keep things organized and fair, participants will be grouped into **five cohorts**:

- **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

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

- **Try a Trade Day** will take place on September 24, 2026. This event gives students and other attendees the opportunity to explore a wide range of skilled trades, connect with post-

secondary providers and community resources, and take part in hands-on demonstrations led by trades professionals. More details will be shared as planning continues.

New Loan product available: [Builders Bridge Line of Credit](#)

Builders' Bridge Line of Credit (BBLOC)

- Short-term, flexible line of credit for builders and developers
- Supports cash flow during construction
- Works alongside your main construction financing
- Helps keep projects moving without financial strain

Who it's for:

- Residential home builders
- Small to mid-sized builders
- Spec and pre-sale projects
- Builders already working with bank financing

In simple terms:

- Extra cash flow support to keep your build on track.

Good to know:

- Must be a registered business (not for personal home builds)
- Designed for active builders and developers

Community Futures Launch Pad

- Self directed online learning platform
 - [Launch Pad](#)
 - Ignite Your Business (starting point, you have an idea now what?), Your business Your Plan (business planning), Talent & Teams (hiring & managing people), Money & Finance (business finances, budgeting etc.), You Found Us! Marketing for Small Business (marketing),
- A step-by-step training program for small business owners
- Covers the basics: planning, marketing, finances, and hiring
- Designed for people at any stage—idea to established business
- Delivered in practical, easy-to-understand sessions

Conversational

French

Bonjour!

Comment
ca-va?

Wednesdays at 7:00 pm

Starting May 6, 2026

Kneehill Adult Learning Centre

409 Main Street, Three Hill AB

Sign up at kals3hills.ca/register



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES

Alberta



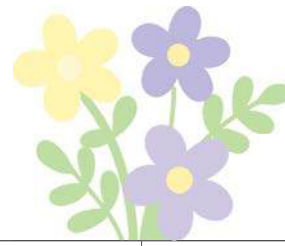
403-443-5556



www.kals3hills.ca



KneehillLearn.Newcomer@gmail.com



LEGEND

MORRIN

DELIA

HANNA

YOUNGSTOWN

CESSFORD

CARBON

LINDEN

THREE HILLS

TROCHU

DRUMHELLER

ACME

HYBRID

VIRTUAL

FOLLOW



REGISTER



Provincial Family
Resource Networks



601 7 Street East,
Drumheller AB

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



3

4

5

6

7

8

9

10:15-11:15 Storytime
11:45-1 Lunch Club

StoryTime 10-11

3-4:30 Lego Club

2-3 Library Story Time
1-3 PM Curiosity Co-op @
ARB
3:00-4:30 After
School Club

10:30-12 Story Time

10

11

12

13

14

15

16

10:15-11:15 Storytime
11:45-1 Lunch Club

3:30-4:30 Rainbows
Support Group

12:30-1:30 Preschool
Story Time

3:00-4:30 Lego Club

4:30- 7 Babysitters
course

10-2:30 PM
Babysitters course

17

18 VICTORIA DAY

19

20

21

22

23

3:30-4:30 Rainbows
Support Group

10:30-12 Story Time

12:30-1:30
HomeSchool Group
1-3 PM Curiosity Co-op @
ARB
3:00-4:30 After
School Club

10-12 Preschool Free play
1-3 Caregiver connect &
craft
3:30-4:30 Youth Lego club

24/31

25

26

27

28

29

30

11:45-1 Lunch Club

3:00-5:00 Lego Club

12:30-1:30 Preschool
Story Time

2:00-3:00 Library
Storytime
3:00-4:30 After
School Club

10-12 Preschool Free play
1-3 Caregiver connect &
craft
3:30-4:30 Youth Lego club



LEGEND

MORRIN

DELIA

HANNA

YOUNGSTOWN

CESSFORD

CARBON

LINDEN

THREE HILLS

TROCHU

DRUMHELLER

ACME

HYBRID

VIRTUAL

FOLLOW



REGISTER



Provincial Family
Resource Networks



6017 Street East,
Drumheller AB

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
8:30-11 Drop In
1-3 Youth Mothers Day
Craft

2

3

4

5

6

7

8

9

1-2:00 Triple P Info
Session

6:30-7:30 Rainbows
Celebration

Mom & Baby fitness
9:30-10:30

9-11 Drop In

DAD PLAY DATE
1-3 PM

Youth Bowling
& Pizza
3:30-6:30

10

11

12

13

14

15

16

8:30-12:00 Little Rays
Baby group

10:30-12 pm Tender
Leaves
Knox Church

6-7 Youth Kimochis

9:30-10:30 Parenting
Outside the Box

3:30-4:30
Teen Big Life Journals

6:30-8 PM Night Owls
Drop In Play

Mom & Baby fitness
9:30-10:30

1:30-3:00ASQ

17

18 VICTORIA DAY

19

20

21

22

23

10:30-12 pm Tender
Leaves
Knox Church

6-7 Youth Kimochis

9:30-10:30 Parenting
Outside the Box

2-4 PM Sensory Play

3:30-4:30
Teen Big Life Journals

Mom & Baby fitness
9:30-10:30

9-10:30 Grand parents
Play group



24/31

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9-11 Drop in Play

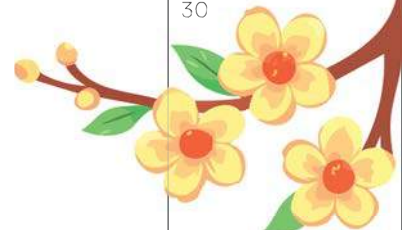
11:30-1:00 AHS Gratitude
in Caregiving Webinar

9:30-10:30 Parenting
Outside the Box

3:30-4:30
Teen Big Life Journals

8:30-12:00 Little Rays
Baby group

1-3 PM Nature
Navigators



Babies, Toddlers, Children 0-6

Maria 403-334-5944
Tara 403-443-0304

Dad Play Date: The facilitation room is open for kiddos to spend some quality time with DAD * Free play/unfacilitated 1-3 PM pm Saturday.

Little Rays : For babies 0-18 months and caregivers. join us to explore sensory and gross motor activities. **Registration required**

Tender leafs : Join us at the the Knox Church for fun activities, including a craft and free play experiences. 2-6 years recommended. **Drop in**

Drop In Play : Unfacilitated free play. Come use our space and connect with your littles through play and quality time.

Story Time : Join us with your preschoolers for a story and craft. For ages 0-6. Cessford, Morrin, & Delia Libraries.

Sensory Play : Join us at the FRN for fun sensory experiences. 0-6 years recommended. **Registration Required**

Nature Navigators: Join us outdoors for free play, exploring, and crafts. **Call to register and find out where we are meeting.**

Night Owls Drop in play: An evening Drop in play program for families 0-6 years.

Mom & Baby Fitness- FRN & Nordic walking and wellness have partnered to offer mom's a fitness class where babies are welcome! April/May sessions are full. Call for future sessions.

Children & Youth 6-18 years

Rainbows: A targeted group that helps children who are dealing with various stages of grief and loss. (Death, Divorce, Moving etc.) Drumheller/Hanna group is closed. **Call 403 443 0304 for more information or to have a group run in your community.**

Curiosity Co-op: For homeschool families, find us in Trochu for STEM based, child led learning experiences, art projects and more. **Children 6 years and under must be accompanied by an adult. Snacks provided.**

Babysitters Course Acme/Library: Join us over two days and receiveve certification with the Canada Safety councils Babysitter training course. For youth 12 years and up. **Please call 403 443 0304 to register.**

Teen Big Life Journals: Do you have a teen who could use some help developing a growth mindset? Register them for Big Life Journal Sessions! We go over being resilient, positive self talk and how to set acheivable goals! **Program will run for 6 weeks. Please Register**

Lego Club Linden & Acme: Calling all Lego creators! Join us after school in the library for some Lego building, crafts and more!

Youth Bowling & Pizza Party Join us at Sandstone lanes for afternoon of bowling, connections and pizza. **MUST Register by calling 403 443 0304**

Families 0-18 years

FRN Drop-in and Drop-in Play: Stop by the Drumheller Hub Space at 601 7 Street East to talk to one of our staff about our programs and services. We will have activities and resources available during this time.

Ages and Stages: Do you have questions or concerns about your childs development? Come in and let our facilitators guide you through an ASQ questionnaire. **Call or text 403 334 5944 for a time slot.**

GrandParents Play group: Are you a Caregiver or Grandparent that is caring for or raising grandchildren? This is a group for you! Free play activities and crafts await, come make connections with other caregivers. **Drop-in's welcome.**

REGISTER FOR PROGRAMS ONLINE, BY E-MAIL, PHONE, OR TEXT MESSAGE



frndrumheller@mcmancentral.ca



Maria 403-334-5944



Tara 403-443-0304

Connect Parent Group: Pre-register at frninnisfail@mcmancentral.ca or by **calling/texting Kristie Fay at 403-877-7163.**

This program is for parents and caregivers of teens aged 12-18 who struggle with issues that make it difficult for them to do well at home, school, and in their communities. Each session looks at parent-teen relationships and adolescent development to promote secure attachment, enhancing their social, emotional, and behavioral development.

Fearless Triple P: Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Call for more information. **Group and 1:1 sessions available.** Sessions run once a week for 6 weeks.

Triple Info Session: Thinking about taking Triple P? Are you needing help with managing behaviors? Drop in to learn more about the course and ask any questions you may have about positive parenting.

Carbon- Join us for once a month programs at Community Centre. 0-6 year Preschool drop in, Caregiver coffee & craft and Youth Lego club.
Call us to register!

Ages and Stages: Do you have questions or concerns about your child's development? Come in and let our facilitators guide you through an ASQ questionnaire. **Call 403 334 5944 to book a time slot.**

Three Hills- Join us for once a month programs in Three hills at the Community Centre (Main St). 0-6 year Preschool drop in, Caregiver coffee & craft and Youth Lego club. **Call us to register!**

Parenting Outside the Box- Are you parenting a Neurodiverse child? Join us over a coffee in the community and share parenting tips and experiences with other caregivers who have neurospicy children! Call us to find out where we will be.



Here is a look at the variety of programming we offer. Give us a call for more information on upcoming sessions. Free for families and community partners.



REGISTER FOR PROGRAMS ONLINE, BY E-MAIL, PHONE, OR TEXT MESSAGE

✉ frndrumheller@mcmancentral.ca

☎ Maria 403-334-5944

☎ Tara 403-443-0304



All Ages
Welcome!

Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES

WALK FOR ALZHEIMERS

With Golden Hills Lodge

WALK

in support with

BIKE

The Alzheimer's Society

Come Join us in a walk to support Dementia and Alzheimer research/resources with the Staff, Family and Friends of residents at Golden Hills Lodge or

Just donate! Our Goal is to raise \$500

RUN

FRIDAY MAY 29TH @10:30AM
Golden Hills Lodge - Anderson Park and
Back : meet in Lodge Parking Lot



SCOOTER

[Click here to Donate](#)

Donate to Team: Golden Hills Lodge

HOPE AGAIN

A 4-WEEK COURSE TO UNDERSTAND PORNOGRAPHY ADDICTION, ITS EFFECTS ON INDIVIDUALS AND RELATIONSHIPS, AND HOW FREEDOM AND HEALING ARE POSSIBLE.

You are not alone!

Shame?

Guilt?

Secrets?

Betrayal?

WHETHER YOU ARE STRUGGLING PERSONALLY, OR YOU WANT TO HELP A PARTNER, CHILD, GRANDCHILD, OR SOMEONE YOU CARE ABOUT, THIS COURSE IS FOR YOU



OLDS AND AREA
Pregnancy Support Centre

(587) 796-1611 info@oldspreg.ca 4801 49 Ave, Olds

Charitable registration #: 766129159 RR0001

ALL SERVICES ARE FREE AND CONFIDENTIAL

REGISTER HERE
FOR MORE INFORMATION



Hope Restored

OFFERING SUPPORT IN A SAFE AND CARING ENVIRONMENT FOR THOSE EXPERIENCING GRIEF AND LOSS AFTER A PREGNANCY OR INFANT LOSS

You don't have to go through this alone!

Register here



(587) 796-1611

info@oldspreg.ca
www.oldspreg.ca

4801 49 Ave, Olds, AB T4H 1E1

ALL SERVICES ARE FREE AND CONFIDENTIAL

Kneehill County

2025 Alberta Provincial Housing & Service Needs Estimation



TOTAL COMMUNITY MEMBERS EXPERIENCING HOUSING INSECURITY

Of the **102 survey submissions**, **46** respondents were housing secure and **56** were housing insecure.

There were **38 dependents** and **65 additional adults** who shared living conditions with housing insecure respondents.

TOP REASONS FOR HOUSING INSECURITY



Low vacancy rates



Health challenges



High housing costs

83%

of respondents who spent time in care were housing insecure.

75%

of 2SLGBTQIA+ respondents were housing insecure.

Survey respondents say Kneehill County NEEDS MORE...



- Public transportation
- Accessible and affordable housing
- Addictions and mental health supports

EMPLOYMENT



of housing insecure respondents were employed.



of employed housing insecure respondents were full-time.



TOP MISSING AMENITIES



sufficient heating



fire protection



drinking water

TOP SUPPORTS ACCESSED



basic needs



health & wellness



legal services



This project is funded in part by
Canada

Income-Tested Benefit Renewals

Did you know?

Many of the benefits that Service Canada administers—including the Canadian Dental Care Plan, Canada Disability Benefit, Old Age Security and Guaranteed Income Supplement—are distributed in part based on the income information provided in a client's most recent income tax return.

Current clients must file their tax return before the April 30 deadline to ensure they remain eligible for the following benefits and receive accurate payments without interruptions.



Canadian Dental Care Plan (CDCP)

**CDCP 2026-2027 benefit year:
July 1, 2026, to June 30, 2027**

Renewal period: April 15, 2026, to June 1, 2026

Every year, CDCP members must act to **renew their coverage** to maintain their eligibility. Renewal is not automatic, even if the member's circumstances have not changed.

Before renewing, current members must still be able to demonstrate they **meet all eligibility criteria**.

Members are advised to submit their renewal application for 2026-2027 by June 1, 2026.

Renewing after June 1 may result in a gap in coverage. Note that dental services received during this gap will not be covered nor reimbursed.

For members who choose not to renew, their CDCP coverage will end on June 30, 2026.

Starting June 2, 2026, new applicants and members who missed the June 1 deadline can submit an application for 2026-2027 online using the **CDCP tab** in My Service Canada Account, using the application at Canada.ca/my-dental-application, or by phone at 1-833-537-4342 (1-833-677-6262 for TTY).



Canada Disability Benefit (CDB)

Automatic renewal period: June 2026

Every year, Service Canada conducts annual reviews of clients' information to confirm they are still eligible and entitled to receive CDB payments.

To be renewed automatically, eligible CDB clients must:

- ensure they have a valid disability tax credit for 2026; and
- file their 2025 tax return on time (and their partner's if applicable).

Service Canada will send you a letter with an eligibility decision once the review for the renewal is complete.

Income-Tested Benefit Renewals



Old Age Security (OAS)

Renewal period: July 2026

OAS clients must submit a tax return each year to receive their OAS pension. A client's income tax return will be used to determine the net income.

In most cases, Service Canada will automatically confirm a client's renewed eligibility for the OAS pension.

The amount a person receives through OAS depends on the individual's marital status, net income and years of residence in Canada.



Guaranteed Income Supplement (GIS)

Renewal period: July 2026

The GIS is a monthly, tax-free payment for people 65 or older who:

- get the Old Age Security pension
- are a Canadian citizen or a legal resident
- live in Canada
- have an income that is below the **maximum annual income threshold for the GIS** based on marital status
- are not currently under a sponsorship agreement

The amount a person receives depends on the individual's marital status, net income and years of residence in Canada.

Service Canada reviews the eligibility of GIS clients every year in July based on the income declared in the previous year's tax return. Entitled beneficiaries are automatically renewed.

To be renewed automatically, an individual must submit their income tax return on time.

My Service Canada Account

Need quick access to information and status updates on your benefits?

Sign in to your **My Service Canada Account** to access and manage a wide range of government services and benefits, including the CDCP, CDB, OAS and GIS.



**KidSport Kneehill's
Inaugural Fundraiser**

CORNHOLE TOURNAMENT

**Cash prizes for
top 3 in each
division!**



Saturday May 30, 2026



Trochu Arena



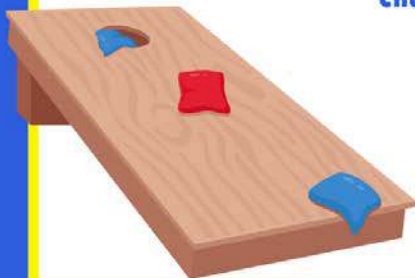
Games start at 10:00AM

Raffle Prizes!

Registration Fee \$100/team

Come join us for a fun day of cornhole for ALL AGES!

Each team is guaranteed 3 games, with the ability to play for A, B, or C championships! Registration fees include 2 burgers from concession. The tournament will be capped at 32 teams with games starting at 10AM and championship games at 3:30PM.



To register contact kneehill@kidsport.ab.ca or call 403-442-3085



Let-Us Connect

Central Zone Population and Public Health Dietitian Team | May 2026



Video Series: Healthy Relationship with Food for Parents



This series created by public health dietitians includes 8 short videos for parents and guardians. Videos provide ways to support children to develop a healthy relationship with food and their body.

[WATCH THE VIDEO SERIES](#)

Free Nutrition Workshops

Please download and share our monthly class calendar on your social media pages. Click to see what is offered this month.



[CLICK TO DOWNLOAD IMAGE](#)

Caption: Join AHS Registered Dietitians at any of these free, virtual classes to learn about nutrition for your family. Learn more and register here: <https://redcap.link/AHSCenZNutritionClasses>.

Get the Latest Updates!

Follow Primary Care Alberta on Instagram and Facebook for updates about our classes and workshops.



[INSTAGRAM](#)

[FACEBOOK](#)

Kitchen Tip

Storing vegetables and fruits correctly keeps them fresh, prevents food waste, and saves you money.

[LEARN MORE](#)



Wash leafy greens before storing in the fridge.

[TRY THIS COBB SALAD](#)



Store asparagus upright in a small amount of water.

[TRY BBQ ASPARAGUS](#)



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.



*Have you
considered
becoming a
Foster Parent?*

Now is the time.

McMan Central is urgently seeking
over 30 beds for children to call home.

Mental Health Education Sessions

Recovery Alberta is proud to offer free programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about mental health topics.



- Free Virtual Sessions
- Practical Strategies
- Informative and Interactive



Scan to View Upcoming Sessions



Sessions on
Understanding
Anxiety and
Depression

Additional
Topics Every
Month

www.cyfcaregivereducation.ca



Reduce Stigma. Receive Information. Reflect on Strategies.



Recovery College

— CENTRAL ALBERTA —

Mental Health & Wellness Courses

Learn • Grow • Belong

SCAN HERE
TO VISIT OUR
WEBSITE



- ✓ **Free Courses**
- ✓ **Online & In-Person**
- ✓ **Adults Welcome**
- ✓ **No Referral Required**

What We Offer

- Peer-Facilitated Learning**
- Wellness & Coping Skills**
- Supportive & Inclusive Environment**

Course Topics

- Managing Stress & Emotions**
- Building Boundaries**
- Self-Care & Planning**
- Coping with Change**

Weekly Support Groups

Caregiver Connections
Tuesdays • 5:30 - 7:30 PM

Friendship Circle
Wednesdays • 1:30 - 2:30 PM

Contact Us

Canadian Mental Health Association - Red Deer

303 - 4805 48 Street
Red Deer, AB

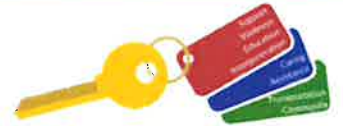
(403) 967-0475

info@reddeer.cmha.ab.ca

recoverycollegecentralalberta.ca




SENIORS OUTREACH



Seniors Outreach

May 2026

 **The office will be closed Monday, May 18th for Victoria Day.**

Contact us for **Meals on Wheels** **FROZEN & HOT MEALS AVAILABLE FOR HOME DELIVERY. ORDER BY PHONE**

 **APPOINTMENT CONTACTS**
South: Sherry (403)412-4195
North: Lorna (403)425-1555

BUS TRIPS

Call 403-443-2555 to register

Three Hills
 Regular Bus Route. Lodge, Chateau, Hospital, Tilly, Downtown.
 Subsidized by a grant. Regularly \$10
 Thurs. from 1:15-3:30 pm
Subsidized

Calgary
 Philharmonic Orchestra
 Postcards From Italy
 Friday, May 8th
 Leaving Three Hills 7:45 am
\$35

Linden
 Country Cousins for Pie, Coffee & Laughter
 Wed, May 13
 Leaving at 2pm
\$10

Olds
 Regular Bus Trip May 15
 Leaving Three Hills 9:30am
 Shopping & more
\$20

Trochu
 Community Bus Run May 26
 9:30am-11:30am
 Thanks to Service Groups in Trochu
\$5

UPCOMING EVENTS

Three Hills
COMMUNITY DROP-IN CENTRE
 Seniors Outreach Event
 Open the first TUESDAY of each month for \$3. **Drop In from 9:30 am-11 am.**
 \$5 POTLUCK May 5th @ 12 pm.
 Drop in till 4 pm. **Follow us on Facebook for more events!**

Kneehill South (Continued)

Carbon Seniors Center
 Every Tuesday & Thursday
 Coffee, cards, visit - 1:30 pm

Linden Care & Share
 Seniors Outreach Coffee's
 Mondays 1-3 pm - \$1
 Music by The Golden Oldies

Kneehill North (Continued)

Wimborne Community Center
 Mon-Sat 10-11:30am Coffee - \$1

Trochu Drop-In Center
 Mon-Sat: 9-11 am Coffee (\$1)
 Mon/Wed/Fri: 1:30-4 pm
 Coffee/Visiting/Games (\$1)
 Mon | 7 pm Bridge
 Tues **May 12th** 2 pm Birthday Bingo (\$3)
 Wed **May 20th** 7 pm Evening Bingo (\$3)
 Tues **May 26th** 2 pm Birthday Bingo (\$3)
 Jam Session -TBA

Kneehill South
Acme Seniors Center
 Bridge: Mon - 12:30-3:30 pm
 65 (Cards): Tues - 1-3 pm
 Pool: Tues 1-3 pm

Kneehill North FOR APPOINTMENTS Contact Lorna (403) 425-1555

Torrington Silver Willow
 Mon & Thurs 9:30-11 am Coffee time with treats (\$1)
 Wednesdays 1 pm Crib (\$2)
 Friday 7 pm Games & treats (pool, cards, board games)(\$1)

THREE HILLS MUNICIPAL LIBRARY HOURS OF OPERATION

MONDAY

CLOSED

TUESDAY

9AM - 7PM

WEDNESDAY

9AM - 7PM

THURSDAY

9AM - 7PM

FRIDAY

9AM - 5PM

SATURDAY

10AM - 2PM

SUNDAY

CLOSED

