

**Playtime For Baby
Social Time For Parents**

*Baby
Banter*



Thursdays in October

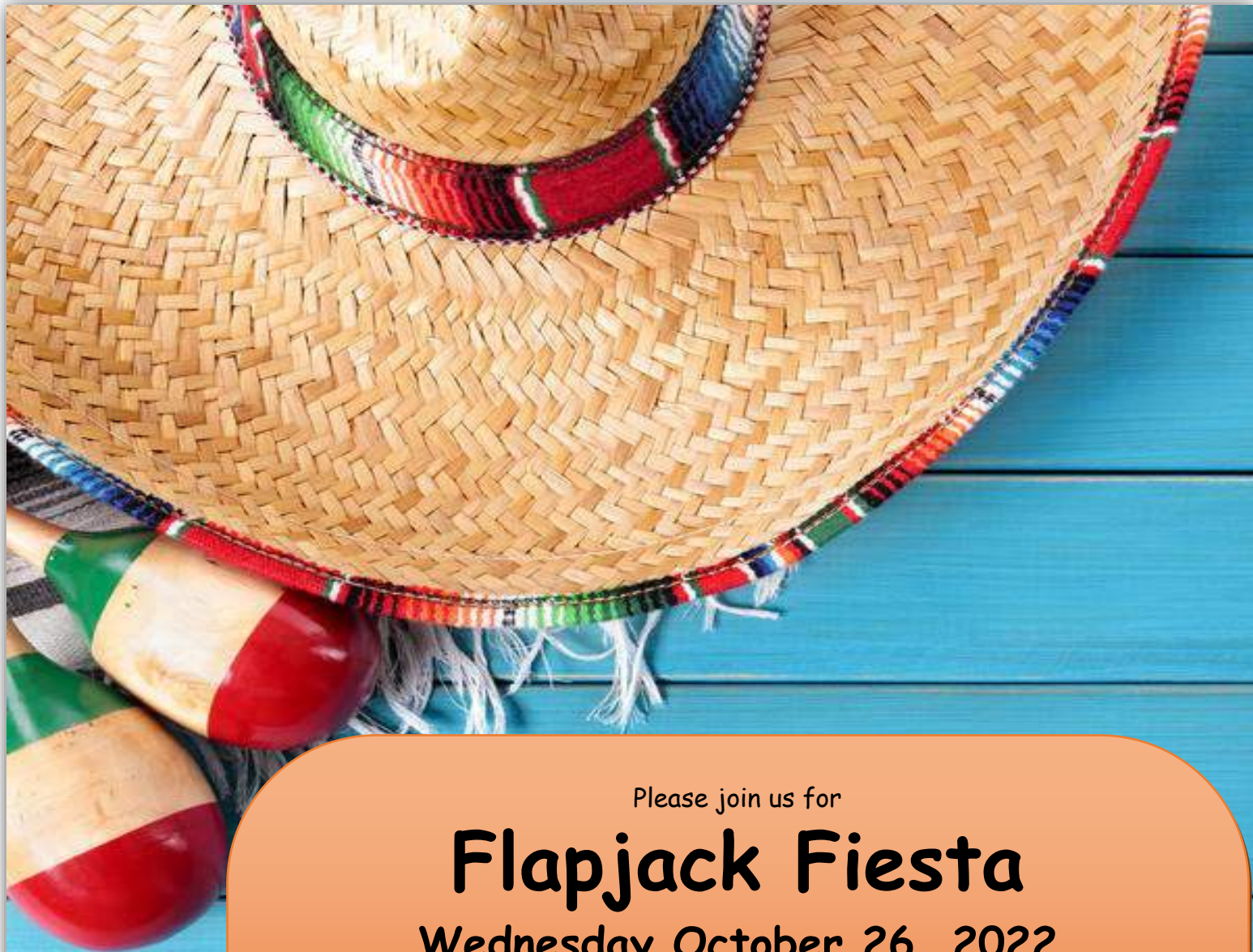
6, 13, 20, 27 2022

10:00 - 11:30

Three Hills

Weekly discussions with special guests

**To register contact Kneehill Regional
FCSS @ 403-443-3800 or
rochelle@krfcss.com**



Please join us for

Flapjack Fiesta

Wednesday October 26, 2022

5:00 - 6:30 pm

Trochu Community Centre

Everyone Welcome!

Free Pancake Supper & Community Showcase
with door prizes courtesy of The Town & Community Sponsors

**Come and discover what amenities and opportunities there
are in our community and surrounding area.**

Sponsored by the Town of Trochu & Kneehill Regional Family & Community
Support Services (FCSS)

Do you like art?
Do you like to have fun?
Join us!

Art Friday!

Come for art, games, and fun!

Friday October 28, 2022

Trochu

Address will be provided upon registration

Grades 1-3 from 9:00 - 12:00pm

Grades 4-6 from 1:00 - 4:00pm

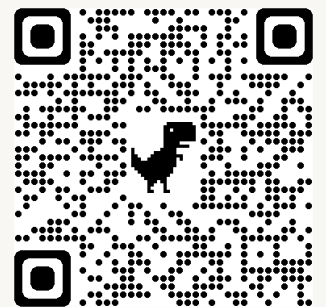
RSVP by Tuesday October 18th

at [KRFCSS.com/children](https://www.krfcss.com/children)

or contact Michaela by

phone at 403-443-3800

or email at michaela@krfcss.com





NOVEMBER 9, 2022
@ 5:30 P.M IN THREE
HILLS



Kneehill Volunteer Forum

Brenda Robinson - Robcan Group



Recruiting and Retaining Volunteers

- Are the same people always doing all the work?
- Are you struggling to engage and include new volunteers?

Kneehill area volunteer organizations are invited to join us for a light supper and learn more about the challenges of recruiting and retaining volunteers .

CONTACT US



403-443-3800



ANGIE@KRFCSS.COM

TOPICS

- Teamwork
- Communication
- Feedback
- Inclusion
- Learning
- Personal Growth
- Fun!

REGISTRATION DEADLINE:

November 4 @ 12:00 P.M.

MORE INFORMATION

www.krfcss.com



**Playtime For Baby
Social Time For Parents**

*Baby
Banter*



Thursdays in November

3, 10, 17, 24, 2022

10:30 - 11:45

Trochu Library

Weekly discussions with special guests

**To register contact Kneehill Regional
FCSS @ 403-443-3800 or
rochelle@krfcss.com**



Kneehill Dementia Friendly Communities is a group of community members in the Kneehill area dedicated to ensuring that those living with dementia and those who care for them feel supported and confident they can participate in their community in a meaningful way.

Current Projects

Dementia Experience – An informative presentation on Dementia, followed by the opportunity to experience a simulation of some of the cognitive and physical symptoms of dementia. Any group that would like to schedule a dementia experience or learn more can contact Shelley at 403-443-3800 or shelley@krfcss.com

Minds in Motion - a program designed for people with early to mid-stage dementia to enjoy with a friend, family member or care partner. A combination of physical activity and mental stimulation in a social environment. Being offered in November. Call 403-443-3800 for more information or to register.

SCREEN TEST

Mobile Mammography Screening is coming to:

Three Hills

Nov. 28 to Dec. 3 2022

Three Hills Health Centre, lower level parking lot on west side of hospital



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

*Thank you for supporting Screen Test over the past 30 years.
Together we are saving lives, one community at a time.*



**SCREENING
FOR LIFE.CA**



Post until: Dec. 3, 2022

Parents promoting positive mental health

Parents play an important role in supporting a child’s mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

Focus on strengths

When your child brings home a test, talk first about a what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it’s OK to talk about feelings.

Feelings are not right or wrong, and you can’t control how you feel.

You can control how to act when you have strong feelings.

Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](https://www.alberta.ca/parents-promoting-positive-mental-health)

[Helpful Tips and Strategies \(alberta.ca\)](https://www.alberta.ca/helpful-tips-and-strategies)

[Parent Information Series | Alberta](https://www.alberta.ca/parent-information-series)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Community Connections



**Soup, support, sharing, and
caring for adults, free of charge!**



Free soup

Wednesdays 12 pm - 1 pm

Three Hills Community Centre

For more info call 403-443-0373



Alzheimer/Dementia

Care Partner Support Group

We invite you to join us...

Where: 50 Plus Care & Share
106 - 1st St. S.E.
Linden, AB

When: 4th Wednesday/month

Time: 6:30 pm to 8:00 pm

This is a support group for care partners (adult children, spouses, friends) to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with each other and share what is going well and not so well, while talking about any other topics or questions.

For further information, please call: 403-342-0448 ext. 706

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Alzheimer/Dementia

Drop-in Care Partner Support Group

We invite you to join us...

Where: Drumheller
Badland's Community Facility
80 Veteran's Way

When: 4th Thursday of the month

Time: 1:30pm-3:00pm

This is a drop-in support group for care partners, allowing them to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with others and share what is going well and not so well, while talking about any other topics or questions.

For further information, please call: 403-342-0448 ext. 706



**Family
Resource
Centre**
NEWSLETTER
Volume #12



WELCOME

We are a free resource available to families and FMS Administrators to assist with managing PDD and FSCD services.

We can assist with:

- Training
- Navigating Supports
- Community Connections
- Peer Connections
- Disability Tax Credit & Registered Disability Savings Plan

Our staff are available online and in person

UPCOMING TRAINING

Abuse Prevention & Response Protocol, RDSP, Trauma Informed Care

And a YouTube library.

SEE BELOW FOR MORE



**Family Resource Centre of
Central Alberta - fscd/fms**



NAVIGATING SERVICES AND SUPPORTS

We assist families to make informed choices and optimize services that best align with their values.

SEE BELOW FOR MORE

COMMUNITY & PEER CONNECTIONS

We provide opportunities for connection and networking to support inclusion and increase community capacity.

SEE BELOW FOR MORE



DISABILITY TAX CREDIT & REGISTERED DISABILITY SAVINGS PLAN



We now offer information and support to apply for these.



TRAINING

SNAP SHOT

TRAUMA INFORMED CARE

Trauma-informed care is a strengths based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.

October 27th
6:00 – 7:30 pm

To Register:
call (403) 343-6249
or email
frc@epssworks.com



Family Resource Centre

Working together to build stronger families



Monthly Calendars

October 2022 – Training, Groups, & Events

MON.	TUES.	WED.	THURS.	FRI.
Sept 26	27 FRC @ Ponoka FCSS Empty Bowls Event Ponoka Legion <i>11:30 am – 1:30 pm</i>	28	29	30
Oct 3	4	5	6	7
10  OFFICE CLOSED	11	12	13 Registered Disability Savings Plan <i>TEAMS 10:00 – 11:30 am</i>	14
17	18 Abuse Prevention & Response Protocol <i>TEAMS 9:30 - 11:30 am</i>	19	20	21
24	25	26	27 Trauma Informed Care <i>VIRTUAL 6:00 - 7:30 pm</i>	28

Note: Please pre-register for training through the Family Resource Centre email: familyresourcecentre@epssworks.com. You will receive course material beforehand and a MS Teams link invitation on the day of the dates listed above.

Navigating Services & Supports

The Family Resource Centre can assist you with navigating the complexities of funded services.

Through training and individual support, you can receive help with:

- Understanding Agreements**
- FSCD and FMS Processes**
- Hiring and Managing Staff**
- Financial Administration**
- Life Transition Planning**
- Individual Support Planning**
- Community Resources**
- Community Connections**

and more.

Reach out today to speak with a Specialist.

Family
Resource
Centre

YouTube Courses

We have a growing library of Psychoeducational, Needs Focused courses you can access including:

De-escalation Strategies	Mental Health & Disabilities	Budgeting	Stress Management
Employer Expectations	Effective Communication	Nutrition	Time Management
Labour Standards	Personal Boundaries	Recreation & Leisure	Managing Anxiety
Understanding WCB	Healthy Parenting	SMART Goal Setting	Anger Management
Personalities	Helping Your Child Reach	Social Role	Decision Making
Conflict Resolution	Their Full Potential	Valorization	Visioning & Planning

Note: Please register for course(s) through email at familyresourcecentre@epssworks.com. You will receive a course booklet by email and a YouTube link to the training. Follow up will include a group or individual session to discuss content and develop strategies.

Questions? Need direct and personal support?

Please contact us by phone (403) 343-6249 or by email familyresourcecentre@epssworks.com.

October 2022

CONTACT MICHELLE: EMAIL -
MICHELLE.REED@MCMANCENTRAL.CA
OR
CALL/TEXT: 403-443-0304

SUN	MON	TUE	WED	THU	FRI	SAT
2 	3 No Tot Program in Drumheller Youth Alliance (DH): 3:30pm - 4:30pm Anxiety Relief for Teens (DH): 5:00pm - 6:00pm	4 Tot n Me (TH): 11:00am - 12:30pm Youth Alliance (TH): 3:45pm - 5:00pm	5 Tot n Me: Kimochis (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Teen Wellness Workshop (DH): 5:00pm - 7:00pm	6 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm	7 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Youth Alliance (TR): 4:30pm - 5:30pm Teen Drop-In (DH): 6:00pm - 9:00pm	1/8
9	10 Happy Thanksgiving No programming in Drumheller	11 Tot n Me (TH): 11:00am - 12:30pm Youth Alliance (TH): 3:45pm - 5:00pm	12 Tot n Me: Kimochis (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Group Triple P (DH): 5:30pm - 7:00pm	13 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm	14 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Youth Alliance (TR): 4:30pm - 5:30pm	15
16	17 Tot n Me (DH): 11:00am - 12:00pm Youth Alliance (DH): 3:30pm - 4:30pm Anxiety Relief for Teens (DH): 5:00pm - 6:00pm	18 Tot n Me (TH): 11:00am - 12:30pm Youth Alliance (TH): 3:45pm - 5:00pm	19 Movies for Mommies (DH): 11:30am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Teen Wellness Workshop (DH): 5:00pm - 7:00pm	20 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm	21 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Teen Drop-In (DH): 6:00pm - 9:00pm	22
23	24 Tot n Me (DH): 11:00am - 12:00pm Youth Alliance (DH): 3:30pm - 4:30pm Peaceful Parent, Happy Kids (DH): 5:30pm - 6:30pm	25 Tot n Me (TH): 11:00am - 12:30pm Youth Alliance (TH): 3:45pm - 5:00pm	26 Tot n Me: Kimochis (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Group Triple P (DH): 5:30pm - 7:00pm	27 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm	28 No Programming in Trochu	29 The Great Pumpkin Hunt - Midland Hall 2:00pm - 4:00pm
30	31 Tot n Me (DH): 11:00am - 12:00pm Youth Alliance (DH): 3:30pm - 4:30pm Anxiety Relief for Teens (DH): 5:00pm - 6:00pm	FOLLOW US:  drumareafamilyresourcenetwork  @drumhellerfrn				DH - Drumheller TH - Three Hills TR - Trochu L - Linden C - Carbon

CREE

with Stuart Budd

**Introduction to Cree
culture and language.
Learn simple phrases
and words.**

\$60 registration fee

Wednesdays 3:00-4:30pm

Oct 5 - Nov 9

Kneehill Adult Learning

409 Main Street, Three Hills

Call or visit our website to
register:

403-443-5556

kals3hills.ca



KNEEHILL ADULT LEARNING
AND NEWCOMER SERVICES



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES



Lyrics and Poetry

Learn to write poetry and lyrics.

This class will run for 4 weeks and will include time for sharing lyrics or poems as we learn how to express ourselves better through words.

Monday Evenings, November 7 - November 28
6:30 PM - 8:30 PM

at the KneeHill Adult Learning Centre

Registration is \$50

Register online at www.kals3hills.ca/register
or by contacting us



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES



403-443-5556 (Office)



587-321-5811 (Mobile)



admin@kals3hills.ca



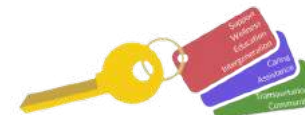
www.kals3hills.ca



SENIORS OUTREACH is
CLOSED Monday Oct 10
for Thanksgiving

OCTOBER 2022

(403) 443-2555 or 1-888-443-2555
www.seniorso.ca | Facebook: @seniorsoutreachkneehill



SENIORS
OUTREACH PROGRAM

Three Hills

CommUnity Drop-In Centre

Monday - Friday at 9am - 12pm - Costs \$2

COFFEE & GAMES

WHIST! Coffee/Tea Thursdays 7:30 pm \$2

499 3rd Ave SE / (403) 443-2182

Community Bus

Regular downtown bus run is Thursdays from
1:15 - 3:30pm Cost \$3

*Call the office if you need to be picked up at your
own home!*

Office Hours

We can help with your gov't forms,
questions, programs & supports

To make an appointment, call

(403) 443-2555

Open 9am - 4pm Monday to Thursday

Kneehill South

Acme Seniors Association

Tuesdays 1pm - 4pm - *Pool, Cards, & Coffee*

Wednesday Oct. 12- POTLUCK

Speaker TBA

Carbon Seniors New Horizon

Tuesdays 1:30pm - 3:30pm - Costs \$2

Shuffleboard, Pool, Cards, Games, & Coffee

Linden Care and Share 50+

Open for rentals!



Office

Carbon - Tuesday 9am - 12pm

Acme - Thursday 9am - 12pm

Linden - Thursday 1pm - 4pm

BY APPOINTMENT ONLY

Contact Sherry @ (403) 412-4195 to book

Kneehill North

Trochu Drop-In Centre

Mon - Sat from 9 - 11am - *Coffee \$1*

Mon, Wed, Fri from 2 - 4pm is *Cards*

Mon at 7pm is *Bridge*

Oct 11- Tues at 2pm is *Birthday Bingo* - Cost \$3

Oct 14 - Fri 11 - 1pm - *Hamburger/Fries/Sundaes* -
Cost \$10

Oct 25- Tues 2pm *Bingo* - Cost \$3

Torrington Silver Willow

Mon 9 - 11am is *Coffee Time*

Monthly meeting Oct 19 at 1pm

Wimborne Community Centre

Mon - Sat 10am - 11:30am *Coffee*

Office

Trochu - Tues - Wed 9am - 4pm

Torrington - Open for appointments Thursday AM

BY APPOINTMENT ONLY

Contact Lorna @ (403) 425-1555 to book



Take Out Fall Supper

Thursday Nov. 3 - Cost \$15

Call Seniors Outreach to preorder, pay, and get your pick-up time by Oct 24



Bus Trips to:

Olds Fri Oct 14 - \$20

Bus leaves 10 am

Rosebud Wed Oct 19 - \$100

Bus, Meal, Show

Award winning comedy

"Stone In His Pocket"

SPECIAL OCTOBER BUS TRIP

Bus costs \$20



Friday October 7th, 2022
For bus call Seniors Outreach
TO PURCHASE TICKETS FOR
RED DEER CONCERT
CALL 1-844-307-7469

Tech Support:

Do you have a phone, computer,
or iPad you need help with? We
are happy to inform you we now
have a staff member who can
help YOU!



Contact us for an appointment!

Contact us for

**Meals
on
Wheels**

Available in **ALL**
Kneehill
Communities



You are invited



...to our Take-out **FALL**
TURKEY SUPPER!



Dessert is Pecan Tarts – CONTAINS NUTS – Let us know of any allergies ☺

It's a Fund-raiser for Seniors Outreach from 5:00 to 6:30 p.m. on

Thursday, Nov 3, 2022

This meal is **\$15/ORDER-AHEAD** and **PRE-PAY ONLY** !!!

(by cash, cheque, or e-transfer to office@seniorso.ca)

Pick up at Bethel Evangelical Church, 123 4th Avenue SE, Three Hills.

Deadline to Order is Monday, October 24th by 4:00 PM.

Please call: Seniors Outreach - 403 443-2555



Wheatland Crisis Society

Harvest **MASQUERADE** *Gala 2022*

29th OCTOBER 2022

STRATHMORE CIVIC CENTRE

Special
\$65 EACH
OR
\$500 TABLE
until September 25

Live Music
Raffles
Live Auction
Silent Auction



**SCAN
ME**

WWW.STRATHMORESHELTER.COM