



Parent
Café 

Conversations to keep your family strong



An opportunity to connect with
other parents and caregivers.

share
stories

APRIL 8
6:30 - 8:00 PM
THREE HILLS

learn
something
new

For more information or to register contact
angie@krfcss.com or call 403-443-3800

grow
friendships



meet
other
parents

have fun





You are invited to a special presentation hosted by
Kneehill Regional FCSS

Hannah Beach

Award winning educator and best selling author

“The Loss of Play in The Lives of Children: Ramifications And Remedies”

April 17th
Virtual session
6:30 - 8:30 PM



Hannah will expand your understanding of what play is and the importance it plays at all stages of life as she examines:

- How play can provide essential emotional outlets and build resilience in children and youth.
- How replacing play with entertainment has led to rising emotional challenges such as aggression and anxiety among our youth.
- Look at ways that play helps children and youth release frustration.
- How play is important for the healthy development of children and youth, and it’s significant role in the unfolding of human potential

To register or for more information:

Contact Angie at 403-443-3800 or angie@krfcss.com

Text 403-443-0793

www.krfcss.com/adultsandseniors

“SOCIAL MEDIA AS A STRATEGY TO ENGAGE VOLUNTEERS”

Discover how to use social media as a tool to showcase your organization, engage new volunteers, and recognize current volunteers. Leave with strategies and tools for immediate impact.



BEVERLEY THERESA

SOCIAL MEDIA CONSULTANT



18 APRIL 2024



5:30-7:30 PM

Light Supper Provided

TO REGISTER CONTACT ANGIE:
403-443-3800 OR ANGIE@KRFCSS.COM



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.



April 11

10:30 - 11:30 AM

**Kneehill Regional FCSS Office
(779 2nd St NE, Three Hills)**



To register or for more information, contact Angie at 403-44-3800 or angie@krfccs.com

MiNDSinMOTiON

Free, in person sessions that are designed to keep your mind sharp and in shape.

Minds in Motion is a dementia-inclusive fitness and social program, with weekly sessions that include gentle exercises followed by group activities.

Linden Lodge
101--1st Street NE
Fridays
April 5 - May 10
10:00 am - 12:00 pm

For more information or to register contact:

Christine
403-546-3136
lindenlodgeadmin@gmail.com



Alzheimer Society



Upcoming Events



Girls Circle

Girls Circle is a structured peer support group for girls that builds resiliency, self-esteem, self-awareness, personal skills, and positive peer connections.



Theme: Friendship

- Discusses positive relationships with ourselves and others
- Addresses inclusion, tolerance, and cooperation
- Encourages confidence, self-esteem, and empathy

Grades 7 - 10 | **Grades 7 - 9**

Three Hills
Mondays from 4-5:15pm
starting April 8th until June 3rd

Linden
Wednesdays from 3:45-5:15 pm
Starting April 10th until May 29th

Spaces are Limited

Register by April 3rd

403-443-3800
michaela@krfcss.com
www.krfcss.com/youth





YOUTH SKILL ZONE

FOR TEENS! AGES 14-18

ANXIETY TO CALM

6 WEEK MINI SERIES



Everyone experiences anxiety. Come learn skills and exercises to help manage stress and anxiety for FREE!

Learn how to:

- ✓ Help manage anxiety
- ✓ Understand your thoughts, behaviours and emotions more deeply
- ✓ Make healthy life style choices and more...

Session Information





For youth 14 - 18 years
Tuesdays from 4-5pm
Starting April 9th until May 14th

Located at KRFCCS Office Building at 779 2nd Street NE, Three Hills

Food is provided

Register by April 3rd

403-443-3800
Michaela@krfcss.com
www.krfcss.com/youth

YOUTH SKILL ZONE

FOR TEENS! AGES 14-18

COOKING & MEAL PLANNING BASICS

Learn basic cooking and meal planning skills from a local expert for FREE!



NEW DATE

Learn how to:

- ✓ Handle and store food safely
- ✓ Create a healthy meal plan on a budget
- ✓ Basic cooking skills
- ✓ Cook a meal and more...

Session Information

For youth 14 - 18 years
Friday April 19th from 2-4pm

Located at Bethel Evangelical Missionary Church
123 4th Avenue. SE, Three Hills

Cook your own food

Register by April 12th

403-443-3800
Michaela@krfcss.com
www.krfcss.com/youth

SPACES ARE LIMITED





YOUTH SKILL ZONE

CAN

fcss

Are you looking for a summer job?

LEARN BASIC JOB SEARCHING SKILLS





Youth ages 14-18 years will learn basic job searching skills from an employment service professional for FREE!

FRIDAY MAY 3RD

02:00 - 4:00 PM

KRFCCS OFFICE BUILDING
779 2ND STREET NE, THREE HILLS

REGISTER BY APRIL 24

403-443-3800
michaela@krfcss.com
www.krfcss.com/youth

SPACES ARE LIMITED

LEARN HOW TO:

- ✓ Search for a job
- ✓ Write a cover letter and resume
- ✓ Apply for a job
- ✓ Interview skills and more...

FOOD IS PROVIDED




Upcoming Events




KINDNESS CAPTAINS JR.

~ PLAY FUN GAMES ~ CREATE A PROJECT ~
~ SHARE KINDNESS IN YOUR COMMUNITY ~

Who: Grades 1-4

When: Thursdays from 3:45-5pm
starting May 2nd until May 30th

Where: Carbon

How: RSVP by March 12th
Contact Michaela at
michaela@krfcss.com
403-443-3800
www.krfcss.com/children

**Spring
Registration
Open Now!**






Families CONNECT THROUGH ART

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

Parents and their children are invited to participate in art activities side-by-side to creatively express themselves, gain self-awareness, and open the door of communication with family members.
No artistic skills are required for these sessions

It is all about family connection!

Parents & kids ages 3-5:
Fridays from 10-11am
May 10, 24, & 31

Parents & kids grades 1-6:
Fridays from 5:30-7pm
May 3 & 10

Parents & youth grades 7-12:
Fridays from 5:30-7pm
May 24 & 31

Located in
Three Hills

REGISTRATION IS REQUIRED
403-443-3800
michaela@krfcss.com
www.krfcss.com

SPACE IS LIMITED




Rainbows Summer Camp

Grades 1 - 6

A week long activity based peer support group for kids experiencing grief and loss.

July 15 - 19
Three Hills
9:30 AM - 3:00 PM

Art, Games and FUN!

Deadline is June 28. Space is limited.

For more information on how to register, please call 403-443-3800 or email angie@krfcss.com





SPACES LIMITED

Summer camp

Fun & Creative Activities

July & August

July 8-12 - Acme
July 22-26 - Trochu
July 29-Aug 2 - Linden
Aug 12-16 - Three Hills
Aug 19-23 - Carbon

Grades 1-3 from 9-12pm
Grades 4-6 from 1-4pm
** Grade completed in June 2024*

Activities:

- Arts & Crafts
- Fun Games
- Mindful Activities

RSVP Deadlines
July camps - June 28
August Camp - July 31

Register Today

Contact Michaela:
Call: 403-443-3800
Email: michaela@krfcss.com
Website: www.krfcss.com/children






Nominate a Volunteer

We are accepting nominations for Kneehill Area Volunteers. Do you know a volunteer or organization that is dedicated to your community? Nominate them!

Nomination information can be found at www.volunteerkneehill.ca/resources/ or www.krfcss.com/volunteernominations

Contact Angie at 403-443-3800 or angie@krfcss.com for more information

PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

APRIL 15
ACME



VOLUNTEER COFFEE BREAK

1:00 - 2:30 PM
ACME SENIORS CENTRE
(112 MAIN ST)



PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

**APRIL 16
LINDEN**



VOLUNTEER COFFEE BREAK

**2:30 - 4:00 PM
HIGH SEAS COFFEE
(107 CENTRAL AVE)**



PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

APRIL 15
CARBON
VOLUNTEER
COFFEE BREAK



9:30 - 11:00 AM
OLD H'AGS
(701 CARADOC AVE)



PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

**APRIL 15
HUXLEY**



VOLUNTEER COFFEE BREAK

**6:30 - 8:00 PM
HUXLEY CURLING CLUB
(205 MAIN ST)**



PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

APRIL 19
TROCHU
VOLUNTEER
COFFEE BREAK



9:30 - 11:00 AM
TROCHU DROP-IN CENTRE
(313 MAIN ST)



PLEASE JOIN US IN
RECOGNITION OF THE
WONDERFUL VOLUNTEERS
WHO SHARE THEIR VALUABLE
TIME WITH THEIR
COMMUNITIES

APRIL 19
THREE HILLS
VOLUNTEER
COFFEE BREAK



1:30 - 3:00 PM
KNEEHILL REGIONAL
FCSS OFFICE
(779 2ND ST NE)





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



SENIORS OUTREACH - APRIL 2024 EVENTS CALENDAR!



Seniors Outreach



(403) 443-2555



office@seniorso.ca



1-888-443-2555



www.seniorso.ca

A single key to open many doors



Seniors Outreach will be closed on April 1st for Easter Monday.



Contact us for

FROZEN & HOT MEALS AVAILABLE FOR HOME DELIVERY
Order by: April 11

Three Hills

FOR APPOINTMENTS & BUS TRIPS
(403) 443-2555 or 1-888-443-2555

CommUnity Drop In Centre

Pool Table, Games, Coffee:

Mon - Sat | 9am-12pm | \$2



Whist: Thurs | 1-4:30pm | \$2

Potluck: April 2nd | 12pm | \$5

Turkey is being served—*please bring a vegetable dish or dessert.*

FREE Community Bus Runs



Thursdays from 1:15-3:30pm,
Thanks to Three Hills ELKS' CLUB!

Red Deer Bus Trip

Wednesday April 17, 2024

Leaving Three Hills @ 8:40am

\$25 from Three Hills

\$20 from Trochu



National Volunteer Week

April 14 - 20

We celebrate all of our volunteers!

VOLUNTEERS WELCOME

POSITIONS AVAILABLE

Call (403) 443- 2555

Kneehill South

FOR AN APPOINTMENT
Contact Sherry (403) 412-4195

Acme Seniors Center



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

65 (Cards): Tues | 1-3pm

Pool: Tues | 1-3pm

Linden Care & Share



Potluck: Friday, April 26

5:30pm

Suggested donation of \$5

Carbon Senior Center



Coffee: Tues & Thurs | 1:30-3:30pm

Kneehill North

FOR AN APPOINTMENT
Contact Lorna (403) 425-1555

Trochu Drop-In Center

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

Mon, Wed, Fri | 2-4 pm | Card Playing

Mon | 7pm | Bridge

April 9 | 2pm | Birthday Bingo - \$3

April 10 | All-Day Pie Day - \$4

April 23 | 2pm | Bingo - \$3

April 24 | AGM | 1pm



Torrington Silver Willow

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

Wednesdays | 1pm | Crib

Friday | 7-9pm | Games

April 18 | 1pm | Regular Meeting



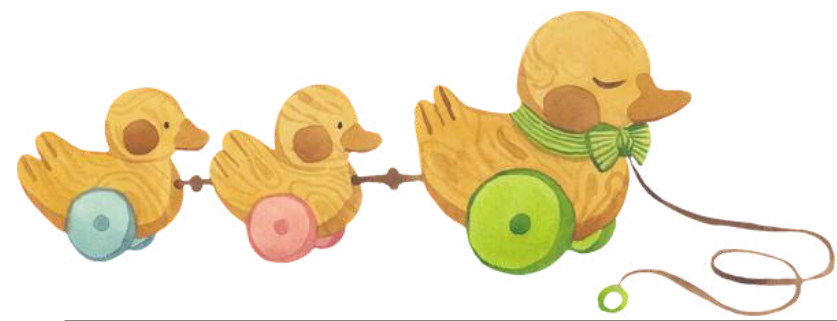
Wimborne Community Center



Mon-Sat | 10-11:30am | Coffee - \$2



HAPPY EASTER



APRIL

West Calendar

Alysha | 403-334-5944
Megan | 403-443-0304

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 DRUMHELLER CARBON LINDEN THREE HILLS TROCHU	01 Easter Monday No Programming, Office Closed	02 NO PROGRAMMING (TH)	03 3:30-5:00 Healthy Friends (L)	04 11-12:30 Nurturing Parenting Online 4-5:30 Healthy Friends (DH)	05 10:45-11:45 Tiny Tots (TR) 3-4:30 Afterschool Arts & Crafts (TR)	06
07	08 10:30-12 Tiny Tikes (DH) 1-2 Mama's & Munchkins (DH) 6-8 Indigenous Parents Circle	09 4-5:30 Afterschool Arts & Crafts (TH)	10 3:30-5:00 Healthy Friends (L)	11 3:30-4:30 Rainbows (DH) 4-5:30 Healthy Friends (DH)	12 10:45-11:45 Tiny Tots (TR) 3-4:30 Afterschool Arts & Crafts (TR)	13
14	15 10:30-12 Tiny Tikes (DH) 1-2 Mama's & Munchkins (DH) 6-8 Indigenous Parents Circle	16 NO PROGRAMMING (TH)	17 NO PROGRAMMING (L)	18 11-12:30 Nurturing Parenting Online 3:30-4:30 Rainbows (DH) 4-5:30 Healthy Friends (DH)	19 10:45-11:45 Tiny Tots (TR) 3-4:30 Afterschool Arts & Crafts (TR)	20 1-3 Seapearls Artworks Pottery (Munson)
21	22 10:30-12 Tiny Tikes (DH) 1-2 Mama's & Munchkins (DH) 6-8 Indigenous Parents Circle	23 4-5:30 Afterschool Arts & Crafts (TH)	24 3:30-5:00 Healthy Friends (L)	25 11-12:30 Nurturing Parenting Online 3:30-4:30 Rainbows (DH) 4-5:30 Healthy Friends (DH)	26 10:45-11:45 Tiny Tots (TR) 3-4:30 Afterschool Arts & Crafts (TR)	27
28	29 10:30-12 Tiny Tikes (DH) 1-2 Mama's & Munchkins (DH) 6-8 Indigenous Parents Circle	30 4-5:30 Afterschool Arts & Crafts (TH)	01	02	03	04

Program Descriptions

Mama's & Munchkins:

Caregivers are given the opportunity to make connections with other adults, share experiences, receive resources and find new ways to interact with their little one.

For caregivers with children 0-2

Seapearl Artworks:

Come paint your own pottery with your family! Smaller kits available.

16 MAX participants
For Families

Afterschool Arts & Crafts:

Join us in learning new art skills and techniques through guided and self led activities,

For children 6+

Tiny Tots, Tiny Tikes:

Caregivers learn and implement new skills through play, focusing on our children's developmental milestones. We incorporate key concepts from the Ages & Stages Questionnaires and bring in guest speakers to provide information to our families that attend.

For our families with children 0-6

Nurturing Parenting:

To empower parents and caregivers. With over 80 lessons designed to help caregivers acquire specific knowledge and skills to improve your parenting. You choose which session meets the specific needs of your family.

For parents/caregivers

Indigenous Parents Circle:

We provide a safe space to gather as Indigenous parents to talk about the week's struggles while supporting one another through ceremony. We talk about sacred teachings, have guest speakers, and have cultural artifacts to create for our families.

For Indigenous parents/caregivers

Healthy Friends:

We provide a safe and welcoming space for youth to come together within their community to learn about healthy relationships and friendships as a whole through curriculum, crafts, and art journaling.

For teens aged 7-18

Rainbows:

Elementary-aged children speak about their feeling and share their grief in a safe environment in a small group setting. The curriculum consists of journals, activities, games and stories that are designed to help participants express their feeling and move through grief.

12 week program.

For kids 6-10



**SUCCESS
STARTS
HERE**



Free Online Training

**NEXT INTAKE:
MAY 13, 2024**



**26 Week Self-Employment
Training Program**

**Training, Support,
Workshops, & Coaching**

Visit bwca.ca for more information and eligibility details.



Funded by:



The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services

2024 CENTRAL ALBERTA SPRING

JOB FAIR

10TH

OF APRIL

DOORS OPEN FROM

12-5PM



PIDHERNEY CURLING CENTRE

4725 43RD STREET, RED DEER, ALBERTA

CENTRALALBERTAJOBFAIR.COM

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



CHANGE YOUR CAREER

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



Finance Fast Track Program



Monday to Friday
9:00am-4:00pm
12 Week Program

FREE EMPLOYMENT READINESS & JOB PLACEMENT SERVICES

If you are unemployed, looking for a career change, have a credit score of 650 or higher, good English and Math skills, and can provide a clean Criminal Reference Check you have everything you need to get started on a rewarding career in the Financial Services Industry. Make your money helping others manage theirs as a Financial Planner, Investment Advisor, Insurance Broker, and more! And the best part? The training is offered at no cost to you! Call (403) 341-7811 to get started today!

CAREER ASSISTANCE NETWORK

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

 **403-341-7811**

www.rdcn.ca

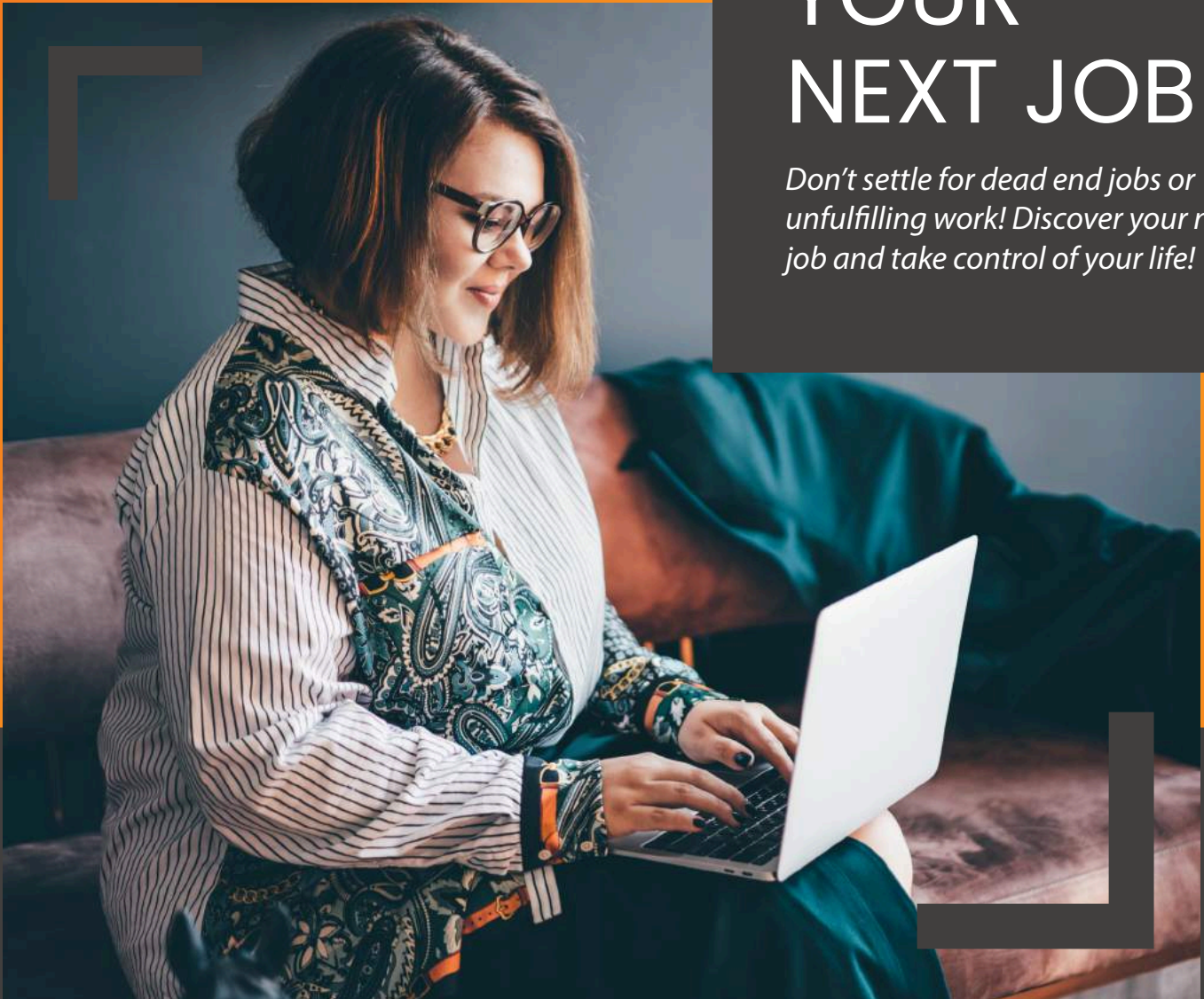
 [careerassistancenetwork](https://www.instagram.com/careerassistancenetwork)

 [careerassistancenetwork](https://www.facebook.com/careerassistancenetwork)

 [rdcan](https://twitter.com/rdcan)

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!

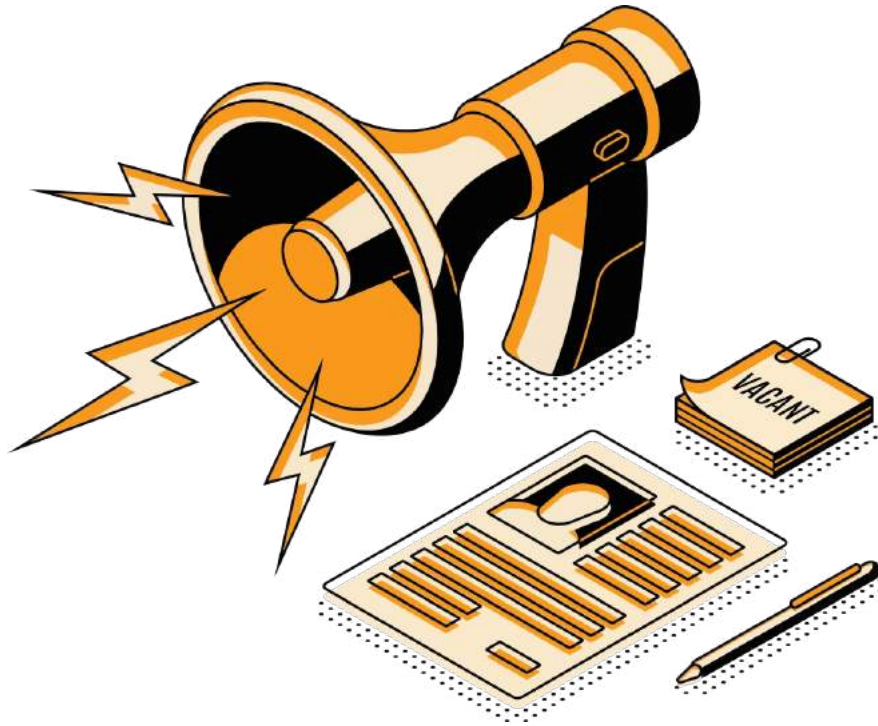
WORKPLACE TRAINING PROGRAM

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 and marketing them to top employers.

To find out how, simply go to

www.wecanconnect.ca/jobseeker

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





April 2024 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

RETHINK | CAREER PLANNING

April 2 & 3, 2024 from 8:45am - 4:15pm
April 9 & 10, 2024 from 8:45am - 4:15pm
April 16 & 17, 2024 from 8:45am - 4:15pm
April 23 & 24, 2024 from 8:45am - 4:15pm ****VIRTUAL****
April 30 & May 1, 2024 from 8:45am - 4:15pm

RETHINK | JOB SEARCH

April 4, 2024 from 8:45am - 4:15pm
April 11, 2024 from 8:45am - 4:15pm
April 18, 2024 from 8:45am - 4:15pm
April 25, 2024 from 8:45am - 4:15pm ****VIRTUAL****

RETHINK | RESUMES

April 5, 2024 from 12:30pm - 3:00pm
April 12, 2024 from 8:45am - 12:00pm
April 19, 2024 from 12:30pm - 3:00pm
April 26, 2024 from 8:45am - 12:00pm ****VIRTUAL****

RETHINK | INTERVIEWS

April 5, 2024 from 8:45am - 12:00pm
April 12, 2024 from 12:30pm - 3:00pm
April 19, 2024 from 8:45am - 12:00pm
April 26, 2024 from 12:30pm - 3:00pm ****VIRTUAL****

SIMPLIFIED | EDUCATION + TRAINING

April 3, 2024 from 1:00pm - 4:15pm
April 10, 2024 from 1:00pm - 4:15pm
April 17, 2024 from 1:00pm - 4:15pm
April 24, 2024 from 1:00pm - 4:15pm ****VIRTUAL****

SIMPLIFIED | LINKEDIN

April 4, 2024 from 1:00pm - 4:15pm
April 11, 2024 from 1:00pm - 4:15pm
April 18, 2024 from 1:00pm - 4:15pm
April 25, 2024 from 1:00pm - 4:15pm ****VIRTUAL****

SIMPLIFIED | SOCIAL MEDIA

April 4, 2024 from 1:00pm - 4:15pm
April 11, 2024 from 1:00pm - 4:15pm
April 18, 2024 from 1:00pm - 4:15pm
April 25, 2024 from 1:00pm - 4:15pm ****VIRTUAL****

SIMPLIFIED | TECHNOLOGY + APPS

April 8, 2024 from 8:45am - 12:00pm
April 15, 2024 from 8:45am - 12:00pm
April 22, 2024 from 8:45am - 12:00pm
April 29, 2024 from 8:45am - 12:00pm ****VIRTUAL****

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



Workshop Descriptions

SIMPLIFIED | EDUCATION + TRAINING

In this FREE half-day workshop, you will explore traditional and emerging education and training options, as well as low cost and no cost alternatives that will not put you in debt.

SIMPLIFIED | LINKEDIN

In this FREE half-day workshop, you will learn how to properly set-up your LinkedIn to enhance your work search and make you more appealing to potential employers.

SIMPLIFIED | SOCIAL MEDIA

In this FREE half-day workshop, you will learn how to properly set-up and leverage your social media to enhance your work search and become more marketable.

SIMPLIFIED | TECHNOLOGY + APPS

In this FREE half-day workshop, you will explore traditional and emerging technology and applications effecting the workforce and learn how to develop related skills at low or no cost.

RETHINK | CAREER PLANNING

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.

RETHINK | JOB SEARCH

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

RETHINK | RESUMES

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.

RETHINK | INTERVIEWS

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.

Contact

CAREER ASSISTANCE NETWORK

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



**KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES**



Closed for Easter

Closed from March 29 - April 7



One-on-one tutoring

Reading, writing, math, digital skills, and ESL

Contact us for more info

MH Employment Support

Every other Wednesday

Call to book an appointment



403-443-5556



admin@kals3hills.ca



www.kals3hills.ca



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES



New to Canada? We can help!

ESL

Help with forms Info sessions



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES



403-443-5556



admin@kals3hills.ca



www.kals3hills.ca



Alberta  Canada

TRANSITION TO EMPLOYMENT SERVICES & WORKPLACE TRAINING HYBRID



LOOKING FOR A NEW CAREER AND WANT SUPPORT TO REACH YOUR GOALS?

NEW PROGRAMMING IS AVAILABLE TO ASSIST
UNEMPLOYED AND EI ATTACHED INDIVIDUALS
WITH:

- Resume & Cover Letter Development
- Career Guidance/Exploration
- Funding for On-the- Job Training
- Unpaid and Paid Work Experience
- Employment Placement Supports
- Short Courses
- Supplemental Training
- Employment Readiness Supports
- Ongoing Job Maintenance Supports to ensure your success.
- Employer Supports

DRUMHELLER OFFICE

90 3rd Ave East - 4th Floor
Drumheller, AB
Phone: 403-823-6934
Fax: 403-823-6942
info@drumhellerjobs.com

www.drumhellerjobs.com

Call or stop in to make your
appointment with a Career
Advisor today!

Alberta

Canada

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Working with Pregnant Women & Substance Use



Working with Pregnant Women and Substance Use

A virtual workshop for anyone in Alberta who works with women who may be using substances, with a focus on women of childbearing years.

- Understand the social influences behind why women may use substances
- Review how substance use can impact a pregnant woman and her fetus
- Learn about key stages in the model of change and how to facilitate a conversation about substance use in the perinatal period
- Gain knowledge of resources available

Please note that you MUST work with women residing in Alberta to attend this workshop – if you reside outside of Alberta, you will not receive the Zoom link

➤ **June 11, 2024**
9:30 am – 3:30 pm via Zoom
<https://redcap.link/women> to
register; space is limited



Kneehill Regional FCSS

COMING EVENTS



PARENT EDUCATION

Parent Cafés

April 8 and May 6, 6:30 – 8:00 PM (Three Hills)

Meet other parents, share stories, grow friendships, have fun, learn something new!

Hanna Beach (Virtual)

“The Loss of Play in the Lives of Children: Ramifications and Remedies”

April 17, 6:30 – 8:30 PM

Expand your understanding of what play is, how it can provide essential emotional outlets and build resilience, how replacing play with entertainment has led to rising emotional challenges of aggression and anxiety, and how play is important for the healthy development of children and youth.

Jenn Seniuk

“Families Connect Through Art”

May 1, 6:30 – 7:30 PM (Three Hills)

Parents will gain simple tools to engage their children/youth in meaningful conversations and learn how art can create space for difficult conversations.



HANNAH BEACH



JENN SENIUK

To learn more or register, contact **ANGIE** at 403-443-3800,
angie@krfcss.com or visit www.krfcss.com

Kneehill Regional FCSS

COMING EVENTS



CHILDREN, YOUTH AND FAMILIES

Youth Skill Zone Series (Ages 14 – 18)

Cooking and Meal Planning Basics

April 19, 2:00 – 4:00 PM (Three Hills)

Learn how to handle and store food safely, prepare a healthy meal plan on a budget, basic cooking skills, and more! Participants will cook a meal. To learn more or to register, contact **MICHAELA** at 403-443-3800, michaela@krfcss.com or www.krfcss.com/children

Families Connect Through Art

Ages 3 – 5, May 10, 24, 31, 10:00 – 11:00 AM

Grades 1 – 6, May 3, 10, 5:30 – 7:00 PM

Grade 7 – 12, May 24, 31, 5:30 – 7:00

Parents and their children are invited to participate in art activities side by side to creatively express themselves, gain self-awareness and open the door to communication with family members. No artistic skills needed!

To learn more or to register, contact **MICHAELA** at 403-443-3800, michaela@krfcss.com or www.krfcss.com/children

Men, Kids and Mayhem

June 4, 5:30 – 7:00 PM (Linden) or June 6, 5:30 – 7:00 PM (Trochu)

An event for men and kids (ages 5 to 9) to come out for FREE fun-filled activities and food!

Rainbows Summer Camp (Grades 1 - 6)

July 15 - 19, 9:30 AM – 3:00 PM (Three Hills) Deadline June 28, 2024

Rainbows is an activity-based support group for kids experiencing grief and loss. Filled with Art, Games and more!

To learn more or register, contact ANGIE at 403-443-3800, angie@krfcss.com or visit www.krfcss.com

Kneehill Regional FCSS

COMING EVENTS



COMMUNITY

Community Volunteer Income Tax Program

March 12 – April 30 (Kneehill Area)

A free tax program for eligible low income Kneehill area residents who are unable to prepare their basic income tax and benefit returns by themselves.

Minds in Motion

Fridays, April 5 to May 10 (Linden)

A weekly dementia inclusive fitness and social program with gentle exercises and group activities. To register, contact **CHRISTINE** at lindenlodgadmin@gmail.com

Dementia Experience

April 11, 10:30 – 11:30 AM (Three Hills)

An informative presentation on dementia, followed by the opportunity to experience a simulation of the cognitive and physical symptoms of dementia.

National Volunteer Week – Volunteer Coffee Breaks

April 14 - 20 (Kneehill Area)

Kneehill Regional FCSS is hosting Volunteer Coffee Breaks in Carbon, Acme, Linden, Huxley, Three Hills and Trochu.

National Volunteer Week – Volunteer Nomination

April 20 deadline (Kneehill Area)

Kneehill Regional FCSS would like to recognize those that have given freely of their time to the well-being of their community and fellow community members.

Volunteer Forum - Beverley Theresa

“Social Media as a Strategy to Engage Volunteers”

April 18, 5:30 – 7:30 PM (Three Hills)

Discover how to use social media as a tool to showcase your organization, engage new volunteers, and recognize current volunteers. Leave with strategies and tools for immediate impact.

**To learn more or register, contact ANGIE at 403-443-3800,
angie@krfcss.com or visit www.krfcss.com**