

Community Volunteer Income Tax Program

Volunteers can prepare your Income and Benefit Tax Return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency.



**Tuesdays and Thursdays
March and April
Starting March 6**

Three Hills

Kneehill Regional FCSS

403-443-3800

or email

cvitp@krfccs.com





FEAR-LESS REDUCING ANXIETY IN CHILDREN AND YOUTH

Being a parent to a child who is experiencing anxiety can be challenging. This 3 part workshop series will offer parents tips and strategies to help children ages 5-16 manage anxiety.

**April 2, 9 and 16
1:00 - 3:00 pm**

**For more information or to register, email
shelley@krfccs.com
or call 403.443.3800**

CHILDCARE AVAILABLE



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



For
Grades
1-4

April Break ART CAMP

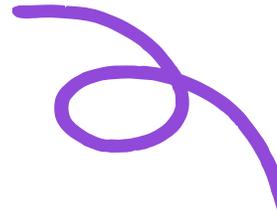
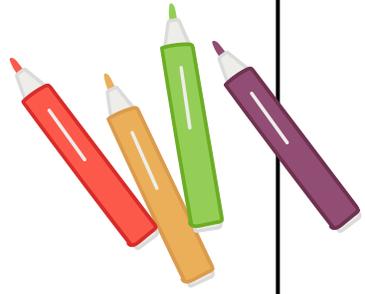
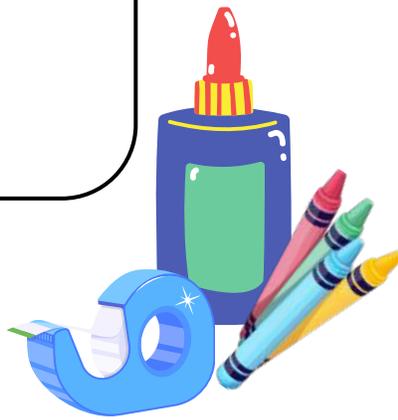
Come play fun games and
create awesome art projects!

April 22-25
From 9-12pm

At the Kneehill Regional FCSS
Office Building
779 2nd Street NE, Three Hills

.....
Register by April 13th
403-443-3800
michaela@krfcss.com
www.krfcss.com/children

Space is Limited



FAMILY EASTER EGG HUNT

CANDY - PHOTO BOOTH - SCAVENGER HUNT - DOOR PRIZES

.....
SUNDAY APRIL 13TH
.....

**3-4:30
PM**

ANDERSON PARK
805 MAIN ST, THREE HILLS

Free!

****ALL AGES WELCOME WHEN ACCOMPANIED BY AN ADULT**



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!

April's Theme

Stress Less

Parents & Kids grades 1-6:

1st Friday of each month

April 4th at 5:30-7pm

Location:

Kneehill Regional FCSS
Office, Three Hills

**REGISTRATION
IS REQUIRED**

403-443-3800

michaela@krfcss.com

www.krfcss.com

SPACE IS LIMITED



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.

May 7, 2025

1:30 - 3:30 pm OR 5:30 - 7:30 PM

Kneehill Regional FCSS Office

To register contact:

angie@krfcss.com or 403-443-3800



Spring Finance Webinars

Attend one, two, or all!

Monday March 17 @ 7:30pm

Budgeting 101

Participants will learn the 7 steps to budgeting which will help them take control of their finances and give them peace of mind.

Monday April 14 @ 7:30pm

The Truth About Credit

Participants will learn the 7 steps to budgeting which will help them take control of their finances and give them peace of mind.

Wed May 7 @ 7:30pm

The Psychology of Spending

Participants will learn about various marketing techniques and strategies to resist temptation.

Please register via Eventbrite or call/email FCSS at (403)510-4521 or fcss@cremona.ca

<https://www.eventbrite.com/cc/finance-webinars-3975653>

Free!



YOU ARE INVITED!

Kneehill Regional Family and Community Support Services would like to invite all Kneehill area volunteers to join us at one of the events listed below:

Volunteer Appreciation Coffee

Linden

Monday April 28, 2:30 – 4:00 pm
High Seas Coffee; 107 Central Ave, Linden

Carbon

Tuesday April 29, 1:30 – 3:00 pm
New Horizons for Seniors; 718 Glengarry St, Carbon

Torrington

Tuesday April 29, 6:00 – 7:30 PM
Silver Willows Senior Centre; 113 Centre St, Torrington

Trochu

Wednesday April 30, 8:30 – 10:00 am
Trochu Drop-In Centre; 313 Main St, Trochu

Three Hills

Friday May 2, 9:30 – 11:00 am
Kneehill Regional FCSS Office
779 2 St NE, Three Hills

For more information, contact 403-443-3800 or angie@krfcss.com



APRIL

Drumheller & Area
Family Resource Network



frndrumheller@mcmcentral.ca
Maria 403-334-5944
Tara 403-443-0304

LEGEND

- MORRIN
- DELA
- HANNA
- YOUNGSTOWN
- CESSFORD
- Carbon
- LINDEN
- THREE HILLS
- TROCHU
- DRUMHELLER
- HYBRID
- VIRTUAL

Alberta
Provincial Family
Resource Networks

FOLLOW

REGISTER



6017 Street East,
Drumheller AB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6-8 Group Triple P	2 10-11 Rainbow Pals 11:45-12:30 Lunch Club	3 Power of 4 (closed) 3:00-4:30 Lego Club 1-3 Curiosity Co-op	4 1:30-2:30 Tot Time 10:45-11:45 Music & Movement 3:30-4:30 Teen Club	5	
6	7 10-11 Wiggles & Words 1-2 KinderMusik 10-12 Rainbow Pals 1-3 Sunny Squad	8 6-8 Group Triple P 10-11 Stride and Seek	9 10-11 Rainbow Pals 11:45-12:30 Lunch Club 3:00-4:30 Lego Club	10 Power of 4 (closed) 2-3 KinderMusik 3:00-4:30 Lego Club	11 1:30-2:30 Tot Time 10:45-11:45 Music & Movement 3:30-4:30 Teen Club	12
13	14 10-11 Wiggles & Words 1-2 KinderMusik 10-12 Rainbow Pals 1-3 Sunny Squad	15 10-11 Stride & Seek 4-5 Lego Club 1-3 Curiosity Co-op 6-8 Group Triple P	16 10-11 Rainbow Pals 11:45-12:30 Lunch Club 3:00-4:30 Lego Club 6-8 PM Dry Canyon Connections	17 Power of 4 (closed) 2-3 KinderMusik 3:00-4:30 Lego Club	18 Good Friday No Programming, Office Closed	19
20	21 Easter Monday No Programming, Office Closed	22 10-11 Stride & Seek 1-3 Curiosity Co-op 7-8 PM Caregiver Alliance	23 3:00-4:30 Lego Club	24 1-3 Curiosity Co-op	25 10:45-11:45 Music & Movement/Daycare 3-4:30 Kindred Crafting	26
27	28 10-11 Wiggles & Words 1-2 KinderMusik 10-12 Rainbow Pals 1-3 Sunny Squad	29 10-11 Stride & Seek 4-5 Lego Club 1-3 Curiosity Co-op 6-8 Group Triple P	30 3:00-4:30 Lego Club 7-8:30 PM Can We Talk			

Babies, Toddlers, Children 0-6

Sunny Squad: For babies 0-18 months and caregivers. Join us in the afternoons to explore sensory and gross motor activities. Snacks provided

Rainbow Pals: Come enjoy open ended free play, stories and craft experiences with other parents and kiddos. 0-6 years

Stride & Seek: Lets get outside! Meet at **Riverside park** with other caregivers and kiddos, to walk, stroll or bike the trails together. Spring scavenger hunt activity provided.

Music & Movement: Join us at the **Delia library** for a facilitated music and movement class. Suitable for kids 2-6 years. **Please register.**

Tot Time: Join us at the Carbon Library for a drop in play group for free play. **Suitable for caregivers and children 0-6 years.**

Kindermusik: Join us in Hanna and Morrin for a facilitated music class. your child will play instruments, dance around and hear stories. **Suitable for parents with children 2-6 years. Please register.**

Words and Wiggles: Join us at the Hanna library with your little one for play that is structured around motor skills, learning and exploring. **Suitable for parents with children 0-18 months.**

Children & Youth 6-18 years

Teen Club Delia Library: An afterschool program for teens inspired by teens; baking, games, arts and crafts, karaoke, socializing and more. Snacks provided. **For youth 13-18 years.**

Lego Club: An afterschool program in Linden, Drumheller and Morrin. Free play with Lego, open ended building in a supportive environment. Snacks provided. **For children and youth 6+**

Parent Education

Can We Talk: This is a partnership with Mountain View FRN and The Centre for Sexuality. Conversations about sexuality and sexual health are crucial in raising healthy and confident children. Join us for our interactive workshops to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships, and informed decision-making.

Group Triple P: broad-based parenting program delivered to **parents of children up to 12 years** old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development and potential or they may have concerns about their child's behavioral problems.

Caregiver Alliance: Caregivers come together virtually and discuss and support others in common caregiving issues along with a facilitator. A safe space to meet others in your community.

Families 0-18 years

Dry Canyon Connections: Join Lynn, the FRN and a special guest to learn about and create your own rattles. **Pre-registration is required as we have limited supplies.**

Kindred Crafting: A painting experience for caregivers and kiddos. **Registration required.**

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

CAN WE TALK?

VIRTUAL
COURSE

This program will enhance your:

- Understanding of parents' roles as sexual health educators.
- Comfort in discussing sexual health topics with your children
- Ability to use resources and tools for discussing sexuality, sexual health, and relationships
- Answer your children's questions regarding these topics



**This is an online
3 part session.**

Session 1: Sexual Health and Parenting
Session 2: Healthy Relationships
Session 3: Early Childhood and Sexuality

April 30th 7-8:30pm

May 7th 7-8:30pm

May 14th 7-8:30pm

REGISTRATION REQUIRED



WWW.MVFRN.CA

INFO@MVFRN.CA

DRUMHELLER, HANNA, THREE HILLS & SURROUNDING AREA

FAMILY RESOURCE NETWORK

Caregiver Alliance

Virtual April 22 from 7-8 PM

To register call, text or scan the QR code

Caregivers come together virtually and discuss and support others in common caregiving issues along with a facilitator. A safe space to meet others in your community.



Alberta Provincial Family Resource Networks

CONTACT US



MELISSA 403-820-3573



@drumhellerfrn



frndrumheller@mcmancentral.ca

DRUMHELLER, HANNA, THREE HILLS & SURROUNDING AREA

FAMILY RESOURCE NETWORK

Group Triple P

Virtual Sessions coming April 2025

Group Triple P is a broad-based parenting intervention delivered over eight weeks for parents of children up to 12 years old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development and potential or they may have concerns about their child's behavioural problems. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations.



When : Tuesday April 1, 8, 15 and 29
6pm-8pm
Where: virtual

Pre Registration Required
Contact Maria at 403-334-5944
or email: frndrumheller@mcmancentral.ca



Alberta Provincial Family Resource Networks

CONTACT US



MARIA 403-334 5944



@drumhellerfrn



frndrumheller@mcmancentral.ca

DRUMHELLER, HANNA, THREE HILLS & SURROUNDING AREA

FAMILY RESOURCE NETWORK

Tot Time

718 Glengarry Street Carbon AB

ages 0-6

April 4, April 11

1:30-2:30

A drop in play group at the Carbon Library for caregivers and their little ones 0-6 years. Join us for new activities and fun each week.

To register call, text or scan the QR code



CONTACT US

MARIA 403-334-5944

@drumhellerfrn



frndrumheller@mcmancentral.ca

DRUMHELLER, HANNA, THREE HILLS & SURROUNDING AREA

FAMILY RESOURCE NETWORK

Lego Club

Calling all creators! Use your imagination to create something unique with Lego.

To register call, text or scan the QR code

We are in ...

Linden on April 9, 16, 23, 30 from 3:30-4:30 PM

Drumheller on April 15, 29 from 4-5 PM

Morrin on April 3, 10, 17 from 3-4:30 PM

aged 6 years+



LINDEN MUNICIPAL LIBRARY



CONTACT US

TARA 40-443-0304

@drumhellerfrn



frndrumheller@mcmancentral.ca

DRUMHELLER, HANNA, THREE HILLS & SURROUNDING AREA

FAMILY RESOURCE NETWORK

Curiosity Co-op

For homeschool families

1:00-3:00 PM

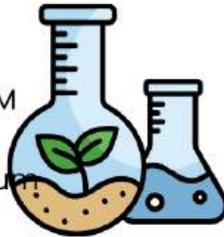
Does your family homeschool? Are you looking for a child-led learning space? Look no further!

We are in ...

Hanna Library on April 15, 22, 29 from 1-3 PM

Trochu April 3 from 1-3 PM at the Arena

Trochu April 24 from 1-3 PM at the Arboretum



To register call, text or scan the QR code



Alberta Provincial Family Resource Networks

CONTACT US



TARA 403-443-0304



@drumhellerfrn



frndrumheller@mcmancentral.ca



Alberta Provincial Family Resource Networks

Drumheller, Hanna, Three Hills & Surrounding Area Family Resource Network & Dry Canyon Collectables

DRY CANYON CONNECTIONS

JOIN US EVERY 3RD WEDNESDAY AS A FAMILY TO LEARN INDIGENOUS TEACHINGS, HISTORY, AND TRADITIONAL ACTIVITIES. THIS MONTH WE WILL BE MAKING RATTLES "PLEASE REGISTER"

APRIL 16

6-8 PM

175 3 Ave W
Drumheller AB

A monthly gathering for all families with children 0-18

To register call Lynn 403 856 3556 OR Tara 403 443 0304

SCAN ME



TO REGISTER



Dry Canyon Collectables



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



Building strong relationships with neighbours benefits children:

Safety & Supervision – A close-knit neighbourhood offers extra eyes to watch over kids, enhancing safety.
Social Skills Development – Kids interact with different age groups, improving communication and empathy.
More Play Opportunities – Living near friends encourages outdoor play, reducing screen time and promoting physical activity.
Positive Role Models & Support System – Neighbours provide guidance and support, helping in emergencies when parents are unavailable.

Neighbouring has many benefits for youth:

Sense of Belonging – Strong neighbourhood connections reduce feelings of isolation and increase self-esteem.
Mentorship & Guidance – Trusted adults can offer advice on school, career paths, and life choices.
Opportunities for Engagement – events, sports, and volunteering build leadership skills.
Safer Environment – A well-connected neighbourhood discourages negative influences and risky behaviour.
Emotional Support – Knowing others care can reduce stress, anxiety, and improve mental well-being.

Neighbouring benefits families by:

Shared Responsibilities – help with childcare, school pickups, or looking after pets.
Stronger Support Network – In times of need, neighbours can provide emotional or practical help.
Improved Well-being – Socializing reduces stress and fosters belonging.
Community Events & Celebrations – Gathering for events like holidays and barbecues strengthens relationships.
Safer & More Stable Environment – Strong neighbourhood ties reduce crime and foster mutual respect.
Overall, neighbouring builds a resilient, caring community where everyone benefits.

Simple ways you can foster community:

Say Hello – Greet neighbours and introduce your family.
Play Outside – Encourage outdoor activities like biking, sports, or sidewalk chalk and invite kids to play, share toys, and build friendships. Youth could organize fun play for younger kids.
Join/start a community project - a community garden, spring cleanup, block garage sale, or book exchange.
Host Gatherings – Organize block parties, potlucks, or game nights to bring neighbours together.
Be Helpful – Babysit, lend tools, or assist with small projects.

MORE RESOURCES

For more great ideas, visit:

<https://activateyourneighbourhood.ca/>

<https://www.lifeschoolhouse.com/>



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



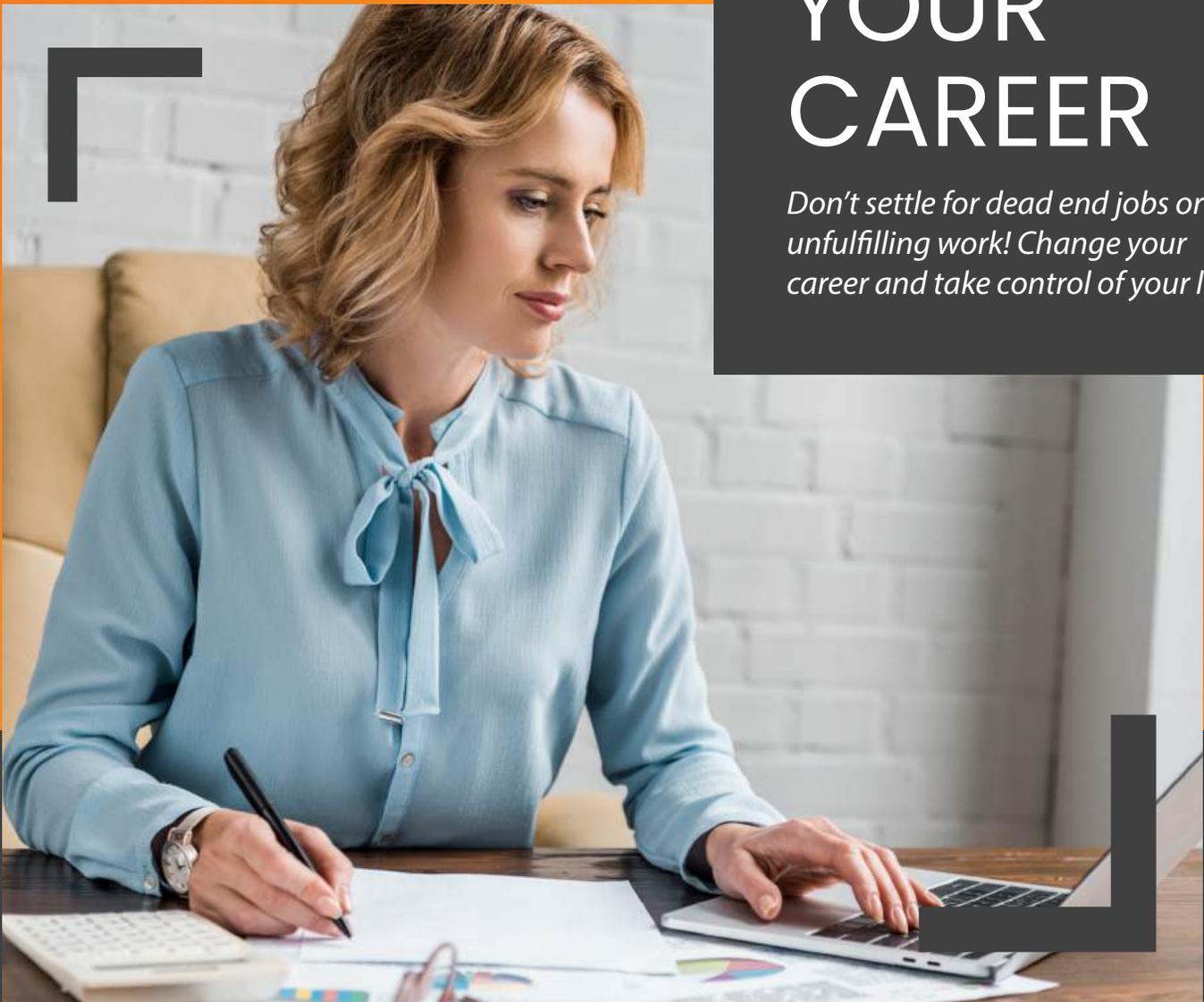
Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



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



**April 22, May 27 &
June 24**
10:00am-3:00pm
779 - 2 Street NE
Three Hills, Alberta

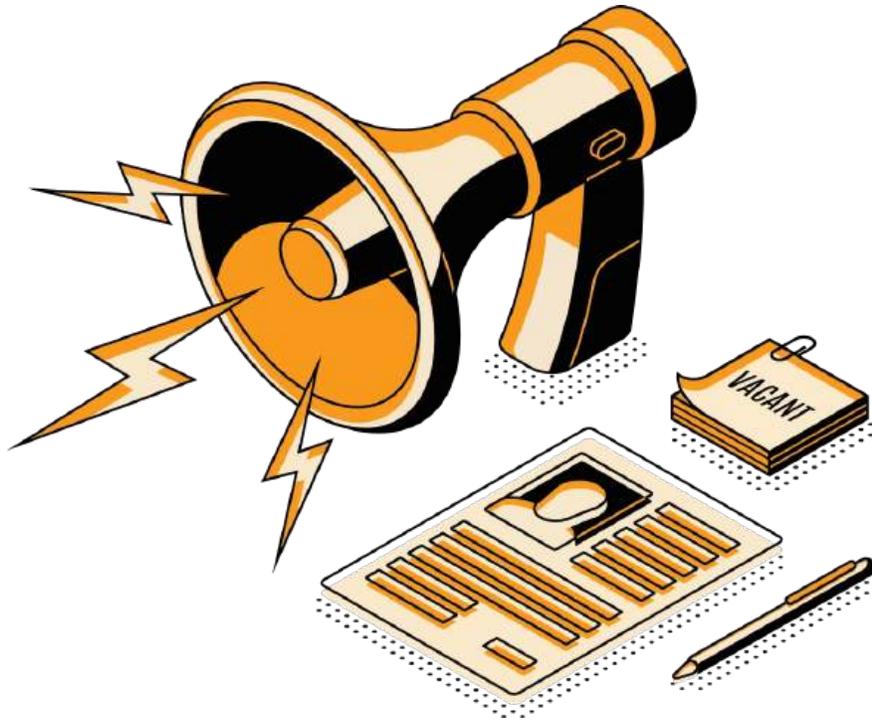
FREE RURAL EMPLOYMENT SUPPORTS AVAILABLE

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**



#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

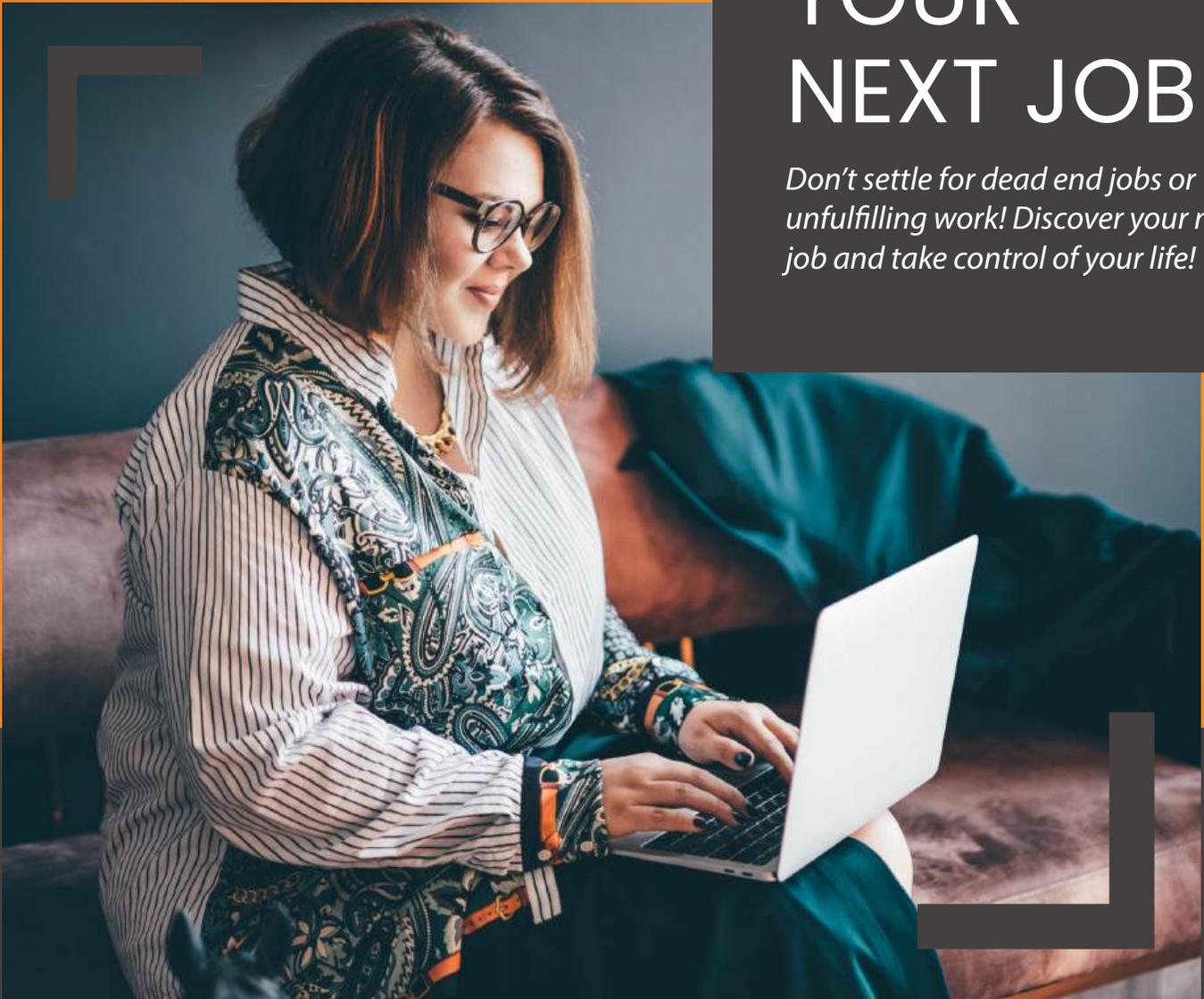
www.wecanconnect.ca/jobseeker

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



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**



Kneehill Adult Learning & Newcomer Services



*Invites you to
celebrate our new learning space with us!*

OPEN HOUSE

- Learn about us
- Enjoy a snack
- Come & go

Where: Kneehill Adult Learning
409 Main Street, Three Hills, AB

When: Tuesday, April 15, 2025
3:30 - 6:30 PM



KNEEHILL ADULT LEARNING
& NEWCOMER SERVICES



403-443-5556



admin@kals3hills.ca

Seniors Outreach - April 2025 Events Calendar



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

office@seniorso.ca
www.seniorso.ca



We need volunteers for **Meals on Wheels** and Drop-In Centre
For more info please call
(403) 443-2555



Contact us for **FROZEN & HOT MEALS**
AVAILABLE FOR HOME DELIVERY
ORDER BY PHONE

Three Hills

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

COMMUNITY DROP-IN CENTRE

POOL | Mon-Sat | 9 am - 12 pm | \$3
CRIB | Thursdays | 9 am - 12 pm | \$3
WHIST | Thursdays 1:30 pm
Potluck | Tues, April 1 | Noon | \$5

Three Hills Regular Bus Route

Thursdays from 1:15-3:30 pm

FREE

Thanks to Three Hills ELKS' CLUB!

Minds In Motion

Runs every Thursday 1:30 - 3:30 pm
April 3 - May 29 @ Three Hills Drop in Centre
See Poster for Details

Open Mic Drop-In Nights

Three Hills Community Drop-In
Thursday, **April 3 & 17** | 7 pm | \$3

Linden Bus Trip to MB Church

"African Childrens Choir"
Sunday, **April 6** @ 7 pm,
Donate to Enter | (Bus: \$5)
Call (403) 443-2555 to sign up!

Kneehill South

FOR APPOINTMENTS
Contact Sherry (403) 412-4195

Acme Seniors Center

Bridge: Mon | 12:30-3:30 pm
65 (Cards): Tues | 1-3 pm
Pool: Tues | 1-3 pm
Bus Trip to Ken's Restraunt in Carbon for our potluck on Wednesday April 9, 2025.
Bus leaves Senior Center @ 5 pm.

Carbon Seniors Center

Tuesdays & Thursdays
Coffee, cards, visit | 1:30 pm
Potluck: see Carbon newsletter for next Potluck

Linden Care & Share

Coffee's On | Mondays | 9 - 11 am | \$1
Potluck | Fri, April 25 | 5:30 pm
Entertainment by
Grace Harris & Frank Weibe



Closed Mon., April 21
for Easter

Kneehill North

FOR APPOINTMENTS
Contact Lorna (403) 425-1555

Trochu Drop-In Center

Mon-Sat | 9-11am | Coffee - \$1
Mon, Wed, Fri | 1:30-4 pm |
Coffee/Visiting/Games \$1
Mon | 7pm | Bridge
April 8th | 2pm | Birthday Bingo - \$3
April 11th | Pie Day-| All Day \$5
April 16th | Evening Bingo| 7 pm | \$3
April 22 | 11am | AGM 2pm Bingo | \$3

Wimborne Community Center

Mon-Sat | 10-11:30 am
Coffee - \$1

Torrington Silver Willow

Mon-Fri | 9-11am | Coffeetime
with treats - \$1
Wednesdays | 1pm | Crib \$2
Friday | 6:30pm | Games &
treats(pool,cards, board games)-\$1
April 24th | Popovich Rock&Roll Comedy
Show Supper 5pm Show 6pm \$15 Call
403-667-6954 for tickets.

Red Deer Bus Trip

Wed., **April 16** @ 8:40 am
\$25/Three Hills - \$20/Trochu

Canada's Response to U.S. Tariffs

The Department of Finance Canada maintains a website which provides information on Canada's response to US tariffs, including what an import tariff is, the support available to Canadian businesses and workers, including special measures for Employment Insurance and for the Work-Sharing Program, the process for requesting remission of tariffs, and how Canadians can help.

Link: canada.ca/united-states-tariffs

Support for Workers – Employment Insurance

Workers facing job loss because of tariffs could be eligible for EI regular benefits. EI regular benefits provide temporary income support to workers who lose their job through no fault of their own.

How to apply? Online at canada.ca/EI or in person at a Service Canada Centre.

Temporary measures (for claims established between March 30 and Oct 5, 2025):
1-week waiting period will be waived
monies paid/payable at separation from employment will not normally be allocated to EI claim

Use the EI Benefits Estimator to obtain an estimate of the weekly amount you could receive as well as the number of weeks you could potentially be eligible for.

<https://estimateurae-eiestimator.service.canada.ca/en>

Canadian Dental Care Plan

The Canadian Dental Care Plan (CDCP) helps pay a portion of the cost for various dental services.

Starting May 2025, individuals aged 18 to 64 years old will be able to apply for the CDCP. Applications will open to adults 55-64 years old on May 1, adults 18-34 years old on May 15, then adults 35-54 years old May 29.

Eligibility: you must be a Canadian resident, not have access to dental insurance, have an adjusted family net income less than \$90K and have filed your income tax for 2024 and received your Notice of Assessment.

Letters will also be mailed to Canadian residents aged 18 to 64 who may be eligible for CDCP, based on their 2024 adjusted family net income, inviting them to apply.

Community Outreach and Liaison Service

[Canada.ca/outreach-services](https://canada.ca/outreach-services)

Contact: Inderjeet Bhamra Email:

ESDC.WT.CS.AB.CAB.CSSSSC.CAB.AB.SC.OT.EDSC@servicecanada.gc.ca



NEXT INTAKE DATE: April 28, 2025 - Inquire Today!



**HAVE
A GREAT
BUSINESS
IDEA?**

**But don't know
where to begin?**

**FREE, ONLINE & EI APPROVED!
26 Week Self-Employment Training Program.
Support, Workshops, Coaching, and MORE!**

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