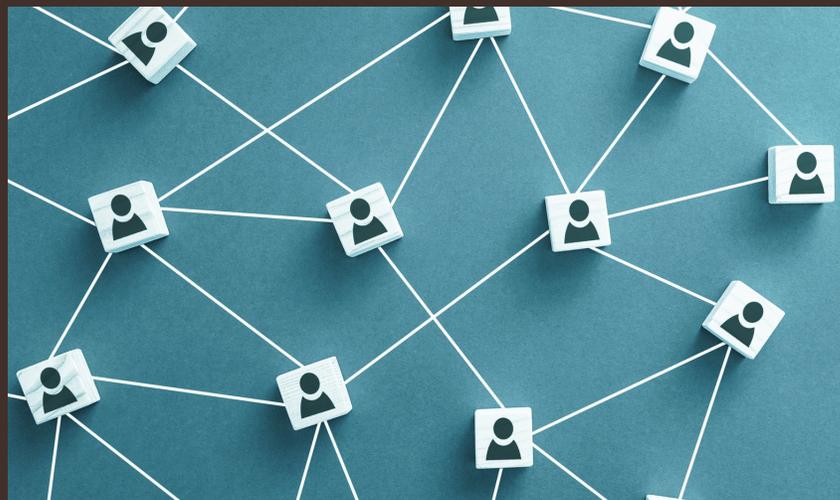


# COMMUNITY PROGRAM & EVENTS GUIDE

*Keeping our Community Connected*

## GROUPS & NON-PROFITS INCLUDED

- Alder Flats Buck Lake Public Library
- Buck Lake Ag Society
- Buck Lake Stampede
- Family Resource Network
- Lone Ridge Hall
- Millet Art 'n Crafts Guild
- Millet & District Museum & Archives
- Millet Library
- Mulhurst Bay Community League
- Pigeon Lake Library
- Royal Canadian Legion Mulhurst #246
- Usona Ag Society
- Wetaskiwin Ag Society
- Wetaskiwin Community Collaborative Network
- Wetaskiwin Medi Lend Society
- Wetaskiwin Olympian Swim Club
- Winfield Community Library
- Wizard Lake Watershed & Lake Stewardship Association



## FCSS

Family and Community Support Services (FCSS) provides preventative programs and services that enhance the social well-being of families and individuals. FCSS is a cost shared program between the County of Wetaskiwin No. 10 and the Province of Alberta.

The programs and services provided through FCSS are intended to promote and enhance safe and healthy family and community life.

Visit our website at [county.wetaskiwin.ab.ca](http://county.wetaskiwin.ab.ca) or follow us on Facebook for the most current programming.

## CONTACT US



p. 780-352-3321

e. [fcssadmin@county10.ca](mailto:fcssadmin@county10.ca)

m. Box 6960, Wetaskiwin, AB, T9A 2G5

p. 243019A Highway 13



**Have an activity or club you would like us to share? Email [fcssadmin@county10.ca](mailto:fcssadmin@county10.ca)**

# Wetaskiwin & Area

## COMMUNITY RESOURCES

**WONDERING WHAT'S AVAILABLE IN  
WETASKIWIN & AREA?**



mental health  
addictions  
nutrition/food  
crisis support  
family resources



**Visit the website for a comprehensive list of supporting agencies.**

## **Alder Flats Buck Lake Public Library**

**alderflatslibrary@yrl.ab.ca  
www.alderflatslibrary.ab.ca  
780-388-3881**

**Please like and follow our  
Facebook Page at  
*Alder Flats/Buck Lake  
Public Library* to watch for  
upcoming monthly programs.**



# Buck Lake Ag Society

bucklakeagsociety@gmail.com

780-388-3855

## Burger Thursdays

- June 1 & July 6 - 5:30-7:00 PM

## Farmer's Market Saturdays

- May Long Weekend - September Long Weekend
- 10:00 AM-1:00 PM

## Fathers' Day Breakfast and Show & Shine

- June 18 - 9:00-11:00 PM

## Fall Supper

- September 30 - 5:30-7:00 PM

## Fall Market

- October 2 - 10:00 AM-1:00 PM

## Christmas Market

- November 4 - 10:00 AM-1:00 PM

## Santa Parade

- December 9 - 5:30-7:00 PM



# Buck Lake Stampede

kduffy05@xplornet.com  
www.bucklakestampede.com  
780-682-2258



**July 7, 8 & 9, 2023**

Full Rodeo with Pony Chuckwagon

& Chariot Races

Covered Grandstands

Beer gardens with LIVE BAND on

Friday & Saturday Night

Visit [www.bucklakestampede.com](http://www.bucklakestampede.com)

for more information.

*"Without a sense of caring, there can be no sense of community"*  
- Anthony J. D'Angelo

## Millet Arts 'n Crafts Guild

Lower level 5120 – 50 Street Millet

Do you knit, sew, quilt, or weave?

Come craft with us Tuesdays 1-3 PM and

Thursdays 9:30-11:30 AM.

Monthly meetings held the 4th Thursday at 9:30 AM

of every month except July and December.

Guild items are sold at craft sales and

through the Millet Museum's Redwagon Gift Shop

catalogue: <https://www.milletmuseum.ca/Gift-Shop>.

For more information on becoming a member contact:

Clara at 780-387-7413 or Peggy at 780-387-4750



# Family Resource Network

Wetaskiwin, Ponoka, Rimbey, and surrounding areas



The **Family Resource Network** provides programs and services to children and youth 0-18, parents, caregivers, and families. The Family Resource Network receives and responds to referrals to ensure seamless access to prevention and early intervention services for children, youth, and families improving child and youth development, building resiliency and fostering well-being.

Along with our community partners, BGC Wetaskiwin is pleased to support Wetaskiwin, Ponoka, Rimbey, and Surrounding Areas.

For more information, call the **Family Resource Network at 780-352-4643 Ext. 28**

## Spokes offered through the Family Resource Network:

**Child and Youth Development** provides supports to youth 7-18 to enhance development through social skills groups, anger management, coping strategies, and substance use programming.

**Early Child Development** serves families with children 0-6 including parent/child play and developmental screening through Ages and Stages Questionnaires to support child development.

The **Enrichment Program** provides solution-focused support to families with children ages 7-18 and youth directly to build skills, caregiver capacity, protective factors, and reduce risks to improve personal and family functioning.

**Family Support** serves families with children and youth aged 0-18 to build parental resiliency and promote family wellness.

**Home Visitation** supports families to provide a nurturing, stimulating, and safe environment for their children from prenatal until the child turns six.

**Parent Education** serves families with children aged 0-18 to review parent education programs including Connect, Triple P, and Active Parenting.

**Mâdawipâyîwin**, the Cree word for togetherness, supports children, youth, and families to become actively involved in a cultural life. Families will have access to culturally rooted programs and services, ensuring all individuals have the opportunity to learn and practice culture.

**Wahkohtowin Program** is a traditional parenting program for caregivers to promote holistic and balanced families through activities, healthy meaningful conversations, and guest presenters.

To access support, refer, or for additional information, please contact the Family Resource Network Hub at:

**780-352-4643 Ext. 28**

**kathryn@wetaskiwin youth.ca**

**5109-51 Street**

**Wetaskiwin, AB T9A 2A5**

**www.wetaskiwin youth.ca**



# Lone Ridge Hall

loneridgehall@gmail.com

780-312-2119 or 780-360-6162 - Hall Bookings

A photograph of a white sign with black text that reads "LONE RIDGE COMMUNITY HALL". The sign is mounted on a corrugated metal wall. The text is arranged in two lines: "LONE RIDGE" on the top line and "COMMUNITY HALL" on the bottom line, both in a bold, sans-serif font.

## LONE RIDGE COMMUNITY HALL

Garage Sale Sept 2nd 9-3:30 pm  
Tables \$10 each. Call Bev at 78-352-3415 to book.

### Children's Programming

For ages 6-12 years, 4:30-6:30 pm.

Fee: \$50 for all six sessions.

Call Brenda, 780-361-5503 to register.

- October 18: Make Halloween decorations
- November 15: Build a Bird Feeder and presentation on winter birds in our area.
- December 13: Decorate a graham cracker candy house and make stenciled Christmas cards.
- February 7: Bake Valentine cookies and make old fashioned Valentines.
- March 13: Art night working with water color paints and oil pastels.
- April 17: Make a Mother's Day surprise gift.

### Adult's Programming

- Men's Coffee Hour: Mondays 9-10 am. Start date after harvest
- Crafty Mondays, 9-3 pm: Time to sew, quilt, or work on a craft of your choice. Weekly fee: \$2. Start date TBA.
- Drop In Pickle Ball: Wednesdays at 7-8 pm. Weekly fee: \$2. Start date after Thanksgiving
- Line Dancing with Judy: 8 Tuesdays, 10 am - 12 pm September-October, Start date TBA Fee: \$40 Call Brenda at 780-361-5503 to register.
- Adult Paint Night with Hailey: November 17, 6:30pm. Fee: \$25. Call Brenda at 780-361-5503 to register.



# Millet & District Museum & Archives

5120 50St, Millet  
780-387-5558  
[www.milletmuseum.ca](http://www.milletmuseum.ca)  
[info@milletmuseum.ca](mailto:info@milletmuseum.ca)  
Visit Millet Redwagon Gifts

Morris & Mal, Museum Mascots, in our interactive Village of Millet display.



## FREE Summer Programs

### Cooking & Crafts

Join us Tuesdays & Thursdays from 10AM-12PM as we learn to make heritage foods like borscht, biscuits, ice-cream & more) & crafts (paper making, weaving, knitting, & more).  
June 19-August 24.  
Registration required. Ages 6+

### Time Travellers

Each Wednesday from 1-3 PM, we'll explore how people lived in the past, using costumes, props, & interactive activities. We'll learn about firefighters, fur traders, farms, builders, & more. June 20 - August 23. Registration preferred, drop-in available. Ages 3+.

### Around the World

These family friendly events will be held each Saturday from June 24 - August 12. Come immerse yourself in the food, music, and customs of countries like Ukraine, Mexico, China & More.

## Upcoming Exhibits

### Millet's Pioneers 2023

Exhibit opening June 10, 1 PM, at the Millet Agriplex. Join us as we recognize the contributions made to our community by Joanne Maynard, Grace French, Pat Hughes, May Pydde, & Al Kilborn.

### Facing the Flames: Millet Fire Department

Exhibit opening August 19th, 1 PM, at the museum. Come see Millet's first firetruck, a converted 1947 Mercury (newly restored), & learn about the diverse stories of Millet's volunteer fire department.

### Cree: The People's Language

Exhibit opening August 19th, 1 PM, at the museum. The Canadian Language Museum presents an exhibit about Cree, the most widely spoken Canadian Aboriginal language., presenting maps, photos & information on the syllabic writing system, word formation, animacy, & the future of Cree.  
On display in Millet from August 19-September 8.



# Millet Library

millet@yrl.ab.ca

www.milletlibrary.ca

780-387-5222

## STEAM program:

- Tuesday and Thursday schooldays from 3:30 PM-4:30 PM
- Grade one and up
- Registration required
- Kits available for pickup

## Storytime:

- Wednesdays at 11:00 AM
- Drop-in
- Kits available for pickup

## Tutoring:

- Wednesday schooldays starting at 3:30 PM
- Children Kindergarten - Grade 5
- Registration required

## Homebound:

- First Thursday of the month
- Book delivery service
- Call to register

## Summer Program:

- July - August
- Grade 1 and up
- Call for more information

## Scavenger hunts:

- Monthly
- In the library
- Call for more information

Millet Public  
Library

Connect Learn Discover



# Mulhurst Bay Community League

mulhurstbaycommunity@gmail.com  
www.mulhurstcommunity.com  
780-389-2455 - Hall Bookings

Mulhurst Bay Community Hall  
3802-50th Avenue, Mulhurst Bay



MULHURST BAY  
COMMUNITY LEAGUE

PO BOX 6  
MULHURST BAY, ALBERTA  
T0C 2C0

## June 9 - Mulhurst Bay Walk for Cancer

- 5:00 PM - 7:00 PM

## June 18 - Fathers' Day Pancake Breakfast

- 8:00 AM - 11:00 AM

## Computer and Cell Phone Classes

- Visit [county.wetaskiwin.ab.ca](http://county.wetaskiwin.ab.ca) for Tech Class Information

## Farmers Market

- Saturdays 10:00 AM - 2:00 PM (unless hall is rented)
- Thursdays 4:00 PM - 7:00 PM (May - October)

## Artisan Market

- Last Saturday of every month

## Mulhurst Bay Quilters Club

- Wednesdays at the Hall 9:00 AM - 3:00 PM

*Please like and follow our Facebook Page at **Mulhurst Bay Community** to watch for upcoming news and events.*



# Pigeon Lake Library

[pigeonlakelibrary@yrl.ab.ca](mailto:pigeonlakelibrary@yrl.ab.ca)

[www.pigeonlakepubliclibrary.ab.ca](http://www.pigeonlakepubliclibrary.ab.ca)

780-586-3778

603 2 Ave, Ma-Me-O Beach

## Fiber Art Group

- Wednesdays at 1:00 PM
- For knitters, crocheting, macramé, felting and anything with a needle

## Plant Group

- Meets once per month
- For people interested in anything that grows inside or out
- For information, call Bonny Mieske 780-586-2579

## Paint Pouring Classes

- Daytime and evening sessions to be announced.

## Two Adult Book Clubs

- Each club meets once every 6 weeks at 1:00 PM at the Library
- Call the Library for more information.

Like and Follow us on Facebook at  
[Pigeon Lake Library Happenings](#)

# Royal Canadian Legion Mulhurst #246

57005-49 Street, Mulhurst Bay

Contact Marion for Details - [mari\\_on@yahoo.ca](mailto:mari_on@yahoo.ca)

Weekly Family Bingo's - Every Tuesday

- Start time 7:00 PM

Month End Community Socials - Last Friday of each month

- Doors open at 7:00PM
- Sampling of food (\$5.00/plate)
- Games, Meat Draws, 50/50 raffles



## Usona Ag Society

[usonahall611@gmail.com](mailto:usonahall611@gmail.com)

Hall Rentals - 780-352-4239

**June 9 - Farmer's Day**

**June 25 - Ice Cream Social**

**November 7 - Harvest Dinner & Dance**

**Beer Tasting Night - Spring Date TBA**

**Crafting Nights - TBA**

**PLEASE LIKE AND FOLLOW OUR FACEBOOK PAGE AT  
USONA AG SOCIETY TO WATCH FOR EVENT DETAILS.**



# Wetaskiwin Ag Society

wetagsoc@xplornet.com  
www.wetaskiwinag.ca  
780-352-2780



*"Volunteers do not necessarily have the time; they just have the heart."* - Elizabeth Andrew

Wetaskiwin Ag Grounds on Highway 13 East beside Loons Golf Course.

## Wetaskiwin Rawhide Rodeo

June 9, 10 & 11, 2023

Highlights include Mini Chuckwagon Racing, Sheep Riding AND a full Rodeo program with food vendors, and Live Band.

**2023 Wetaskiwin Ag Society Truck & Tractor Pull**  
August 18 & 19, 2023 with Aug 20 being a rainout day.

We provide camping, parking and grandstands for spectators and visitors. There will be food truck vendors, live music, children's entertainment and a fireworks display. This is an exciting fun filled event for the entire family!

## Wetaskiwin Farmers Market

Wednesday's Year Round - Visit the Wetaskiwin Farmers Market Page on Facebook for more information and special market dates.



# Wetaskiwin Medi Lend Society

wetaskiwinmedi@gmail.com  
780-352-0206

**Location: 5106B - 50 Avenue, Wetaskiwin**  
**Monday, Wednesday and Friday,**  
**10:00 am to 2:00 pm by appointment**

Wetaskiwin Medi Lend Society is a non-profit, 100% volunteer run organization which provides short term loan of medical equipment, free of charge, to residents of the City/County of Wetaskiwin and the Town of Millet. Equipment available includes: bath seats, tub grab bars, bed rails, crutches, commodes, raised toilet seats & arms, walkers and wheelchairs.



## COUNTY OF WETASKIWIN RESIDENTS

**STARTING  
MARCH 1, 2023**

**FREE INCOME TAX  
PREPARATION IS  
AVAILABLE FOR:**

- INDIVIDUALS & FAMILIES WITH MODEST INCOMES
- STUDENTS
- SENIORS

## Learn your Technology!

Learn the basics of your computer and it's apps in a friendly classroom environment at the Mulhurst Bay Community Hall!

**New classes  
regularly added.**



CONTACT FCSSADMIN@COUNTY10.CA OR  
780-352-3321

PARTICIPANTS OF THE CANADIAN  
VOLUNTEER INCOME TAX PROGRAM  
\*SOME SUPPORT RESTRICTIONS APPLY



WETASKIWIN  
Community Learning Program





# Wetaskiwin Olympian Swim Club

wosc.pres@gmail.com  
www.wetaskiwinolympians.com



**The Wetaskiwin Olympian Swim Club is a competitive summer club that teaches the basics of speed swimming in a team environment. We have a variety of programs including options for beginners ages 4 to 8, part-time, full-time, and advanced options for our competitive youth groups (minimum Red Cross Level 4), as well as a masters program for adults of all ages (no previous competitive experience required).**

**Our season begins on May 1st and runs through to the end of July or mid-August each year, depending on the program that you have selected. We practice at the Manluk Centre in Wetaskiwin, with optional weekend meets (most are held on Saturdays only) across our region throughout the season. The details on pricing and programs for 2023 will be posted to our website by the end of February with registration beginning in March. Registrations are accepted online only, via our website.**

**Please visit us at [www.wetaskiwinolympians.com](http://www.wetaskiwinolympians.com) for more info and follow the Wetaskiwin Olympian Swim Club's Facebook page if you would like to receive updates.**

**As we are a private club, we do not have an office, so please submit any inquiries via the "Contact Us" button on our website, or email Heather at [wosc.pres@gmail.com](mailto:wosc.pres@gmail.com).**

# Wizard Lake Watershed & Lake Stewardship Association

stewardship@wizardlake.ca

www.wizardlake.ca

780-985-2538

**July 1 - Canada Day Celebration**

Boat Parade

Fireworks

**TBA - Park Day**

Details to Follow

Please like and follow our Facebook Page at

**Wizard Lake Watershed and  
Lake Stewardship Association**

to watch for event details.

## Winfield Community Library

winfieldlibrary@yrl.ab.ca

www.winfieldlibrary.ab.ca

780-682-2498

Please like and follow  
our Facebook Page at  
**Winfield Community  
Library** to watch for  
programs and  
information.



# What should I do?

- CHECK IN WITH YOURSELF
- GET HELP. YOU ARE NOT ALONE.
- FOLLOW THROUGH WITH ACTION



# YOU'VE GOT THIS! HERE'S THE FIRST STEP...

## CHECK IN, WHERE ARE YOU?

Self Care & Social Support

Professional Care

### HEALTHY

Normal mood fluctuations.  
Takes things in stride.  
Consistent performance.  
Normal sleep patterns.  
Physically and socially active.  
Usual self-confidence.  
Comfortable with others.

### REACTING

Irritable/Impatient.  
Nervousness, sadness, increased worrying.  
Procrastination, forgetfulness.  
Trouble sleeping (more often in falling asleep), tired.  
Muscle tension, headaches.  
Difficulty in relaxing.  
Intrusive thoughts.  
Confusion, disorientation.  
Decreased social activity.

### DISTRESSED

Anger, anxiety.  
Lingering sadness, tearfulness, hopelessness, worthlessness.  
Excessive guilt, shame or blame.  
Decreased performance in academics or at work.  
Significantly disturbed sleep (falling/staying asleep).  
Fatigue, aches & pains.  
Avoidance of social situations, withdrawal.

### IMMEDIATE HELP

Significant difficulty with emotions, thinking triggers high level of anxiety.  
Panic attacks.  
Depressed mood, feeling overwhelmed.  
Constant fatigue.  
Disturbed contact with reality.  
Significant disturbances in thinking.  
Suicidal thoughts/intent/behavior.  
Self-harming behaviors.  
Excessive crying or panic (unable to calm)

## ACTIONS AT EACH STEP

### HEALTHY



- Focus on the task at hand
- Break problems into manageable chunks
- identify & nurture support systems
- Maintain healthy lifestyle

### REACTING



- Recognize your limits
- Get adequate rest, food & exercise
- Engage in your healthy coping strategies (Sleep, Exercise, Nutrition & Healthy Socialization)
- Take a step toward your goals

### DISTRESSED



- Identify & understand your own signs of distress
- Talk with someone
- Seek help
- Seek support instead of withdrawing

### IMMEDIATE HELP



- Seek Professional consultation as needed
- Follow healthcare provider recommendations
- Regain physical and mental health

## WHERE TO GO

### KEEP ON FLOURISHING

Helping Others  
Interacting  
Playing  
Spiritual Activity  
Being Physical  
Learning Something New  
Volunteering  
Acts of Kindness  
Community Engagement  
Communicate and Listen to Others  
Expressing Gratitude  
Recognize the Good

### TAKE A DEEP BREATH

Isolated - For Local Supports call: 211  
Seniors Supports: seniors.gov.ab.ca  
Income/Unemployed/Disability:  
1-877-644-9992  
Food Bank (Millet): 780-387-2214  
Food Bank (Wetaskiwin): 780-352-2416  
Family Resource Network:  
780-352-4643 ext. 28  
Indigenous Support: 1-855-242-3310  
LGBTQ+ Support:  
pridecentreofedmonton.ca  
County of Wetaskiwin FCSS:  
780-352-3321

### TAKE A STEP TODAY TO HELP TOMORROW

Women's Shelter (Camrose):  
1-877-672-1010  
Primary Care Network: 780-312-2500  
Mental Health: 780-361-1245  
Maskwacis Mobile Mental Health  
Crisis Line: 780-362-2150  
Addiction: 780-361-1358  
Eating Disorder Support:  
1-866-633-4220  
Smoking Cessation: 1-866-710-7848  
Men's Help: www.sp-rc.ca  
Health Link: 811

### CALL NOW

Call Emergency: 911  
Wetaskiwin and District Victim Services: 780-312-7287  
Suicide Prevention Help Line:  
1-877-303-2642  
Mental Health Line: 1-877-303-2642  
Sexual Abuse/Assault Line:  
1-866-403-8000  
Transgender Suicide Hotline:  
1-877-330-6366  
Kids Help Line (Ages 5-21):  
1-800-668-6868  
(Text "CONNECT" TO 686868)  
AVAILABLE 24/7 - 100% Confidential



# Municipal Campgrounds

[county.wetaskiwin.ab.ca](http://county.wetaskiwin.ab.ca)




## Battle Lake Campground

20077A TWP RD 462A

- Boat Launch
- Fishing
- No Hook Ups
- Pay Showers
- Restrooms
- Wood (\$10.00 Add-on)




## Buck Lake Campground

710 Lakeshore Drive East

- Boat Launch
- Fishing
- No Hook Ups
- Pay Showers
- Restrooms
- Wood (\$10.00 Add-on)




## Coal Lake South Campground

764070 HWY 822

- Boat Launch
- Fishing
- No Hook Ups
- Restrooms
- Wood (\$10.00 Add-on)




## Mound Red Campground

281077B TWP RD 452

- Fishing
- No Hook Ups
- Group Camping
- No Motor Boats
- Wood (\$10.00 Add-on)




## Red Deer Lake Campground

440050 RGE RD 222A

- Boat Launch
- No Hook Ups
- Wood (\$10.00 Add-on)




## Twin Lakes Campground

461034B RGE RD 33A

- Fishing
- No Hook Ups
- No Motor Boats
- Playground
- Wood (\$10.00 Add-on)