World Suicide Prevention Day Pop-Up Coffee Booths

Monday, September 9 Kinsella * Viking * Bruce * Holden

Members of the VBFCSS team, along with our partners from Alberta Health Services, will be hosting pop-up coffee booths throughout our communities the morning of September 9th. If you see us out, please stop by for a coffee, muffin, and some valuable information in regards to suicide prevention.

World Suicide Prevention Day Walk

Please help us bring suicide awareness from the shadows and into the light by joining our lunchtime walk.

> Tuesday, September 10 12 o'clock noon

Please meet us in front of the Beaver County Office (5120-50 Street, Ryley)

Brought to you in partnership by: Village of Ryley, Beaver County, Alberta Health Services, Tofield/Ryley/Beaver County West FCSS, Viking/Beaver **FCSS**

Regional Suicide Prevention Council Community Engagement Session

October 2 at 11:30 am to 3:30 pm Location: Viking/Beaver FCSS Office (4924-53 Ave, Viking) Please RSVP by September 25 to Katherine at 780-679-3156

PENNY CARNIVAL!

VIKING ALLIANCE CHURCH SATURDAY, SEPTEMBER 21 11 AM - 2 PM

Rain or shine - games, inflatables, food, and fun! - all for a penny (and we have pennies for sale or to give away) There will also be a clothing giveaway!

Check www.vikingalliancechurch.com for more information.

Mental Health First Aid for Seniors Course

Learn how to effectively respond to an emerging mental health problem or crisis, until the situation is resolved or appropriate treatment is found.

September 12th and 13th 8:30am to 4:30pm

Cost: \$65, including lunch both days At Viking/Beaver FCSS office (4924-53 Avenue, Viking) Presenter: Loretta Kroeker, BSW

Call Viking/Beaver FCSS to register 780-336-4024

Alberta Health Services Children's Walk-In Clinic

Viking Health Centre - Rehabilitation Department 3rd Wednesday of every month 9:30-11:30am

~First-Come-First-Served~

Do you have questions or do you want to learn more about... How your child speaks or hears; what your child says; your child's printing, pasting or cutting; how your child moves; how your child follows directions; your child's sensitivity to objects, senses, or surroundings; your child's coughing and/or wheezing; your child's asthma and how to use his/ her puffer. Information about child development is available.

Call 780-336-7114 for more information

Brought to you by:

Viking/Beaver Family and Community Support Services (F.C.S.S.) Find us on twitter: @vbfcss

Or on our Facebook page: Viking/Beaver FCSS

Director: Dawn Chrystian Email: DChrystian@vbfcss.ca

Viking Community Programmer: Kaitlin Romaniuk

Email: VikingProgram@vbfcss.ca

Holden Community Programmer: Jonelle Dunkley

HoldenProgram@vbfcss.ca

Casual Reception: Stefanie McNeill freception@vbfcss.ca

> Counsellor: Carson Ryner Ph: 780-336-4024

> > Contact us at: 4924-53 Ave.

Box 688 Viking, AB T0B 4N0

Monday-Friday, 8:30-4:30 pm (Closed 12-1)

Phone: 780-336-4024 Fax: 780-336-4725

Holden Village Office Box 266 Holden, AB T0B 2N0

Phone: 780-688-3928 Fax:780-688-2091

CHURCH HOCKEY IN VIKING

NEW SEASON! EVERYONE WELCOME!

Wednesdays, September 4 to November 27 6:45-7:45 pm

At the Viking Carena Complex Anyone can play, Grade 4 and up Cost: \$8 per session or \$90 for the season

> Come out weekly or when you can! Non-competitive for fun hockey!

More information at 780-336-4950 or www.vikingalliancechurch.com

MOVIES at the Paragon Theatre

5019-50 Street, Holden

Saturday, September 14th POKEMON Detective Pikachu @ 3pm

> **POMS** @ 7pm Admissions: \$7, \$3 under 12 Next movies—October 12

****** ~ Tools for School ~

If your child requires assistance with school supplies, please contact Viking/Beaver FCSS at 780-336-4024 (Viking) or 780-688-3928 (Holden)





New Futures Career Transitions Workshops

Dates: October 28 - November 1 Time: Monday - Friday, 9:00am - 4:00pm Place: Viking FCSS Office 4924-53 Ave.

30 hours of web conference workshops broken into half day sessions covering:

Resume and Cover Letter Writing, Networking and Interview Skills, Managing Change and Job Loss, And Career Services.

You can attend all or choose the sessions that are of most interest to you! There is an on-site instructor to assist you with your learning during class times.

REGISTRATION DEADLINE is Wednesday, October 23 - 4 pm!

We are looking for Tutors

We are looking for individuals who have 2-4 hours a week available for one on one or small group tutoring in the following adult learning areas: Basic Digital Skills

Basic Math

Literacy

English Language Learning

\$20/hour for Tutor Sessions and mileage if travel is required to meet the learner

You can make a big impact on the lives of adult learners in Beaver County!

For more information or to register for any of these programs, please contact:

> Phone: 780 663 3730 Email: calp@beaver.ab.ca Website: www.beavercountycalp.ca

REDUCING THE

A Population and Public Health Partnership with Primary Care to Reduce the Risk of Cancer and Chronic Disease

The Town of Viking, Viking/Beaver FCSS, Kalyna Country Primary Care Network and Alberta Health Services are involved in a two year pilot project to identify and address the health impacts of living with financial concerns in Viking and area. We are establishing a multi-sectoral community team to assess our community, set priorities, develop, implement, and evaluate action plans for sustainable health outcomes.

We are excited to invite you to a planning meeting!

When: Wednesday, September 18 Time: 11:30-1:30pm

Where: Viking/Beaver FCSS 4924-53 Ave, Viking Light lunch will be provided

Please RSVP before September 12

to <u>nhallett@kalynapcn.ca</u>or <u>katherine.gagnon2@ahs.ca</u>or call your local PCN office at 780-336-0190

Viking and Holden Area Food Bank

Pick-up: Wednesdays, 11-12 p.m.

To receive a hamper, please contact Viking/Beaver FCSS at 780-336-4024 no later than **Tuesday at 4 p.m.**

to receive a hamper the following day.

Food Bank is located at 4924-53rd Ave. (new building by old Civic Centre) *Note: Hamper recipients are limited to one hamper every 3 months*

FILL THE SHELVES

Highest Needs Include: Toilet paper, peanut butter, pasta sauce, tin fruit, crackers

Donations accepted at the Food Bank, any Viking Church or at participating businesses.

Thank you for your generosity!



Community Registration Night

September 10, 2019 4 - 8 pm Viking Carena Complex All ages, everyone welcome! Public skating 4-5 pm

Come on out and take a look at what is available for youth and family Fall/Winter activities! Individuals looking to volunteer or join a community group will have the opportunity to explore options!

Any community groups looking for registrations, volunteers, or new members are welcome! Please contact Viking/Beaver FCSS to book a free table for your organization at 780-336-4024

Come celebrate season closing at... **Holden Historical Society Museum** Sunday, September 15

12 to 4 pm Live Music

Live Vintage Item Auction at 2 pm -proceeds to Museum-Sample homemade pies and drinks - \$2 See our 2019 Exhibits & Displays

Museum located at 4928-50 Ave, Holden 780-688-3593 or email holdenmuseum@gmail.com

Kinsella Community Centre Events:

305 King Street, Kinsella

Kinsella Bingo - Every Tuesday

Doors open at 5pm Games start at 7pm

Kinsella Marketplace—Every Sunday

11-4 pm Concession on site

Suicide in Alberta

~Asking and talking about suicide is the first step to prevention~

Every year, more Albertans die by suicide than the number of people who die in motor vehicle collisions.

We all play a role in preventing suicide.

Here's how you can help: Spot the warning signs Ask about suicide Listen Get help

Help is available 24/7. Call 811 or 1-877-303-2642 For more information, call 811 or go to www.ahs.ca/preventingsuicide

WANTED: VOLUNTEERS

Viking/Beaver FCSS is looking for a volunteer driver for delivering Meals on Wheels in Holden

For more information, contact the Viking office at 780-336-4024

Beaver County Victim Services is actively looking for Volunteer Advocates!

As a Victim Services Advocate, you will work in conjunction with the RCMP and Victim Services staff to provide immediate assistance, support, information, and agency referral to victims of crime and trauma within Beaver County!

For more information, contact Carmen or Melissa at 780-662-2258