



July 2021

What's Happening at FCSS?

Parents & Caregivers Online

#FiveStarFriday Caregiver Café

Fridays - 1:00pm
FCSS Facebook Pages

Please keep checking the
FCSS Website for more
summer programming.

Summer Fun Bag Schedule

Nobleford	Wed. July 7- Aug 25 - 8:30-9:30
Picture Butte	Wed. July 7- Aug 25 - 10:00-11:00
Coalhurst	Wed July 7- Aug 25 -11:30-12:30
Barnwell	Mon. July 5 - Aug 23 - 10:00-11:00
Coaldale	Tues. July 6- Aug 24 - 11:00-12:00
Vauxhall	Thurs July 8, 29 /Aug 4, 25 -9:30-10:30
Enchant	Thurs July 15 & Aug 12 - 9:30-10:30
Grassy Lake	Thurs July 22 & Aug 19 - 9:30-10:30
Hays	Thurs July 29 & Aug 26 - 9:30-10:30

Practical Tips for Summer

- ☼ **Schedule fun-** Create a family activity list and put it on the calendar for everyone to see.
- ☼ **Avoid over scheduling-** children (and parents) need to be able to unwind and have some downtime.
- ☼ **It's all about connection-**take time each day to connect with each child. It doesn't have to be big or expensive.
- ☼ **Try something new-** encourage your child to try something new over the summer but be careful not to overschedule.
- ☼ **Limit technology-** Find alternative things for kids to do other than technology. Reading books, going on outings, playing games, baking, etc.
- ☼ **Maintain structure and boundaries-**Freedom from strict school routines can be wonderful but try to maintain order in the family by sticking to regular bedtimes and maintaining chores.

Youth

Youth DO Crew Grades 10-12

Special Events

July 1 - Canada Day Scavenger Hunt (Taber) - 9:00am - 6:00pm

July 10 - Coaldale Chalk and Walk at Main Street - 10:00am - 3:00pm

July 24 - Coaldale Chalk and Walk at the HUB - 10:00am - 3:00pm

Coaldale

July 12 - 4:00 to 6:00

July 26 - 4:00 to 6:00

Taber

July 22 - 4:00 to 6:00

Raymond

July 21 - 4:00 to 6:00

Coalhurst

July 15 - 1:00 to 3:00

July 29 - 1:00 to 3:00

Register: Shannon.rawluk@fcss.ca

Kaleidoscope Ages 13-18

Kaleidoscope Young Writers Club (KYWC): Writing Challenge Kickoff Party - Fri July 2 - 6:00 - 8:00 PM

Artist Talk: Intro to Cosplay
Wed., July 7 - 5:30 - 7:00 PM

Dungeons & Dragons (D & D) Kickoff
Fri July 9 - 2:00 - 4:00 PM

KYWC: Writing Night
Fri July 16 - 6:00 - 8:00 PM

Art Jam & Games Night
Thurs July 22 - 6:00 - 7:30 PM

D & D - Fri. July 23 - 2:00 - 4:00 PM

KYWC: Author Talk from A.C. Clarke

Wed July 28 - 2:00 - 3:30 PM

KYWC: Writing Night

Fri July 30 - 6:00 - 8:00 PM

KYWC: Wrap Up Party & Awards

Sat July 31 - 2:00 - 4:00 PM

Register: Jamie.lewis@fcss.ca



Check out our website: fcss.ca

WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

The Ages and Stages Questionnaire can give you a guideline to tell if your child is doing what other children of the same age are typically doing.

Ages 2 months to 60 months



Why is it important for my child to be screened?

Regular screening provides a fast and helpful look at how your child is doing in important areas like communication, social skills, and problem-solving skills. Screening can identify your child's strength, uncover new milestones to celebrate, and reveal areas where your child may need support. It helps you understand your child's development and know what to look for next when it makes the most difference – your child's critical first years of life.

Complete your ASQ's Online:

ASQ-3 : <https://www.asqonline.com/family/1527fe>

ASQ:SE-2 : <https://www.asqonline.com/family/1ee992>



SUN SCREEN

Tips

Canada.ca/sun-safety



Choose a sunscreen with...

* CHECK THE EXPIRY DATE

Apply sunscreen
15 min.
before going outside

Re-apply every
2 hrs
or more often

...especially if swimming, towelling off, or sweating heavily

KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

Consider testing your sunscreen on a small patch of skin

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Use about 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DON'T FORGET often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!





Tax Return Assistance

Trained volunteers will be offering **FREE** assistance with tax returns to individuals, families and seniors with modest income and simple tax situations, who meet the following income criteria.

Call or text to make an appointment:

403-915-7063

For Low German call Susie Peters:

403-593-0618



FAMILY SIZE	TOTAL FAMILY INCOME
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons.....	\$52,500
	plus \$2,500 for each additional person

FCSS
 Family & Community Support Services
www.fcss.ca

Connect with us online or by phone to complete your return remotely.

SERVING: Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County | County of Warner | Coutts Milk River | M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner

Follow us on Social Media: [County of Warner FCSS](#) [Lethbridge County FCSS](#) [M.D. of Taber FCSS](#) [Instagram](#) or [Twitter](#)

**Survey Title: COVID-19 Affected Alberta Family Caregivers.
What is happening in 2021?**



Family caregivers provide 75-90% of the care to children and adults living with serious illness, disability or frailty.

All Canadians have now been dealing with COVID-19 for 16 months. How has it affected family caregivers (care partners, carers) and what do you need now?

Are you caring for a child or adult who is ill, disabled, frail, or elderly?



We are inviting you to participate in a survey to understand how COVID-19 has affected caregivers in ALBERTA. It will take about 20 minutes of your time. [Pro00097996]

Click on the link to complete the survey:

<https://redcap.link/caregiver2021>

FCSS Services



Youth DO Crew

The Youth DO Crew provides youth (grades 10-12) in Raymond, Coaldale, Coalhurst, and Taber with opportunities to engage in service projects that will address community needs. By volunteering, young people DO good and feel good.

#FCSS and @bgclethbridge

Shannon – 403.332.0629

Follow Youth DO Crew on Social Media!

Instagram: [@youthdocrew](#) Facebook: [@youthdocrew](#)

Twitter: [@youthdocrew](#)

Counselling Services

587.370.3728
counsellingservices@fcss.ca

Indigenous Services

Cardston Area
Tashina - 403.332.1783
Coaldale/Taber Area
Jessica - 403.915.7530

Low German Services

Susie - 403.594.0618
Margarita - 403.394.8983

Outreach Services

Youth, Seniors, Volunteers
Kaitlynn- 403.795.4627
Kaitlynn.weaver@fcss.ca

Family Services

Petra – 403.795.3328
Petra.debow@fcss.ca



KALEIDOSCOPE
INCLUSIVE YOUTH PROGRAMMING



Kaleidoscope

Kaleidoscope programs are for young people (ages 13-18) looking for extra supports in their communities. Our goal is to help youth build confidence and resiliency by introducing them to new creative skills and social groups.

Jamie – 403.795.2963

Follow Kaleidoscope on social media!

Twitter: [@kaleido_fcsc](#) Instagram: [@kaleido_fcsc](#)

Facebook: [@kaleidoscopefcsc](#)

Follow us on Social Media: [County of Warner FCSS](#) [Lethbridge County FCSS](#) [M.D. of Taber FCSS](#) Instagram or Twitter