

What's Happening at FCSS?

January 2023

Parents & Caregivers

Strengthening families in rural Alberta!

Barnwell

Kim at 403-795-7841 or
Lauren at 403-331-1325

* **Stay & Play ~ Drop-in** starting Jan 11th
Wednesdays ~ 9:30-11:30 am

Barons

Maria at 403-795-7561

* **Stay & Play ~ Drop-in**
Wednesdays ~ 9:30-11:30 am

Coaldale

Kim at 403-795-7841 or
Maria at 403-795-7561

- * **Stay & Play ~ Drop-in** starting Jan 16th
Mondays ~ 9:30-11:30 am
- * **Baby & Me** - Jan 24-Feb 24
Registration Required!
- * **Family Night** ~ Jan 26th
Registration Required!
- * **Indigenous Crafts & Conversation**
Jan 4, 18, Feb 1 & 15
Contact Jessica at 403-915-7530

Coalhurst

Jackie at 403-732-5470

- * **Stay & Play ~ Drop-in** starting Jan 10th
Tuesdays ~ 9:30-11:30am
- * **Move it! Move it!** ~ Drop-in
Community Complex
Mondays & Wednesdays
9:30-11:30 am ~ starting Jan 9th
Contact Jess at 403-732-5470

Milk River

Penny at 403-915-4017

- * **Stay & Play ~ Drop-in**
Jan 11th & 25th ~ 9:30-11:00am

Nobleford

Susy at 403-915-7136

- * **Move it! Move it! - Drop-in**
Wednesdays ~ 10:00-11:30 am
starting Jan 11th
- * **Stay & Play - Drop-in** starting Jan 12th
Thursdays ~ 9:30-11:30 am
- * **Infant Massage - Jan 26-Feb 16**
Registration Required!
Contact Jackie at 403-732-5470

Raymond

Myrna at 587-370-4847 or
Janet at 403-795-6962

- * **After School Adventures**
Fridays ~ Full
- * **Baby & Me** - till Jan 31st
- * **Family Night Live** ~ Jan 16th
Registration Required!
- * **Lego Club** ~ Mondays ~ Full
- * **Move it! Move it!** ~ Drop-in
Wednesday ~ 9:30-11:00 am
starting Jan 11th
- * **Open Play ~ Drop-in**
Mondays ~ 9:30 am-3:30 pm
starting Jan 9th
- * **Stay & Play - Drop-in** starting Jan 12th
Thursdays
~ New 9:30-11:30am
~ 1:30-3:30pm
Fridays ~ 9:30-11:30 am
- * **Indigenous Crafts & Conversation**
Jan 4th - Feb 22nd
Contact Jessica at 403-915-7530

Picture Butte

Susy at 403-915-7136

- * **Stay & Play ~ Drop-in** starting Jan 9th
Mondays ~ 9:30-11:30am

Stirling

Stacey at 403-756-3572

- * **Caregiver Café** ~ starting Jan 11th
9:30-11:00am
- * **Stay & Play ~ Drop-in**
starting Jan 9th
Mondays & Thursdays
9:30-11:15am

Taber

Lauren at 403-331-1325

- * **Stay & Play - Drop-in**
Thursdays ~ 9:30-11:30 am
starting Jan 12th
- * **Move it! Move it! - New Drop-in**
Wednesdays ~ 6:00-7:00 pm
- * **Indigenous Crafts & Conversation** ~ Thursdays
Jan 5th - Feb 23rd
Contact Jessica at 403-915-7530

Vauxhall

Kim at 403-394-8657

- * **Stay & Play ~ Drop-in**
Fridays ~ 9:30-11:00 am
starting Jan 13th

Warner

Penny at 403-915-4017

- * **Open Play ~ Drop-in**
Jan 11th ~ 9:30-11:00 am

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

Check out our website for programming

www.fcss.ca

Online for Parents & Caregivers

- **Triple P Group**
Tuesday, Jan. 3rd – Feb. 7th ~ 10:00-11:30 am
Contact Jessica ~ 403-915-7530
- **Triple P Fear-Less Group**
Tuesdays, Feb 7 - Mar 14 ~ 9:30-11:30 am
Contact Penny ~ 403-915-4017 or
Kim ~ 403-394-8657.
Registration deadline ~ Jan 31st

New Triple P Family Transitions

Designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.
Mondays, Feb 27th - Mar 27th ~ 7:00-9:00 pm
Registration deadline ~ Feb 21st
Contact Penny at 403-915-4017 or
Kim ~ 403-795-7841 or kim.fehr@fcss.ca for more information

Youth

Kaleidoscope - Ages 13-18yrs

Inclusive youth programming for youth looking for extra supports.

Contact **Kaitlynn** at 403-795-4627 or
kaitlynn.weaver@fcss.ca for details.



KALEIDOSCOPE
INCLUSIVE YOUTH PROGRAMMING

DO Crew JR - ages 11-14 years

A volunteer and leadership opportunity for youth seeking to better their community.

Barons & Nobleford

Trinity

403-394-8101
trinity.walker@fcss.ca

Coaldale

Kim

403-795-7841
kim.fehr@fcss.ca

DO Crew - Grades 10 -12

A leadership opportunity for youth to learn through hands-on experience.

Contact **Jillian** at 403-332-0629 or
jillian.boyd@fcss.ca for details.



Raymond

Myrna

587-370-4847
myrna.sopal@fcss.ca

Stirling

Stacey

403-756-3572
stacey.maynes@fcss.ca

Taber

Jessica

403-915-7530 or jessica.goodrider-loewen@fcss.ca

Vauxhall

Kim

403-394-8657 or kim.forchuk@fcss.ca

Growing Minds ~ for ages 11-13yrs

An online group focused on developing a growth mindset.

For more information contact:

Penny ~ 403-915-4017 or penny.pittman@fcss.ca or Kim ~ 403-795-7841 or kim.fehr@fcss.ca

Follow us on Social Media:

County of Warner FCSS ~ Lethbridge County FCSS ~ M.D. of Taber FCSS
Instagram ~ Twitter

Information
&
Referral

Developmental
Screening
(ASQ)

Triple P
Support

Parent
Education
Programs

Family Support
System Navigation

Programs
for children
& youth

For family services please contact:

Barons

Maria ~ 403-795-7561 or
maria.klassen@fcss.ca

Barnwell

Kim ~ 403-795-7841 or
kim.fehr@fcss.ca

Lauren ~ 403-331-1325 or
lauren.tams@fcss.ca

Coaldale

Maria ~ 403-795-7561
maria.klassen@fcss.ca

Kim ~ 403-795-7841
kim.fehr@fcss.ca

Coalhurst

Jackie ~ 403-732-5470 or
jackie.fiorio@fcss.ca

Coutts / Milk River / Warner

Penny ~ 403-915-4017
penny.pittman@fcss.ca

Nobleford

Susy ~ 403-9175-7136
susy.hiebert@fcss.ca

Jackie ~ 403-732-5470
jackie.fiorio@fcss.ca

Raymond

Myrna ~ 587-370-4847
myrna.sopal@fcss.ca

Janet ~ 403-795-6962
janet.fekete@fcss.ca

Picture Butte

Jackie ~ 403-732-5470
jackie.fiorio@fcss.ca

Susy ~ 403-9175-7136
susy.hiebert@fcss.ca

Stirling

Stacey ~ 403-756-3572
stacey.maynes@fcss.ca

Taber

Kim ~ 403-394-8657
kim.forchuk@fcss.ca

Lauren ~ 403-331-1325
lauren.tams@fcss.ca

Vauxhall

Kim ~ 403-394-8657
kim.forchuk@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 2-60 months



**Complete your ASQ's
Online:**

ASQ-3 & ASQ:SE-2:

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





COUNSELLING SERVICES

During this present time of uncertainty and instability FCSS Counsellors are here for you, ready to be a listening ear, a trusting voice and to help you to keep from becoming overwhelmed.

**In-Person, Telephone and Video Sessions available
by simply contacting FCSS Counselling Services at**

587-370-3728 or counsellingservices@fcss.ca

THIS SERVICE IS AVAILABLE FOR RESIDENTS AND FAMILIES IN THE FOLLOWING COMMUNITIES:

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

Taming Worry Dragons

Ages 8-11yrs

Using child friendly language and fun activities, participants learn to recognize how anxiety affects their body, thoughts and behaviours.

Parents attend their own sessions, so they are able to understand anxiety and support their child outside the group.

Rainbows for All Children

Ages 12-14 yrs

A program that helps children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma.

Parents also attend their own sessions, so they are able to understand their own grief/loss and how to support their child outside of the group.

Registration Required.

For more information contact: (587) 370-3728 or counsellingservices@fcss.ca

Counselling Services

587.370.3728; counsellingservices@fcss.ca
or book online <https://fcss.ca/counselling>

Family Services - Petra

403.795.3328 ~ petra.debow@fcss.ca

Low German Services

Susie - 403.594.0618

Margarita - 403.394.8983

Indigenous Services

Jessica - 403.915.7530 (Coaldale/Taber area)

Outreach Services - Kaitlynn

[Youth](#), [Seniors](#), [Volunteers](#)

403.795.4627 ~ kaitlynn.weaver@fcss.ca

Youth DO Crew - Jillian ~ 403.332.0629



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.

Follow Youth DO Crew on Social Media!

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



Youth DO Crew JR

Skill building and leadership activities

Volunteer in your community

in Barons, Coaldale, Nobleford, Raymond & Vauxhall



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.

Follow us on Social Media:

County of Warner FCSS ~ Lethbridge County FCSS ~ M.D. of Taber FCSS
Instagram ~ Twitter

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Taber | Vauxhall | Warner