

## What's Happening at FCSS?

**November 2022**

### Parents & Caregivers

*Strengthening families in rural Alberta!*

<b>Barnwell</b> Kim at 403-795-7841 or Lauren at 403-331-1325 * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Wednesdays ~ 9:30-11:30 am</b>	<b>Milk River</b> Penny at 403-915-4017 * <u><b>Stay &amp; Play</b></u> ~ Drop-in <b>Nov 8 &amp; 22 ~ 9:30-11:00am</b>	<b>Raymond</b> Myrna at 587-370-4847 or Janet at 403-795-6962 * <u><b>After School Adventures</b></u> <b>Children 6-10yrs</b> <b>Fridays ~ until Dec 16<sup>th</sup></b> * <u><b>Baby &amp; Me</b></u> - Tuesdays <b>Nov 15<sup>th</sup>-Dec 20<sup>th</sup></b> * <u><b>Infant Massage</b></u> - Tuesdays <b>Oct 11<sup>th</sup>-Nov 8<sup>th</sup></b> * <u><b>Lego Club</b></u> ~ 6-12 yrs <b>Mondays ~ until Dec 19<sup>th</sup></b> * <u><b>Move it! Move it!</b></u> ~ Drop-in <b>Wednesdays ~ 10:00-11:00 am</b> * <u><b>Open Play</b></u> ~ Drop-in <b>Mondays ~ 9:30 am-3:30 pm</b> * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Thursdays ~ 1:30-3:30 pm</b> <b>Fridays ~ 9:30-11:30 am</b>
<b>Barons</b> Maria at 403-795-7561 * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Wednesdays ~ 9:30-11:30 am</b>	<b>Nobleford</b> Susy at 403-915-7136 * <u><b>Move it! Move it!</b></u> - Drop-in <b>Wednesdays ~ 10:00-11:30 am</b> * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Thursdays ~ 9:30-11:30 am</b>	
<b>Coaldale</b> Kim at 403-795-7841 or Maria at 403-795-7561 * <u><b>Caregiver Café</b></u> ~ Oct 19 <sup>th</sup> -Nov 30 <sup>th</sup> * <u><b>Indigenous Crafts &amp; Conversation</b></u> <b>Sept 7<sup>th</sup> - Dec 21<sup>st</sup></b> Contact Jessica at 403-915-7530 * <u><b>Infant Massage</b></u> - Tuesdays <b>Oct 18<sup>th</sup>-Nov 22<sup>nd</sup></b> * <u><b>Move it! Move it!</b></u> - Drop-in <b>Mondays ~ 9:30-11:30 am</b> * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Mondays ~ 9:30-11:30 am</b>	<b>Picture Butte</b> Jackie at 403-732-5470 * <u><b>Stay &amp; Play</b></u> ~ Drop-in <b>Mondays ~ 9:30-11:30am</b> * <u><b>Infant Massage</b></u> - Mondays <b>Oct 24<sup>th</sup>-Nov 14<sup>th</sup></b>	
	<b>Stirling</b> Stacey at 403-756-3572 * <u><b>After School Adventures</b></u> ~ <b>Children 4-6yrs ~ Nov 9<sup>th</sup> &amp; 23<sup>rd</sup></b> * <u><b>Caregiver Café</b></u> ~ Wednesdays <b>9:30-11:00 am</b> * <u><b>Stay &amp; Play</b></u> ~ 9:30-11:00am <b>Mondays &amp; Thursdays</b>	
<b>Coalhurst</b> Jackie at 403-732-5470 * <u><b>Baby &amp; Me</b></u> ~ Nov 23 <sup>rd</sup> -Dec 14 <sup>th</sup> * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Tuesdays ~ 9:30-11:30am</b> * <u><b>Move it! Move it!</b></u> - Drop-in <b>Wednesdays ~ 10:00-11:30 am</b> Jess at 403-732-5470	<b>Vauxhall</b> Kim at 403-394-8657 * <u><b>Stay &amp; Play</b></u> ~ Drop-in <b>Fridays ~ 9:30-11:30 am</b>	<b>Taber</b> Kim at 403-394-8657 or Lauren at 403-331-1325 * <u><b>Caregiver Café</b></u> <b>Nov 15<sup>th</sup>-Dec 20<sup>th</sup></b> * <u><b>Stay &amp; Play</b></u> - Drop-in <b>Wednesdays ~ 6:00-7:00 pm</b> <b>Thursdays ~ 9:30-11:30 am</b>
	<b>Warner</b> Penny at 403-915-4017 * <u><b>Lego Club</b></u> - Wednesdays <b>3:30-4:30pm</b> * <u><b>Open Play</b></u> ~ Drop-in <b>Nov 7<sup>th</sup> &amp; 21<sup>st</sup> ~ 1:30-3:00 pm</b>	

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](http://www.fcss.ca)

## Online for Parents & Caregivers

### Triple P

#### \* Teen Seminar

**Raising Responsible Teens ~ Nov 9<sup>th</sup>**

Contact Penny at 403-915-4017

#### \* Teen Discussion Groups:

**Building Teens' Survival Skills ~ Nov 23<sup>rd</sup>**

**Coping with Teens' Emotions ~ Nov 30<sup>th</sup>**

**Getting Teens to Cooperate ~ Dec 7<sup>th</sup>**

Contact Penny at 403-915-4017

#### \* Discussion Group:

**Hassle Free Mealtimes with Kids ~ Nov 10<sup>th</sup>**

Contact Stacey at 403-756-3572

### Presentations:

\* **Raising Emotionally Resilient Children  
November 30<sup>th</sup>**

Contact Penny at 403-915-4017

## Youth

### Kaleidoscope - Ages 13-18yrs

Inclusive youth programming for youth looking for extra supports.

Contact **Kaitlynn** at 403-795-4627 or  
[kaitlynn.weaver@fcass.ca](mailto:kaitlynn.weaver@fcass.ca) for details.

### 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@fcass.ca](mailto:jillian.boyd@fcass.ca) for details.

### Taming Worry Dragons

Children ages 8-12yrs and their parents  
Registration Required. To register or for  
more information contact:

**587-370-3728** or

[counsellingservices@fcass.ca](mailto:counsellingservices@fcass.ca)

**Taber ~ Sept 13<sup>th</sup>-Nov 15<sup>th</sup>**

**Warner/ Milk River/ Coutts ~ Oct 11<sup>th</sup>-Dec 13<sup>th</sup>**

### 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@fcass.ca](mailto:trinity.walker@fcass.ca)

**Raymond ~ Myrna**

587-370-4847

[myrna.sopal@fcass.ca](mailto:myrna.sopal@fcass.ca)

**Coaldale ~ Kim**

403-795-7841

[kim.fehr@fcass.ca](mailto:kim.fehr@fcass.ca)

**Stirling ~ Stacey**

403-756-3572

[stacey.maynes@fcass.ca](mailto:stacey.maynes@fcass.ca)

**Taber ~ Jessica**

403-915-7530 or [jessica.goodrider-loewen@fcass.ca](mailto:jessica.goodrider-loewen@fcass.ca)

**Vauxhall ~ Kim**

403-394-8657 or [kim.forchuk@fcass.ca](mailto:kim.forchuk@fcass.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@fcass.ca](mailto:penny.pittman@fcass.ca)

• Kim ~ 403-795-7841 or [kim.fehr@fcass.ca](mailto:kim.fehr@fcass.ca)

Follow us on Social Media:

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

# General Interest Courses County of Warner

## Introduction to Wood Carving

A two-day course that will leave you with a few basic techniques and a hand carved ornament.

\* **Coutts**

November 8<sup>th</sup> & November 10<sup>th</sup>  
1:30-4:30 pm

\$75 fee - includes supplies

## Gourmet Cooking on the Go

This series will teach you how to cook full meals, with a dessert by a Red Seal Chef.

\* **Raymond**

Thursday, November 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> ~ 6:30 pm  
Join one or all three classes

One course for \$150, OR all three for \$500 (use promo code 'GetTHREE' to get \$50 off).

## Laughter Matters

This session will teach you the importance of finding the humor in every day situations.

\* **Milk River**

November 15<sup>th</sup> ~ 11:00 am-12:00 pm

\* **Stirling**

November 15<sup>th</sup> ~ 2:00-3:00 pm

Free of Charge

## Paper Making

This calming and engaging activity will teach you how to recycle your old paper to create new paper.

\* **Warner**

November 15<sup>th</sup> ~ 6:00-8:00 pm

\* **Raymond**

November 22<sup>nd</sup> ~ 6:00-8:00 pm

Free of Charge

## Making Holiday Appetizers

Learn how to make 5 crowd-pleasing holiday appetizers.

\* **Stirling**

December 6<sup>th</sup> ~ 6:30-9:00 pm

\* **Warner**

December 8<sup>th</sup> ~ 6:30-9:00 pm

\$100 fee - includes supplies

## Upcycling Your Farmyard Junque

Learn how to make a masterpiece out of your farmyard treasures.

\* **Milk River**

November 26<sup>th</sup>  
1:00-4:00 pm

\$25 - includes supplies

## Making Mini Grinch Trees

Create a wonderful miniature 'Whoville' tree.

\* **Warner**

November 30<sup>th</sup>  
6:30-9:00 pm

\$85 - includes supplies

For more information contact Kaitlynn at (403) 795-4627 or check out  
[Eventbrite.com/general-interest-courses-county-of-warner](https://www.eventbrite.com/general-interest-courses-county-of-warner)

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](mailto: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](mailto:counsellingservices@fcss.ca)**



## **Counselling Services**

587.370.3728; [counsellingservices@fcss.ca](mailto:counsellingservices@fcss.ca)  
or book online <https://fcss.ca/counselling>

## **Family Services - Petra**

403.795.3328 ~ [petra.debow@fcss.ca](mailto: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](mailto: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](https://www.instagram.com/youthdocrew) **Facebook:** [@youthdocrew](https://www.facebook.com/youthdocrew) **Twitter:** [@youthdocrew](https://twitter.com/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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Coutts | Milk River | M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling |  
Taber | Vauxhall | Warner