

What's Happening at FCSS?

December 2022

Parents & Caregivers

Strengthening families in rural Alberta!

Barnwell

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

- * **Stay & Play** ~ Drop-in
Dec 7th, 14th & 21st
9:30-11:30 am

Barons

Maria at 403-795-7561

- * **Stay & Play** ~ Drop-in
Dec 7th
9:30-11:30 am

Coaldale

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

- * **Move it! Move it!** ~ Drop-in
Dec 5th, 12th & 19th
9:30-11:30 am
- * **Stay & Play** ~ 9:30-11:30 am
Dec 1st, 8th & 15th

Coalhurst

Jackie at 403-732-5470

- * **Stay & Play** ~ Drop-in
Dec 6th & 13th ~ 9:30-11:30am
- * **Move it! Move it!** ~ Drop-in
10:00-11:30 am
Dec 7th & 14th
Contact Jess at 403-732-5470

Milk River

Penny at 403-915-4017

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

Nobleford

Susy at 403-915-7136

- * **Move it! Move it!** - Drop-in
Dec 7th, 14th & 21st
10:00-11:30 am
- * **Stay & Play** - Drop-in
Dec 1st, 8th, 15th & 22nd
9:30-11:30 am

Picture Butte

Jackie at 403-732-5470

- * **Stay & Play** ~ Drop-in
Dec 5th & 12th
9:30-11:30am

Stirling

Stacey at 403-756-3572

- * **After School Adventures** ~
Children 4-6yrs ~ Dec 14th
Registration Required
- * **Caregiver Café** ~ 9:30-11:00 am
Dec 7th ~ **Registration Required**
- * **Stay & Play** ~ Drop-in
Monday December 5th
Thursdays, Dec 1st & 8th
9:30-11:00am
- * Triple P Discussion Group:
Bedtime Routine ~ Dec 8th
Registration Required

Vauxhall

Kim at 403-394-8657

- * **Stay & Play** ~ Drop-in
Dec 2nd & 16th
9:30-11:30 am

Raymond

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

- * **After School Adventures**
6-10yrs, Fridays ~ until Dec 16th
- * **Baby & Me** - Nov 15th-Dec 20th
- * **Lego Club** ~ 6-12 yrs
Mondays ~ until Dec 19th
- * **Move it! Move it!** ~ Drop-in
Dec 7th-21st ~ 10:00-11:00 am
- * **Open Play** ~ Drop-in
Dec 5th-19th ~ 9:30 am-3:30 pm
- * **Stay & Play** - Drop-in
Thursdays, Dec 1st, 8th & 15th
1:30-3:30 pm
Fridays, Dec 2nd, 9th & 16th
9:30-11:30 am

Taber

Kim at 403-394-8657 or
Lauren at 403-331-1325

- * **Baby Sign Language**
Nov 29th-Dec 20th
- * **Stay & Play** - Drop-in
Dec 7th - 21st ~ 6:00-7:00 pm
Dec 1st - 22nd ~ 9:30-11:30 am
- * **Gingerbread Pajama Night**
Registration Required
December 7th
6:00-7:15 pm

Warner

Penny at 403-915-4017

- * **Open Play** ~ Drop-in
Dec 14th ~ 1:30-3:00 pm

Online for Parents & Caregivers

* Triple P Teen Discussion Groups:

Getting Teens to Cooperate ~ December 7th

- 1:00-3:00 pm

Reducing Family Conflict ~ December 14th

- 1:00-3:00 pm

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@fcss.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@fcss.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@fcss.ca

Warner/ Milk River/ Coutts
Oct 11th-Dec 13th

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

Raymond

Myrna

587-370-4847

myrna.sopal@fcss.ca

Coaldale

Kim

403-795-7841

kim.fehr@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
- 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

General Interest Courses County of Warner

Making Holiday Appetizers

Learn how to make 5 crowd-pleasing holiday appetizers.

* **Stirling**

December 6th ~ 6:30-9:00 pm

* **Warner**

December 8th ~ 6:30-9:00 pm

\$100 fee - includes supplies

Paper Making

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

* **Raymond**

December 6th ~ 6:00-8:00 pm

Free of Charge

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	Coalhurst Jackie ~ 403-732-5470 or jackie.fiorio@fcss.ca	Picture Butte Jackie ~ 403-732-5470 jackie.fiorio@fcss.ca Susy ~ 403-9175-7136 susy.hiebert@fcss.ca
Barnwell Kim ~ 403-795-7841 or kim.fehr@fcss.ca Lauren ~ 403-331-1325 or lauren.tams@fcss.ca	Coutts / Milk River / Warner Penny ~ 403-915-4017 penny.pittman@fcss.ca	Stirling Stacey ~ 403-756-3572 stacey.maynes@fcss.ca
Coaldale Maria ~ 403-795-7561 maria.klassen@fcss.ca Kim ~ 403-795-7841 kim.fehr@fcss.ca	Nobleford Susy ~ 403-9175-7136 susy.hiebert@fcss.ca Jackie ~ 403-732-5470 jackie.fiorio@fcss.ca	Taber Kim ~ 403-394-8657 kim.forchuk@fcss.ca Lauren ~ 403-331-1325 lauren.tams@fcss.ca
	Raymond Myrna ~ 587-370-4847 myrna.sopal@fcss.ca Janet ~ 403-795-6962 janet.fekete@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

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