

COMMUNITY PROGRAM & EVENTS GUIDE

Keeping our Community Connected

GROUPS & NON-PROFITS INCLUDED

- Alder Flats Buck Lake Public Library
- Buck Lake Ag Society
- Buck Lake Stampede
- Family Resource Network
- Lone Ridge Hall
- Millet Art 'n Crafts Guild
- Millet & District Museum & Archives
- Millet Library
- Mulhurst Bay Community League
- Pigeon Lake Library
- Royal Canadian Legion Mulhurst #246
- Usona Ag Society
- Wetaskiwin Ag Society
- Wetaskiwin Community Collaborative Network
- Wetaskiwin Medi Lend Society
- Wetaskiwin Olympian Swim Club
- Winfield Community Library
- Wizard Lake Watershed & Lake Stewardship Association
- Yeoford Hall

CONTACT US



p. 780-352-3321

e. fcssadmin@county10.ca

m. Box 6960, Wetaskiwin, AB, T9A 2G5

p. 243019A Highway 13



FCSS

Family and Community Support Services (FCSS) provides preventative programs and services that enhance the social well-being of families and individuals. FCSS is a cost shared program between the County of Wetaskiwin No. 10 and the Province of Alberta.

The programs and services provided through FCSS are intended to promote and enhance safe and healthy family and community life.

Visit our website at county.wetaskiwin.ab.ca or follow us on Facebook for the most current programming.



Have an activity or club you would like us to share? Email fcssadmin@county10.ca

Wetaskiwin & Area

COMMUNITY RESOURCES

**WONDERING WHAT'S AVAILABLE IN
WETASKIWIN & AREA?**



mental health
addictions
nutrition/food
crisis support
family resources



Visit the website for a comprehensive list of supporting agencies.

Alder Flats Buck Lake Public Library

alderflatslibrary@yrl.ab.ca
www.alderflatslibrary.ab.ca
780-388-3881

Please like and follow our
Facebook Page at
*Alder Flats/Buck Lake
Public Library* to watch for
upcoming monthly programs.



Buck Lake Ag Society

bucklakeagsociety@gmail.com

780-388-3855



Easter Farmers Market

- March 30 - 10:00 AM-1:00 PM

Spring Fling Supper

- April 13 - Doors Open 5:30 PM, Supper 6:00PM

May the 4th Be with You

Star Wars Trivia (18+)

- May 4 - Doors Open 7:30 PM, Trivia 8:00 PM
- \$20/Team, Costume and Trivia Prizes

Mother's Day Pancake Breakfast

- May 12 - Doors Open at 9:00 AM
- Contact for Tickets

Farmer's Market Saturdays

- May Long Weekend - September Long Weekend
- 10:00 AM-1:00 PM

Fathers' Day Breakfast and

Car Show

- June 16 - Doors Open at 9:00 AM
- Contact for Tickets

Corn Hole & Ladder Golf

Tournament

- July 20 - 1:00 PM - 4:00 PM
- Prizes & Raffle Table
- Contact for Details & Fees

Family Field Day - FREE Event

- August 17 - 1:00 PM - 4:00 PM
- Prizes, Raffle Table & Treats

Fall Supper

- September 28 - Doors Open 5:30 PM, Supper 6:00PM
- Contact for Tickets

Thanksgiving Farmers Market

- October 12 - 10:00 AM-1:00 PM

Pumpkin Carving & Pie Eating

Contest with Halloween Trivia

- October 26 - 1:00 PM - 4:00 PM
- \$20/family, Prizes & Raffle Table

Christmas Market

- November 9 - 10:00 AM-1:00 PM

80's Trivia Night (18+)

- November 16 - Doors Open 7:30 PM, Trivia 8:00 PM
- \$20/Team, Costume and Trivia Prizes

Santa Parade

- December 7 - 5:30 PM

New Years Eve Party (18+)

- December 31 - Doors Open 8:00 PM
- Contact for Tickets

Buck Lake Stampede

bucklakestampede@gmail.com
www.bucklakestampede.com
780-682-2258



July 12, 13 & 14, 2024

**Full Rodeo with Pony Chuckwagon
& Chariot Races**

Covered Grandstands

**Beer gardens with LIVE BAND on
Friday & Saturday Night**

**Visit www.bucklakestampede.com
for more information.**

Millet Arts 'n Crafts Guild

**Lower level 5120 – 50 Street Millet
Do you knit, sew, quilt, or weave?
Come craft with us Tuesdays 1:00 PM.**

**Monthly meetings held the 4th Thursday at 9:30 AM
of every month except July and December.**

**Guild items are sold at craft sales and
through the Millet Museum's Redwagon Gift Shop
catalogue: <https://www.milletmuseum.ca/Gift-Shop>.**

**For more information on becoming a member
contact:**

Clara at 780-387-7413 or Peggy at 780-387-4750



Family Resource Network

Wetaskiwin, Ponoka, Rimbey, and surrounding areas



The **Family Resource Network** provides programs and services to children and youth 0-18, parents, caregivers, and families. The Family Resource Network receives and responds to referrals to ensure seamless access to prevention and early intervention services for children, youth, and families improving child and youth development, building resiliency and fostering well-being.

Along with our community partners, BGC Wetaskiwin is pleased to support Wetaskiwin, Ponoka, Rimbey, and Surrounding Areas.

For more information, call the **Family Resource Network at 780-352-4643 Ext. 3**

Spokes offered through the Family Resource Network:

Child and Youth Development provides supports to youth 7-18 to enhance development through social skills groups, anger management, coping strategies, and substance use programming.

Early Child Development serves families with children 0-6 including parent/child play and developmental screening through Ages and Stages Questionnaires to support child development.

The **Enrichment Program** provides solution-focused support to families with children ages 7-18 and youth directly to build skills, caregiver capacity, protective factors, and reduce risks to improve personal and family functioning.

Family Support serves families with children and youth aged 0-18 to build parental resiliency and promote family wellness.

Home Visitation supports families to provide a nurturing, stimulating, and safe environment for their children from prenatal until the child turns six.

Parent Education serves families with children aged 0-18 to review parent education programs including Connect, Triple P, and Active Parenting.

Mâdawipâyîwin, the Cree word for togetherness, supports children, youth, and families to become actively involved in a cultural life. Families will have access to culturally rooted programs and services, ensuring all individuals have the opportunity to learn and practice culture.

Wahkohtowin Program is a traditional parenting program for caregivers to promote holistic and balanced families through activities, healthy meaningful conversations, and guest presenters.

To access support, refer, or for additional information, please contact the Family Resource Network Hub at:

780-352-4643 Ext. 28

kathryn@wetaskiwin youth.ca

5109-51 Street

Wetaskiwin, AB T9A 2A5

www.wetaskiwin youth.ca



Lone Ridge Hall

loneridgehall@gmail.com

780-312-2119 or 780-360-6162 - Hall Bookings

A photograph of a white sign with black text mounted on a corrugated metal wall. The sign reads "LONE RIDGE COMMUNITY HALL" in bold, uppercase letters. The sign is rectangular with a slightly irregular shape, and the text is arranged in two lines: "LONE RIDGE" on the top line and "COMMUNITY HALL" on the bottom line.

LONE RIDGE COMMUNITY HALL

Children's Programming

For ages 6-12 years, 4:30-6:30 pm.

Fee: \$75 for all eight sessions.

Call Brenda, 780-361-5503 to register.

- September 18: Build and Paint a Bird House
- October 18: Create a Halloween Wall hanging and pumpkin cookies.
- November 15: Make your own Advent calendar.
- December 13: Make Christmas tree decorations and cards.
- January 15: Make a name plate for your bedroom door.
- February 12: Make Valentine crafts and cards.
- March 13: Art night working with water color paints and oil pastels.
- April 17: Make a Mother's Day surprise gift.

Adult's Programming

- Men's Coffee Hour: Mondays 9-10 am. November to April
- Crafty Mondays, 9-3 pm: Time to sew, quilt, or work on a craft of your choice. Weekly fee: \$2. September to May.
- Drop In Pickle Ball: Wednesdays at 7-8 pm. Weekly fee: \$2. November to April. Call Brenda to register - 780-361-5503.
- Line Dancing with Judy: September to October, Times and Dates TBA, Call Brenda at 780-361-5503 to register.
- Adult Paint Night with Hailey: November 8, 6:30pm. Fee: \$25. Call Brenda at 780-361-5503 to register.



Millet & District Museum & Archives

5120 50St, Millet
780-387-5558
www.milletmuseum.ca
info@milletmuseum.ca
Visit Millet Redwagon Gifts



Contact Us



5120 50St, Millet



780-387-5558



www.milletmuseum.ca



info@milletmuseum.ca



VisitMilletMuseum



Redwagon Gifts

Upcoming

Weekly Summer Kids Programs

Wednesdays, 1-3PM

Join us for our free weekly drop in program, for all ages. Children under four must be accompanied by a parent. Visit our website for official start dates and details!

Heritage Cooking

Watch our website for information on our free children's cooking classes; back by popular demand! This program requires preregistration, and is designed for school-aged children.

NOT Falling for You

Watch our website for information on this free fall prevention program for older adults, developed by the Edmonton Zone Population Health Team at AHS and their partners.

Summer Exhibits

Visit us to see our newly installed Row on Row: First World War display and our newly updated Village of Millet display. Keep an eye on our website for upcoming temporary and traveling exhibits, including the TREX "A Cordial Word" exhibit from the Alberta Foundation for the Arts, spotlighting art of flowers and flower gardens (July 2024).



Millet Library

millet@yrl.ab.ca
www.milletlibrary.ca
780-387-5222

STEAM program:

- Tuesday and Thursday schooldays from 3:30 PM-4:30 PM
- Grade one and up
- Registration required
- Kits available for pickup

Storytime:

- Wednesdays at 11:00 AM
- Drop-in
- Kits available for pickup

Tutoring:

- Wednesday schooldays starting at 3:30 PM
- Children Kindergarten - Grade 5
- Registration required

Homebound:


- First Thursday of the month
- Book delivery service
- Call to register

Summer Program:

- July - August
- Grade 1 and up
- Call for more information

Scavenger hunts:

- Monthly
- In the library
- Call for more information



Millet Public
Library
Connect Learn Discover

Mulhurst Bay Community League

mulhurstbaycommunity@gmail.com
www.mulhurstcommunity.com
780-389-2455 - Hall Bookings

Mulhurst Bay Community Hall
3802-50th Avenue, Mulhurst Bay



MULHURST BAY
COMMUNITY LEAGUE

PO BOX 6
MULHURST BAY, ALBERTA
T0C 2C0

May 12 - Mothers Day Pancake Breakfast

- 8:00 AM - 11:00 AM

June 7 - Mulhurst Bay Walk for Cancer

- 5:00 PM - 7:00 PM

June 16 - Fathers Day Pancake Breakfast

- 8:30 AM - 11:00 AM

Computer and Cell Phone Classes

- Visit county.wetaskiwin.ab.ca for Tech Class Information

Farmers Market

- Saturdays 11:00 AM - 3:00 PM (unless hall is rented)
- Super Saturday - Last Saturday of the month with extra vendors.
- Email carolwright258.cw@gmail.com

Mulhurst Bay Quilters Club

- Wednesdays at the Hall 9:00 AM - 3:00 PM

Seniors' Floor Curling

- Thursdays, October - May 1:30 PM - 4:30 PM

*Please like and follow our Facebook Page at **Mulhurst Bay Community** to watch for upcoming news and events.*



Pigeon Lake Library

pigeonlakelibrary@yrl.ab.ca

www.pigeonlakepubliclibrary.ab.ca

780-586-3778

603 2 Ave, Ma-Me-O Beach

Fiber Art Group

- Wednesdays at 1:00 PM
- For knitters, crocheting, macramé, felting and anything with a needle

Plant Group

- Meets once per month
- For people interested in anything that grows inside or out

Paint Pouring Classes

- Daytime and evening sessions to be announced.

Two Adult Book Clubs

- Each club meets once every 6 weeks at 1:00 PM at the Library
- Call the Library for more information.

Also Offering a Saturday Series and Monthly Speaker Series!

Like and Follow us on Facebook at

[Pigeon Lake Library Happenings](#)

Royal Canadian Legion Mulhurst #246

57005-49 Street, Mulhurst Bay

Contact Marion for Details - mari_on@yahoo.ca

Weekly Family Bingo's - Every Tuesday

- Start time 7:00 PM

Month End Community Socials - Last Friday of each month

- Doors open at 7:00 PM
- Sampling of food (\$5.00/plate)
- Games, Meat Draws, 50/50 raffles



Usona Ag Society

usonahall611@gmail.com

Hall Rentals - 780-352-4239

June 14 - Farmer's Day

November 2 - Harvest Dinner & Dance

**PLEASE LIKE AND FOLLOW OUR
FACEBOOK PAGE AT
USONA AG SOCIETY TO WATCH FOR
UPCOMING EVENT DETAILS.**



Wetaskiwin Ag Society

wetagsoc@xplornet.com
www.wetaskiwinag.ca
780-352-2780



"Volunteers do not necessarily have the time; they just have the heart." - Elizabeth Andrew



Wetaskiwin Ag Grounds on Highway 13 East beside Loons Golf Course.

Wetaskiwin Rawhide Rodeo

June 7 (Friday Night Slack), 8 & 9, 2024

Highlights include Sheep Riding AND a full Rodeo program with food vendors, and Live Band.

2024 Wetaskiwin Ag Society Truck & Tractor Pull

August 16 & 17, 2024 with Aug 18 being a rainout day.

We provide camping, parking and grandstands for spectators and visitors. There will be food truck

vendors, live music, children's entertainment and a fireworks display. This is an exciting fun filled event for the entire family!

Wetaskiwin Farmers Market

Wednesday's Year Round - Visit the

Wetaskiwin Farmers Market Page on

Facebook for more information and special market dates.

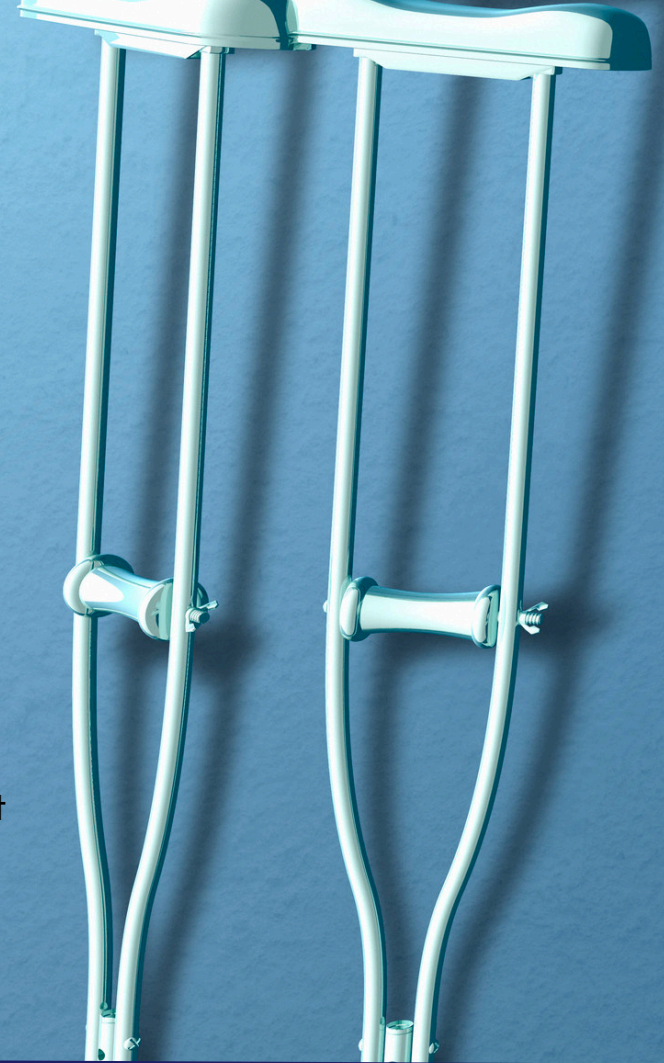


Wetaskiwin Medi Lend Society

wetaskiwinmedi@gmail.com
780-352-0206

Location: 5106B - 50 Avenue, Wetaskiwin
Monday, Wednesday and Friday,
10:00 am to 2:00 pm by appointment

Wetaskiwin Medi Lend Society is a non-profit, 100% volunteer run organization which provides short term loan of medical equipment, free of charge, to residents of the City/County of Wetaskiwin and the Town of Millet. Equipment available includes: bath seats, tub grab bars, bed rails, crutches, commodes, raised toilet seats & arms, walkers and wheelchairs.



COUNTY OF WETASKIWIN RESIDENTS

**STARTING
MARCH 1, 2023**

**FREE INCOME TAX
PREPARATION IS
AVAILABLE FOR:**

- INDIVIDUALS & FAMILIES WITH MODEST INCOMES
- STUDENTS
- SENIORS

Learn your Technology!

Learn the basics of your computer and it's apps in a friendly classroom environment at the Mulhurst Bay Community Hall!

**New classes
regularly added.**



CONTACT FCSSADMIN@COUNTY10.CA OR
780-352-3321

PARTICIPANTS OF THE CANADIAN
VOLUNTEER INCOME TAX PROGRAM
*SOME SUPPORT RESTRICTIONS APPLY



WETASKIWIN
Community Learning Program





Wetaskiwin Olympian Swim Club

wosc.pres@gmail.com
www.wetaskiwinolympians.com



The Wetaskiwin Olympian Swim Club is a competitive summer club that teaches the basics of speed swimming in a team environment. We have a variety of programs including options for beginners ages 4 to 8, part-time, full-time, and advanced options for our competitive youth groups (minimum Red Cross Level 4).

Our season begins on May 1st and runs through to the end of July or mid-August each year, depending on the program that you have selected. We practice at the Manluk Centre in Wetaskiwin, with optional weekend meets (most are held on Saturdays only) across our region throughout the season. The details on pricing and programs for 2024 will be posted to our website by the end of February with registration beginning in March. Registrations are accepted online only, via our website.

Please visit us at www.wetaskiwinolympians.com for more info and follow the Wetaskiwin Olympian Swim Club's Facebook page if you would like to receive updates. As we are a private club, we do not have an office, so please submit any inquiries via the "Contact Us" button on our website, or email Heather at wosc.pres@gmail.com.

Wizard Lake Watershed & Lake Stewardship Association

stewardship@wizardlake.ca
www.wizardlake.ca
780-985-2538

July 1, 2024 - Canada Day Celebration

Boat Parade

TBA -Fireworks

July 13, 2024 - Park Day

Details to Follow

TBA 2025 Try It Event

Details to Follow

Please like and follow our Facebook Page at
**Wizard Lake Watershed and
Lake Stewardship Association**
to watch for event details.

Winfield Community Library

winfieldlibrary@yrl.ab.ca
www.winfieldlibrary.ab.ca
780-682-2498

Please like and follow
our Facebook Page at
**Winfield Community
Library** to watch for
programs and
information.



Yeoford Hall

yeofordhallbookings@gmail.com

Yeoford Homeschool Co-op - Meets weekly for fun activities, events and learning opportunities. Contact

yeofordhomeschoolers@gmail.com for information.

Bootcamp Fitness - Thursdays 6:00 - 7:00 PM,

Contact Trent, 780-945-6733 for information.

Jujitsu Classes - Hosted by Yeoford Homeschoolers

Yeoford Skating - Free skating and shinny hockey for

Yeoford Members at the Winfield Arena.

Hosted by Yeoford Homeschoolers.

February 9 - 6:00 - 8:00 PM - Family Valentines Dance

April 27 - 4 :00- 8:00 PM - Spring Back to Life: Wagon Rides, Live Music, Kids Activities

May 11, - 10:00 AM - 12:00 PM - Plant Swap and Garden Chat

June 22 - 10:00 AM - 12:00 PM - Youth Business Fair Hosted by Yeoford Homeschoolers

November 23 - 1:00 - 4:00 PM - Old Fashioned Christmas: Wagon Rides, Kids Activities, Christmas Market & Pie Auction.

Hosted by Yeoford Homeschoolers

Please like and follow our Facebook Page at [Yeoford Hall](#) to watch for programs and information.



What should I do?

- CHECK IN WITH YOURSELF
- GET HELP. YOU ARE NOT ALONE.
- FOLLOW THROUGH WITH ACTION



YOU'VE GOT THIS! HERE'S THE FIRST STEP...

CHECK IN, WHERE ARE YOU?

Self Care & Social Support

Professional Care

HEALTHY

Normal mood fluctuations.
Takes things in stride.
Consistent performance.
Normal sleep patterns.
Physically and socially active.
Usual self-confidence.
Comfortable with others.

REACTING

Irritable/Impatient.
Nervousness, sadness, increased worrying.
Procrastination, forgetfulness.
Trouble sleeping (more often in falling asleep), tired.
Muscle tension, headaches.
Difficulty in relaxing.
Intrusive thoughts.
Confusion, disorientation.
Decreased social activity.

DISTRESSED

Anger, anxiety.
Lingering sadness, tearfulness, hopelessness, worthlessness.
Excessive guilt, shame or blame.
Decreased performance in academics or at work.
Significantly disturbed sleep (falling/staying asleep).
Fatigue, aches & pains.
Avoidance of social situations, withdrawal.

IMMEDIATE HELP

Significant difficulty with emotions, thinking triggers high level of anxiety.
Panic attacks.
Depressed mood, feeling overwhelmed.
Constant fatigue.
Disturbed contact with reality.
Significant disturbances in thinking.
Suicidal thoughts/intent/behavior.
Self-harming behaviors.
Excessive crying or panic (unable to calm)

ACTIONS AT EACH STEP

HEALTHY



- Focus on the task at hand
- Break problems into manageable chunks
- identify & nurture support systems
- Maintain healthy lifestyle

REACTING



- Recognize your limits
- Get adequate rest, food & exercise
- Engage in your healthy coping strategies (Sleep, Exercise, Nutrition & Healthy Socialization)
- Take a step toward your goals

DISTRESSED



- Identify & understand your own signs of distress
- Talk with someone
- Seek help
- Seek support instead of withdrawing

IMMEDIATE HELP



- Seek Professional consultation as needed
- Follow healthcare provider recommendations
- Regain physical and mental health

WHERE TO GO

KEEP ON FLOURISHING

Helping Others
Interacting
Playing
Spiritual Activity
Being Physical
Learning Something New
Volunteering
Acts of Kindness
Community Engagement
Communicate and Listen to Others
Expressing Gratitude
Recognize the Good

TAKE A DEEP BREATH

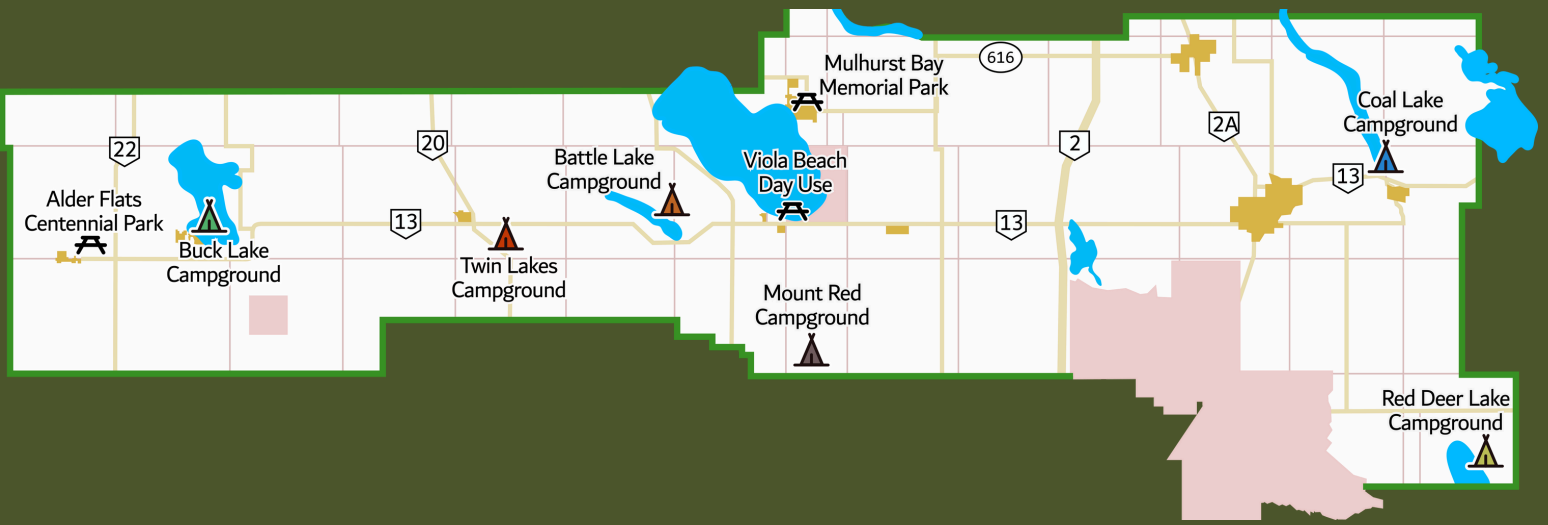
Isolated - For Local Supports call: 211
Seniors Supports: seniors.gov.ab.ca
Income/Unemployed/Disability:
1-877-644-9992
Food Bank (Millet): 780-387-2214
Food Bank (Wetaskiwin): 780-352-2416
Family Resource Network:
780-352-4643 ext. 28
Indigenous Support: 1-855-242-3310
LGBTQ+ Support:
pridecentreofedmonton.ca
County of Wetaskiwin FCSS:
780-352-3321

TAKE A STEP TODAY TO HELP TOMORROW

Women's Shelter (Camrose):
1-877-672-1010
Primary Care Network: 780-312-2500
Mental Health: 780-361-1245
Maskwacis Mobile Mental Health
Crisis Line: 780-362-2150
Addiction: 780-361-1358
Eating Disorder Support:
1-866-633-4220
Smoking Cessation: 1-866-710-7848
Men's Help: www.sp-rc.ca
Health Link: 811

CALL NOW

Call Emergency: 911
Wetaskiwin and District Victim Services: 780-312-7287
Suicide Prevention Help Line:
1-877-303-2642
Mental Health Line: 1-877-303-2642
Sexual Abuse/Assault Line:
1-866-403-8000
Transgender Suicide Hotline:
1-877-330-6366
Kids Help Line (Ages 5-21):
1-800-668-6868
(Text "CONNECT" TO 686868)
AVAILABLE 24/7 - 100% Confidential



Municipal Campgrounds

Now Accepting Online Bookings at Letscamp.ca






Battle Lake Campground
20077A TWP RD 462A

- Boat Launch
- Fishing
- No Hook Ups
- Pay Showers
- Restrooms
- Wood (\$10.00 Add-on)




Buck Lake Campground
710 Lakeshore Drive East

- Boat Launch
- Fishing
- No Hook Ups
- Pay Showers
- Restrooms
- Wood (\$10.00 Add-on)



Coal Lake South Campground
764070 HWY 822

- Boat Launch
- Fishing
- No Hook Ups
- Restrooms
- Wood (\$10.00 Add-on)






Mound Red Campground
281077B TWP RD 452

- Fishing
- No Hook Ups
- Group Camping
- No Motor Boats
- Wood (\$10.00 Add-on)

Red Deer Lake Campground
440050 RGE RD 222A

- Boat Launch
- No Hook Ups
- Wood (\$10.00 Add-on)

Twin Lakes Campground
461034B RGE RD 33A

- Fishing
- No Hook Ups
- No Motor Boats
- Playground
- Wood (\$10.00 Add-on)