



# Grande Prairie Family Education Society

## MARCH 2023 NEWSLETTER

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MON	TUE	WED	THU	FRI	SAT
	<b>March 2023</b>	<b>1</b> Power of Play – WEMBLEY 10:00-11:30 am – DROP IN AHS Wellness Exchange – Week 5 of 5 Grande Prairie – REGISTERED 10:00-11:00 am FASD Caregiver Support Series Grande Prairie 1:00-2:30 pm Rainbows – Week 7 of 12 Grande Prairie – REGISTERED Level 1 (Gr. 1/2): 4:30-5:00 pm Level 3 (Gr. 5/6): 4:00-4:45 pm Week 3 of 12 Level 2 (Gr. 3/4): 4:00-4:30	<b>2</b> Power of Play – HYTHE 10:00-11:30 am – DROP IN Public Health Nurse Grande Prairie 1:30 – 3:30 pm – DROP IN Empathy Project Week 3 of 6 Ages 5-7 yrs 4:00-5:00 pm – Grande Prairie	<b>3</b> Parenting Made Fun with Love & Logic Grande Prairie REGISTERED 9:30-11:30 am	<b>4</b>
<b>6</b> Kaleidoscope Grande Prairie Closed Group 11:30-1:00 pm	<b>7</b> Power of Play – LaGlacé 10:00-11:30 am – DROP IN FASD Youth Group 3:30-4:30 pm Circle of Security Grande Prairie REGISTERED 6:00-8:00 pm	<b>8</b> Power of Play – WEMBLEY 10:00-11:30 am – DROP IN FASD Caregiver Support Series Grande Prairie 1:00-2:30 pm Rainbows – Week 8 of 12 Grande Prairie – REGISTERED Level 1 (Gr. 1/2): 4:30-5:00 pm Level 3 (Gr. 5/6): 4:00-4:45 pm Week 4 of 12 Level 2 (Gr. 3/4): 4:00-4:30	<b>9</b> Empathy Camp Ages 8-12 yrs 9:00-3:00 pm Grande Prairie-REGISTERED Power of Play – HYTHE 9:30-11:00 am – DROP IN Empathy Project Week 4 of 6 Ages 5-7 yrs 4:00-5:00 pm – Grande Prairie	<b>10</b> Empathy Camp Ages 8-12 yrs 9:00-3:00 pm Grande Prairie-REGISTERED Parenting Made Fun with Love & Logic Grande Prairie REGISTERED 9:30-11:30 am	<b>11</b> DADS EVENT DROP IN 1:00 - 3:00 PM MUSKOSSEPI PARK
<b>13</b> Kaleidoscope Grande Prairie Closed Group 11:30-1:00 pm	<b>14</b> Power of Play – LaGlacé 10:00-11:30 am – DROP IN FASD Youth Group 3:30-4:30 pm Circle of Security Grande Prairie REGISTERED 6:00-8:00 pm	<b>15</b> Power of Play – WEMBLEY 10:00-11:30 am – DROP IN FASD Caregiver Support Series Grande Prairie 1:00-2:30 pm Rainbows – Week 9 of 12 Grande Prairie – REGISTERED Level 1 (Gr. 1/2): 4:30-5:00 pm Level 3 (Gr. 5/6): 4:00-4:45 pm Week 5 of 12 Level 2 (Gr. 3/4): 4:00-4:30 Sibling Support Group Grande Prairie 5:30-7:00 pm	<b>16</b> Power of Play – HYTHE 9:30-11:00 am – DROP IN The Buzz on Budgeting 2:00 - 4:00 pm Grande Prairie – REGISTERED Empathy Project Week 5 of 6 Ages 5-7 yrs 4:00-5:00 pm – Grande Prairie	<b>17</b> Parenting Made Fun with Love & Logic Grande Prairie REGISTERED 9:30-11:30 am	<b>18</b>
<b>20</b> Kaleidoscope Grande Prairie Closed Group 11:30-1:00 pm	<b>21</b> Power of Play – LaGlacé 10:00-11:30 am – DROP IN FASD Youth Group 3:30-4:30 pm Circle of Security Grande Prairie REGISTERED 6:00-8:00 pm	<b>22</b> Sensory, Stories and Songs BEAVER LODGE – REGISTERED 10:00-11:00 am FASD Caregiver Support Series Grande Prairie 1:00-2:30 pm Rainbows – Week 10 of 12 Grande Prairie – REGISTERED Level 1 (Gr. 1/2): 4:30-5:00 pm Level 3 (Gr. 5/6): 4:00-4:45 pm Week 6 of 12 Level 2 (Gr. 3/4): 4:00-4:30	<b>23</b> Power of Play – HYTHE 9:30-11:00 am – DROP IN ASQ POP UP Sexsmith Wellness Centre 10:00-11:30 am The Buzz on Budgeting 2:00 - 4:00 pm Grande Prairie – REGISTERED Empathy Project Week 6 of 6 Ages 5-7 yrs 4:00-5:00 pm – Grande Prairie	<b>24</b> Parenting Made Fun with Love & Logic Grande Prairie REGISTERED 9:30-11:30 am	<b>25</b>
<b>27</b> Kaleidoscope Grande Prairie Closed Group 11:30-1:00 pm	<b>28</b> Power of Play – LaGlacé 10:00-11:30 am – DROP IN FASD Youth Group 3:30-4:30 pm Circle of Security Grande Prairie REGISTERED 6:00-8:00 pm	<b>29</b> Sensory, Stories and Songs BEAVER LODGE – REGISTERED 10:00-11:00 am FASD Caregiver Support Series Grande Prairie 1:00-2:30 pm Rainbows – Week 10 of 12 Grande Prairie – REGISTERED Level 1 (Gr. 1/2): 4:30-5:00 pm Level 3 (Gr. 5/6): 4:00-4:45 pm Week 6 of 12 Level 2 (Gr. 3/4): 4:00-4:30	<b>30</b> Reach out and Connect DROP IN Grande Prairie 6:30 – 8:00 pm *MUST Register for Childcare*	<b>31</b> Parenting Made Fun with Love & Logic Grande Prairie REGISTERED 9:30-11:30 am	

# Grande Prairie and Area Family Resource Network

## Grande Prairie and Area Family Resource Network



**Call The Hub at 780-830-0920 for  
referral to the Family Resource  
Network or to learn more!**

### **What is the Family Resource Network?**

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being. Through a 'hub and spoke' model of service delivery, Networks will coordinate the prevention and early intervention services in all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies or providers (spokes).

**Enhance parental resilience ~ Develop social and cultural connections ~ Build knowledge of parenting and child development  
~ Strengthening relationships within the family ~ Access to concrete supports in times of need ~ Rural service support**

### **In-home Visitation Programs**

#### **Centre for Young Parents -Home Visitation**

Provides support to anyone under the age of 20 who may become pregnant, are pregnant, or are parenting.

#### **YMCA of Northern Alberta- Family Connect**

Provides support for families with children and youth aged 7-18. Supports include in- home visitation, parenting advice and coaching.

#### **Grande Prairie Family Education Society - Healthy Families**

Provides home visitation supports to families with children pre-birth to 6 years of age. Including positive parenting, healthy development, and building family well-being and resiliency.

### **Navigation and Outreach**

#### **FRN- Family Navigator**

Provides supports to families with children of all ages through advocacy, outreach, navigating systems and connecting to supports and services. Tracking healthy development and completing developmental screens.

#### **Native Counselling Services of Alberta Navigator- Wâhkômiwêw**

Grounded in an Indigenous worldview, provides supports to families with children and youth aged 7-17. Support to navigate systems and access services, address issues of historic trauma, mentorship, access to Elders and ceremonies to strengthen connections to family, community and culture.

### **Programs**

#### **Parent Education and Caregivers Support Programs**

Caregiver Education and programs focusing on child development, asset building, positive parenting strategies, and strengthening family bonds.

## February Highlights



Pink Shirt Day is February 22, 2023. Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying.

Pink Shirt Day encourages Albertans to be inclusive, welcoming and supportive with colleagues, clients, friends and family. Building healthy relationships is one of the best ways to prevent bullying and create safe environments.



The youth from our FASD Youth group created their own Love Boxes that were a representation of self love. The youth each designed their own and filled them with items that make them happy and smile. This could be pictures, self affirmations or a lucky object.





# Community Volunteer Income Tax Program!

Through the Community Volunteer Income Tax Program (CVITP), Grande Prairie Family Education Society is hosting a free tax clinic where volunteers file tax returns for people with a modest income and a simple tax situation.

We are offering 2 options:

- **In person:** A volunteer will do your tax return at a scheduled time.
- **Drop-off:** Your tax return will be completed by a volunteer, and you will pick it up at a later time. You will have to prove your identity when you pick up your tax return and documents.

## Eligibility:

### Income Level Requirements

Family Size Total Family (Household) Income -must include ALL sources of income

2 person (ie. 1 parent & 1 child) \$45,000

3 person \$47,500

4 person \$50,000

5 person \$52,500

More than 5 \$52,500 plus \$2,500 for each additional person

**NOT eligible to participate in this program if any of the following apply:**

- Capital Gains • Farming Income • Professional/Business Income
- Commission Income • Pre/Post Bankrupt Return • Self-Employed
- Deceased Returns • Rental Income • Investment income over \$1000
- Employment Expenses • Sold property in the tax year being filed

**Call 780-830-0920 and ask how to pick up a tax package.  
Income Tax Filing will start after March 15th.**

## Coming up in March

### Dad's Event - DROP IN

Saturday, March 11th 1:00 - 3:00 pm Muskoseepi Pavilion  
Fun Activities and Food!

### Sibling Support Group w/ Family & System Support Group

Wednesday, March 15 (third Wednesday of each month) 5:30 - 7:00 pm  
Light supper offered

### The Buzz on Budgeting

Thursday, March 16 & 23 2:00 pm to 4:00 pm

### ASQ Pop Up

Wednesday, March 15 (third Wednesday of each month) 5:30 - 7:00 pm  
Light supper offered

### Reach out and Connect - Parent/Caregiver Support Group - DROP IN

Thursday, March 30 6:30 - 8:00 pm (last Thursdays of each month)  
\*limited childcare available, must call 48hrs before for childcare\*

### RURAL Programming

#### Sensory, Stories and Songs- Must Register

email [facilitator@gpfes.com](mailto:facilitator@gpfes.com) or call 780-830-0920  
Starts Wednesday, March 22 10:00 - 11:00 am

### The Power of Play - DROP IN

**Hythe Library** - THURSDAYS ends March 16th  
10:00 - 11:30 am

**LaGlance Library** - TUESDAYS ends March 28th  
10:00 - 11:30 am

**Wembley Judo Club** - WEDNESDAYS ends March 15th  
10:00 - 11:30 am

# Grande Prairie Family Education Society

## Child and Youth Programs

### **Empathy Project:**

The Empathy Project is a unique group workshop created to improve the skills of practicing empathy and peer relations. The group sessions flow through the topics of; emotional competencies, conflict resolution, culture, respect, bullying, meaningful citizenship and belonging. The Empathy Project provides learnings for ages 5-17.

### **Rainbows:**

A grief and loss peer support program for anyone experiencing a loss from a life-altering crisis. Rainbows group sessions provide participants with an understanding of the grief experience, provide an opportunity for emotional healing, assist in building a stronger sense of self-esteem and teach appropriate coping mechanisms. Rainbows is for ages 3 years- Adult.

## FASD Support

### **Parent Child Assistance Program (PCAP):**

Supports for women in their child bearing years who are engaged in high-risk lifestyle.

### **FASD Youth & Adult Supports:**

For individuals 13 years old and up (and their parents/ caregivers). Individuals can be either diagnosed or suspected FASD.

### **FASD Family Support Program:**

For children 0-12 years old and their parents/ caregivers. Individuals can either be diagnosed or suspected FASD.

### **FASD Navigator:**

Supports individuals, who may have FASD or suspect FASD. The Navigator provides support through navigation, advocacy and referral. The Navigator also provides supports in Fairview.

## Literacy

We provide adult learning programs and various family literacy programs. We also provide in-home literacy programming for adults and families to support the development of literacy and foundational life skills.

## Healthy Families

The Healthy Families Program is a voluntary home visitation program offered to families with children ages pre-birth to 6 years at no cost . Weekly visits are offered in the family home to provide families with information and support.

## Parent Education and Caregiver Support

We offer programs for families to attend at no cost. Some of these programs include parenting programs such as Circle of Security, Love and Logic and Parenting Young Youth. We have a parent/caregiver support group – Reach out and Connect as well as interactive parent/child groups like The Power of Play, Sensory Stories and Songs and events just for Dads and children to attend.

# Community Corner

Resources, Events and Opportunities in the Grande Prairie and Area Community



**Seniors & Songs**  
Pearson Place, Hythe

**March 9, 16, 23, 30**  
**10:00am - 10:45am**

Parents bring your children for a  
spring time sing-along with the Seniors  
at Pearson Place!

For more information, or to register,  
please call 780-897-4365 or email  
[literacy@sprcl.ca](mailto:literacy@sprcl.ca)

ARC RESOURCES LTD.

South Peace Rural Community Learning

CALP

Alberta Government

FCSS Family and Community Support Services Since 1966 WeBuildAlbertans Town of Beaverlodge



# Get Connected!



130K+ Help Services & Resources At Your Fingertips. The HelpSeeker app is a free network of location-based services, resources, and support you need to help your clients and the community. HelpSeeker allows you to privately browse thousands of community, provincial and federal health and social services, programs, resources, helplines and benefits for mental health, counseling, parenting, education and training, addictions, domestic violence, affordable housing, shelters, food support services, recreation, and more. Visit <https://helpseeker.org/> to download the app



When you don't know where to turn.

## WHAT IS 211?

211 is an easy-to-remember, 3-digit, non-emergency number that connects Albertans to a full range of community, government, social and health services.

## HOW CAN 211 HELP?

At 211, you'll reach a real person who knows it's not easy to ask for help - a trained community resource specialist who will listen carefully and ask questions to find services that match your needs.



Hello, how can I help you today?



FREE | CONFIDENTIAL | AVAILABLE 24/7 | 170+ LANGUAGES

I'm a father looking for play therapy for my young daughter



I'm a recent immigrant looking for help getting settled

I'm a teenager looking for a place to stay



I'm a senior looking for transportation

I'm a front-line worker helping someone with complex needs



I'm a decision-maker looking for data on community needs and gaps in services

Available province-wide in fall 2020!



Supported by:

United Way of the Alberta Capital Region  
United Way of Calgary and Area

City of Calgary FCS  
City of Edmonton - FCS  
Government of Alberta

## Mental Health and Addiction Services in Grande Prairie:

ICAT: 587-259-5513

By phone: 9:00 am to 5:00 pm

Monday-Friday; 1 on 1 intake and screening:

9:00 am to 4:00 pm, Monday—Friday

Aberdeen Center, 3rd floor, 9728-101 Ave,  
Grande Prairie

PACT Team

(Mobile crisis response team)

Call 911 and

request Pact Team Response

## Abuse, Violence and Crime

Victim Services: 780-830-5755

PACE Sexual Assault Centre: 780-539-6692

John Howard Society: 780-532-0373

Youth Intervention Program: 780-830-7094

Odyssey House: 780-532-2672 (24 hr line)

\*Resources provided by Resource Centre for Suicide Prevention 780-593-6680