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10 – 4
TUES TO
THURS

FUNDED BY CENTRAL
ALBERTA CHILD AND
FAMILY SERVICES
AUTHORITY

RIMBEY NURSERY
SCHOOL

The Rimbeys Nursery School will be hosting an Open House on Tuesday, September 6 from 3- 8 pm at the Community Centre. For Information call Lynne at 403-843-6820 or Donna at 403-843-3447

Unexpected pregnancies can mean big changes, not only in your life but also in the lives around you. The choices you make during your pregnancy are big decisions, and only you can make them, but you are not by yourself. We are here for you. Feel confident that you can make the right choice for you.



The Central Alberta Pregnancy Care Centre: Compassionate support for women, their partners, and their families. We are a not-for-profit agency that focuses on being available to support those who are facing an unexpected pregnancy and/or related issues. Our trained peer counselors are here to help you explore all your options: giving you access to accurate information, and giving you time and space to make your decisions. You have every right to make the choice that you feel is best.

Services:

- Free pregnancy tests in a safe, confidential environment
- Information about pregnancy, abortion procedures and risks, parenting, and adoption
- 24hr help-line
- Free Baby and maternity clothing (By appointment only)
- Pre-natal education
- Adoption Advocacy for Birth Parents (before and after)
- Post-abortion & Post-miscarriage support
- Keys to Young Parenting Program
- Sexual Health Information
- Sexual Integrity Program
- Ongoing support, regardless of your decision

We do our best to accommodate walk-ins, but this is not always possible. Please call ahead to book an appointment. We can be reached by phone 24 hours a day: 403.343.1619 or by email: info@pregnancycare.ca

Disclaimers:

- **Abortion:** We do not perform or refer for abortions.
- **Pregnancy Confirmation:** All pregnancy tests should be confirmed by a doctor; the Centre is not a medical facility

www.pregnancycare.ca

RIMBEY AND AREA COMMUNITY NEWS

JULY 2011

VOLUME 1 ISSUE 2

FREE

CAREGIVERS



You can assist a child in your community!

Within Central Alberta, there are children who need a secure safe home and caring individuals to support and nurture them as they grow.



There are many options available to individuals who choose to assist children to reach their full potential. To assist a child you can:

1. **Become a foster parent** - Foster parents open their homes to children in need, and support them to return to their family home when possible. Some foster parents may choose to adopt the children they provide care to if the children are eligible.
2. **Become a kinship caregiver** - Individuals who have a significant relationship with a child in care can provide that child with a home. Grandparents, relatives, coaches, teachers, or neighbours, may have a role to play in helping a child stay connected to their culture and their community.
3. **Provide a permanent home to a child or a sibling group** - A permanent, loving home is what our children need to grow strong.
4. **Help spread the word** - That foster parents, kinship caregivers and adoptive parents are needed. Word of mouth is the best way to let others know that there are children in our community in need.

If you are interested in assisting or if you need more information, please call (403) 755-6104. For toll-free service first dial 310-0000.



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RIMBEY & DISTRICT EMPLOYMENT CENTRE

Rimbeys Employment Centre is located in the Blindman Youth Centre and is open from 8:30 to 12:30 Monday to Friday.

We provide assistance with resume writing, job searches, workplace training programs and job placements. Come and talk to us about opportunities for paid workplace training.

We can also help with workplace related faxes, photocopies and computer access.

Workplace Training Program

Employers, train your new employees and get paid for it; wages and training costs can be provided for up to 6 months. Job Seekers, use this opportunity to sell yourself to employers; they can be paid to train you. Call the Rimbeys Employment Centre for more information at 403-843-2034



Rimbey Community Services

Rimbey is a unique and exciting community with all sorts of recreational activities and programs available. Each edition brings new opportunities so be sure to check back regularly.

Featured Programs

Mom & Tot Fitness Program

It's not easy being a Mom. Finding balance can be extremely difficult when your own health is of a lower priority than that of your kids. With this in mind, we are pleased to bring you Mom & Tot Fitness. This fitness program is designed to provide an intense workout for the Mom while allowing her to include and care for her child. Our goal is that within the 8 week program, the Mom will significantly improve her overall fitness level and ultimately improve her quality of life. You can register for this program at the Rimbey Community Center.

Fun Fit Program

Why does staying fit have to be so painful, un-enjoyable or boring? Did you know it doesn't have to be that way? Let me introduce you to the "Fun Fit Program". Fun Fit is designed to expose you to a variety of fun ways and methods to keep active and fit. You only need to register for 2 months at a time. The goal is that within the 2 months you will significantly improve your overall fitness level and ultimately improve your quality of life. You can register for this program at the Rimbey Community Center.

Racquet Tuesday's

Racquet Tuesday's are designed for racquet sport enthusiasts who struggle to find other enthusiasts to play against. Trust me, there are lots of you out there. On Tuesday evenings, go to your choice of any Rimbey court (tennis, racquetball or squash) and take on all challengers. All ages and abilities are welcome. This program is a drop-in format; there is no guarantee of space or opponents. We ask that participants take the effort to share court time and self-govern fairly. A Community Center membership is required for use of the racquetball & squash courts.

www.rimbey.com

July at a glance...

Drop-in Sports

Ultimate Frisbee - Monday\$
7pm; ages 16+; Free; BMX Park
Floor Hockey - Wednesday\$
7pm; ages 16+; \$2 (free with pass);
Rimbey Arena

Wallyball - Thursday\$
7pm; ages 16+; \$2 (free with pass);
Community Center Courts

Family Soccer - Sunday\$
2pm; all ages; Free; BMX Park

Racquet Tuesday's - Tuesday\$
6:30pm - 9:00pm; all ages; Tennis/
Squash/Racquetball Courts

Free Yoga in the Park - Tuesday\$
(day of week is subject to change so
visit www.rimbey.com for the latest)
12pm - 1pm; all ages; Pas Ka Poo

Mom & Tot Fitness - Tues & Thurs
10am - 11am; (kid\$ aged 0-6);
July 5 - Aug 25;
Rimbey Community Center

Fun Fit Program - Tues & Thurs
6:30pm - 7:30pm; ages 16+;
July 5 - Aug 25;
Rimbey Community Center

Summer Fun Program - Mon - Fri
1pm - 4pm; July 4 - August 26;
Ages 6-12
Rimbey Community Center

Contact Us
P 403-843-3151
E programs@rimbey.com
www.rimbey.com

Rimbey Library

Summer Reading Program: we are offering the following programs from July 5- August 24. Pre-register at the Library.

Time:	Tues.	Wed.	Thurs.	Fri.	Sat.
10-11	Story Time	Summer Reading Program		Story Time	
11-12	Pat-a-cake Kids				Drop-in: Book reading
1-2					
2-3	Summer Reading Program	Summer Reading Program	Drop-In Craft/Activity	Stories in the Park: All ages	Drop-in: Craft/Activity
3-4					
4-5					
5-7	Teen Nights		Movie Nights		

Rimbey Addiction Clinic

Addiction counseling every Thursday at Rimbey Mental Health for people experiencing difficulties with alcohol, drugs, or gambling or who has a loved one having difficulties with addictions. Please call 403-340-5274 to arrange an appointment.