



Rimbey & Area



YEAR OF THE HORSE

2014

Community Newsletter

JANUARY



Recreation Services

403.843.3151
www.rimbey.com



Recreation Office

New sessions of Fusion Bootcamp and Zumba. Sign up today!
403-843-3151

Ski Trips to Medicine Lodge in January and February.
Sign up @ Recreation Office 403-843-3151

Drop In Sports @ Peter Lougheed Community Centre
Basketball Mondays 7:30pm
Badminton Tuesdays 7pm
Volleyball Wednesdays 7pm
(@ high school)
Thursdays Pickleball 7pm

Happy New Year

“Each New Year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.” — Peggy Toney Horton

Rimby Library
403 843-2841

Tuesday and Friday mornings 10:30 – Children’s Story Time ages 3-5
Tuesday mornings 10:30 – Wiggle Worms for the under 3 crowd
Wednesday morning – 10:30

– Adult Coffee Time
Wednesday afternoons – 3:30 – Something Cool After School. Children under the age of 6 must be accompanied by an adult.
January 1st - Closed
January 2nd– Movie Night at the Library sponsored by ConocoPhillips – 6:30 pm – Monsters University
January 9th – Armchair Traveler – Northwest Territories
January 14th– Pigeon Party – 3:30 pm. Children under the age of 6 must be accompanied by an adult.
January 16th –Board Games & Pizza – 5:30 pm. Children 6 and under must be accompanied by an adult.
January 23rd – Technology Petty Zoo – 5:00 pm – 8:00 pm
January 30th – Book Club 6:00 pm. John Irving – Cider House Rules



The Rimby Parent Link Centre will have new programs for the new year! Make sure you connect with us on facebook to find out what’s coming up!

We offer fun and educational programs for children ages 0-6, Parenting recourses and Developmental Screenings. Remember too: find us on Facebook, visit our website for more info @ www.centralparklandparentlink.ca,

"January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the Calends, and people decorated their homes and gave each other gifts."

Rimby FCSS would like to wish everyone a very Merry Christmas and a healthy happy New Year.

Please call our office at 403-843-2030 for information on any of our programs as well as any of the partner programs we are involved in such as The Rimby Women’s Conference which will be held again this year in February. Best wishes to you all in 2014!



Big Brothers Big Sisters! What is In-School Mentoring?

It’s a small commitment that makes a huge difference in the life of a child. Becoming a mentor to a child in the school environment helps to build the child’s self-esteem and school performance, while having lots of fun. It only takes one hour a week during the school year.
One child, one hour a week, two lives changed!

Be a Kid Again!

- Play games, make a craft, read, share time talking, have fun!
- Build a child’s self-esteem through guidance, friendship and sharing
- Children who spend time with a mentor gain confidence, acquire new skills, and develop an enhanced capacity to care for others
- Mentors feel better about themselves

Become an In-School Mentor Today!
Call 403-843-1066

The Source Job Fair
6 positions to be filled
January 6, 9 AM - 3 PM
Rimby Employment Centre,
4907 - 49 Ave
Bring your resume and come prepared for an interview. For more information, please call 843-2034.

Cheers to a new year and another chance for us to get it right.”
— Oprah Winfrey



Rimby & District Employment Centre, 403-843-2034
4907 - 49 Street

Job board, resumes, cover letters and more.
GST Basics workshop for businesses and entrepreneurs has been rescheduled for Monday, January 27 at 6 PM
Watch for more workshops in the new year!

Youth Unlimited Presenting a Dessert & Comedy with Bob Stromberg:
Lacombe, AB
Friday, January 24, 2014
or
Red Deer, AB
Saturday, January 25, 2014
\$30/ticket or \$225 for a table of 8
Tickets available at Buist Motors Products or call 403.755.7825 for more information.

Youth Unlimited Spring Break Mission Trips

Vancouver - \$650 March 22-28, 2014
A mission field in your back yard. Experience life changing trip as you interact with those in need, apply yourself to serving others and earn about yourself and faith.
OR
“Let’s go to Mexico” - \$1350 March 20-30, 2014
A cross-cultural mission experience giving you the opportunity to serve others, connect with the less fortunate, and come home changed.
Call Melissa @ 403 318-7857

What are coalitions?

Early childhood development (ECD) community coalitions — or coalitions — are groups of individuals who have come together to actively promote positive early development. Coalitions should be as broadly representative of their communities as possible. They may include:

- parents,
- educators,
- service providers,
- non-profit organizations,
- community organizations,
- policy makers,
- entrepreneurs,
- representatives of ethnic and cultural groups,
- seniors and grandparents,
- and other family members.

Coalitions are independent organizations and work on behalf of their early childhood development (ECD) community.



Healthy relationships are the foundation of safe and caring communities. Children who grow up with adults in a healthy relationship are more likely to thrive and flourish. People in healthy relationships live longer and are happier.

Keep your relationship strong and healthy

Maintaining a healthy relationship takes time, energy and care – but it is well worth it. Healthy relationships make everyone in the family feel respected, happy and safe. Disagreements are a part of every relationship and sometimes people need extra help. Alberta Children and Youth Services has a help line that provides information on a range of relationship issues including how to keep your relationship healthy and strong, right through to addressing abuse in family violence situations. To access this 24-hour info line, call **310-1818** toll-free and tell the operator what kind of assistance or information you would like.

Brought to you by:

MHFA Canada for Adults who Interact with Youth Course

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. MHFA Canada teaches mental health first aid skills. The course does not train people to be therapists, counselors or mental health professionals. The philosophy behind MHFA Canada is that mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If crisis do arise, then members of the public can take action that may reduce the harm that could result. MHFA Canada: For Adults Who Interact with Youth focuses on mental health problems and first aid for youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75 percent beginning by age 24. Most mental disorders develop gradually. The early signs and symptoms of developing mental health problems will be different from the more established clinical profiles which are reflected later in life. The social, educational and family environments in which mental disorders occur in young people are also different from those later in life. Therefore, the information in this course is designed to be sensitive to the unique aspects of mental health problems in young people. It is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

Thursday, January 23, 5:00 – 8:30 Friday, January 24, 5:00 – 8:30

Saturday, January 25, 9:00 – 4:00 This is a certificate course, please call Neighbourhood Place 403 843-4304 or Adult Learning 403 843 – 3201 to register

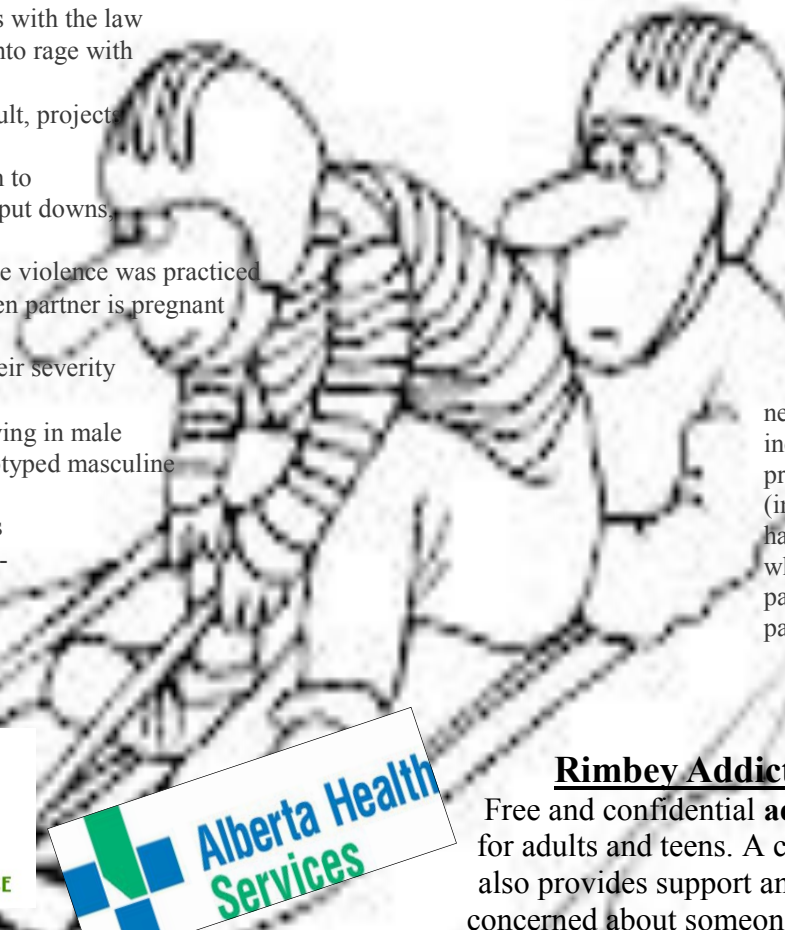
Common Characteristics of a Batterer:

- Isolates partner
- May have other problems with the law
- Explosive temper; flies into rage with out provocation
- Tells partner it is their fault, projects own faults onto partner
- Verbal assault in addition to physical assault (insults, put downs, slanderous names)
- Comes from family where violence was practiced
- May be more violent when partner is pregnant or soon after giving birth
- Denies the beatings or their severity
- Low self-esteem
- Is a traditionalist – believing in male supremacy and the stereotyped masculine sex role in the family
- Blames others for actions
- Is pathologically jealous - often imagine partner is having affairs
- Presents a dual personality - Jekyll and Hyde

Frequently uses sex as an act of aggression to enhance self-esteem in view of waning virility.

Does not believe his violent behavior should have negative consequences.

Tries to control partner – after a violent incident – will apologize, promise anything (including it won't happen again) – whatever it takes to get partner to stay. Then pattern begins again.



Rimbey Neighbourhood Place

It takes a village to raise a child!
Find out how you can help, e-mail;

rimbeynp@telus.net
Or (P) 403.843.4304
Find us on facebook!

Check out the Alberta Father Involvement Initiative web site: www.abdads.ca — they assist organizations and communities in supporting and promoting responsible fatherhood across Alberta.

Watch for Powerful Moms and Super Dads, coming in March 2014!



Rimbey Addiction Services

Free and confidential **addiction counselling** for adults and teens. A community counsellor also provides support and education for those concerned about someone else's substance use.

Appointments are Thursdays at the Rimbey Hospital and Care Centre. Please call 403-340-5274 to book your first appointment

Rimbey Mental Health Clinic

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concerns.

Hours of operation – Monday, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m. Please call 403 843-2406 for an appointment

Free Urgent Dental Treatment for eligible children 5-18 years

For children needing urgent care with: Pain, infection, visible decay, broken teeth, no dental insurance, lower income, trouble paying. Service provided by Dental Outreach of Red Deer. For more information and eligibility criteria Call 403-356-6302

A free

Toll-free: 1-866-408-LINK (5465)

Protect your child's teeth with
Free fluoride applications
For eligible children 12 to 35 months