

February Rimby & Area Community Newsletter

Recreation Services 403-83-3151
www.rimby.com



The Vern Poffenroth Memorial Arena—Rimby

Family/Public Skates: February 2022 Sundays

February 6th 5:15pm-7:30pm

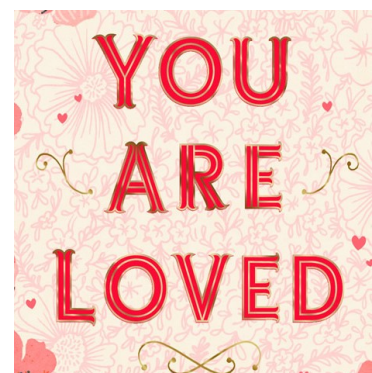
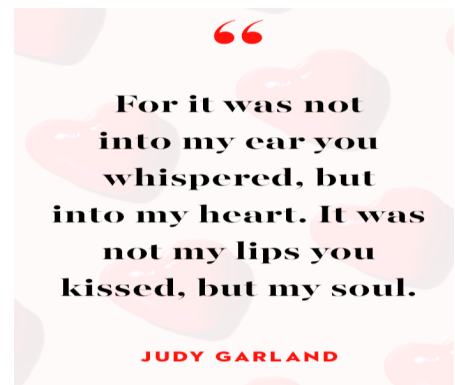
February 13th 5:15pm-7:30pm

February 20th 5:15pm-7:30

February 27th 5:15pm-7:30pm

Any changes will be posted on our Facebook page:
Rimby Community and Recreation Services

Sponsored by:



Counselling

Do you struggle with
Couples or Blended
Family Issues,
Communication, Anger
management,
Depression, Anxiety,
Self-esteem?

Available in Rimbey, For Everyone – on
a sliding scale fee – no financial
barriers.

Call Red Deer Catholic Social
Services intake; 403 347-8844
and ask to be seen in Rimbey

This Service is brought to you by the
Rimbey & Area Community Wellness
Association, Rimbey FCSS & the United
Way



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MENTAL ILLNESS is characterized by changes in an individual's
thinking, mood, or behaviour and is usually associated with significant
distress or impaired functioning in social, occupational and other activities.¹



ABOUT 1 IN 3 CANADIANS WILL BE AFFECTED BY A
MENTAL ILLNESS DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover
from or manage a **MENTAL ILLNESS**. However, stigma and other
barriers can delay people from seeking help.

Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for
Children and Adults, struggling with addictions, anxiety,
depression or any other mental health concern.
“Hours of operation: Monday-Thursday 8:00-4:30p.m.,
Closed during the lunch hour 12:00-1:00p.m., Closed for
Statutory Holidays. Please call 403-843-2406 for an ap-
pointment.”



Rimbey
Neighbourhood
Place will get
you
connected
locally!

e-mail; rimbeynp@telus.net
Or (P) 403.843.6299
Find us on facebook!

PSYCHOLOGICAL FIRST AID
HOPE—CONNECTION—HEALING
VIRTUAL CARE IN A PANDEMIC

Alberta Health
Services
Provincial Addiction and
Mental Health Programs
and Services

Psychological First Aid (PFA) to Support Individuals, Families, and Communities

What is PFA?

PFA is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency (including a pandemic). It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

PFA Training

PFA training is an interactive 2-hour webinar adapted from the 6 hour in-person training. The training aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

Objectives:

- Understand the timing of interventions for disasters and emergencies.
- How to utilize the PFA Action Principles in virtual environments.
- Identify and provide practical support to those in distress.
- Understand when to refer people to appropriate community supports.
- Explore self-care strategies for disaster response.

"This training is amazing, it helps me fill my cup, what I am feeling is normal and builds me up, personally and professionally. It gave me space to step back and recharge and positively reflect."
Webinar Attendee



Training Facilitated by:

Jeanette Walker, Alberta Health Services Addiction and Mental Health Prevention & Promotion

Next Session:

March 2, 2022 7:00 PM - 9:00 PM
Session will be presented over Zoom

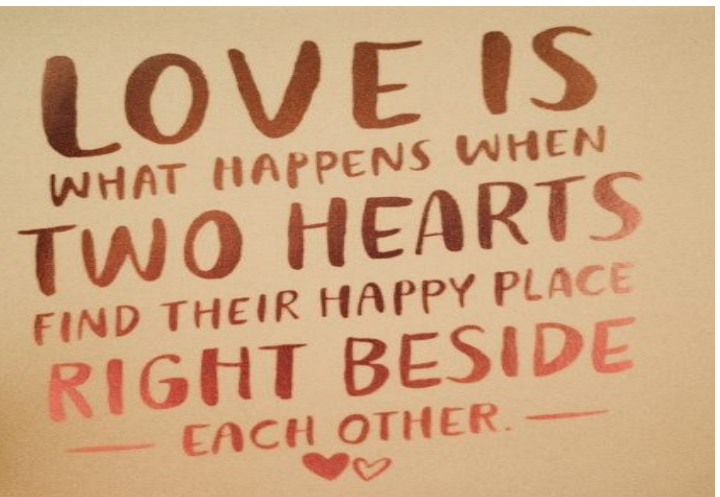
How to Register:

Please email (so the zoom link can be sent)
Neighbourhood Place - rimbeynp@telus.net
BY February 28.

System requirements

- Internet connection
- Audio (headset with microphone preferred)
- Access to Skype or Zoom (platform details sent out prior to the session)

Mental Health Promotion & Illness Prevention
Email: hpdip.mh.earlyid@ahs.ca
Version: 02. Revised:2021-03. Next review: 2023-03
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The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!

Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

We are still open! However, if you prefer we are more than happy to provide curbside service to you. Please phone us and we will gladly arrange for a time.

Masking is mandatory in the library. No exceptions will be made. We offer a host of curbside services.

Our expansion is complete! We are now working on furnishing and shelving. If you would like to financially support us in this endeavor please contact 403-843-2841.

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples. Thanks to Alberta Parks and Recreation, we have snowshoes for loan. We have two kits, one for two adults, and the other for two adults plus five children. Please take advantage of this beautiful weather and try something new! Check out

<https://rimbeylibrary.beanstack.com/reader365>

For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

And most of all please stay safe.

@MothersFirstRD



February Self-Care Series for Moms!

Who is this for:

- any mom who has an infant up to the age of 2 years
- who is interested in learning more about self-care
- or wants to increase their self-care
- lives in Central Alberta

Access FREE, weekly pre-recorded education sessions provided by professionals on topics all moms need to hear!

Topics include:

- Mom Guilt
- Creating Space for Self-Care
- Anxiety to Calm
- Mindfulness for Moms
- The 4th Trimester

Opportunity to be entered into a draw to win one of FOUR prizes valued at \$150!

email christine.laval@ahs.ca before January 28, 2022 in order to register!



Helping Kids Grow Up Great

FREE WORKSHOP FOR:

- parents/caregivers
- school staff
- coaches
- and anyone who wants to make a difference in the life of a child



DATE: Wednesday, Feb 23rd

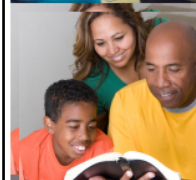
TIME: 10:30 a.m. to 12:00 p.m.

LOCATION: Zoom Session

Developmental assets are the building blocks of healthy development that help children grow up caring, responsible and resilient. You will learn about these assets as well as:

- Factors that contribute to the healthy development of children & youth.
- What you can do to help build skills, experiences and opportunities for your child.
- How building on young people's strengths can help prevent alcohol and drug abuse and other risky behaviours.

You will also learn about what it means to have a developmental relationship, strengthen yours, and help kids grow up great!



TO REGISTER: www.sparcreddeer.ca
and click on Events Tab



Neighbourhood Place PRESENTS

THE LENDING LIBRARY

DO YOU WANT TO TRY ONE OF THE NEWER BOARD GAMES OR OUTDOOR GAMES BEFORE YOU BUY IT? DO YOU WANT TO BRING THE FAMILY TOGETHER TO PLAY ONE OF THE CLASSICS? A GREAT WAY TO CONNECT AND HAVE SOME FUN WITHIN YOUR HOUSEHOLD.

FREE!! A FULL LIST OF GAMES AND PUZZLES AVAILABLE FOR PICK UP BY APPOINTMENT

CALL OR TEXT 780 887-2702, OR BETTER YET, EMAIL rimbeynp@telus.net AND A LIST OF ITEMS AVAILABLE WILL BE EMAILED TO YOU!

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THE MOST DESIRED GIFT OF LOVE IS NOT DIAMONDS OR ROSES OR CHOCOLATE. IT IS FOCUSED ATTENTION.

RICHARD WARREN



Big Brothers Big Sisters of Rimbey

Become a mentor today! One hour a week is all it takes. Mentors are greatly needed in area. Call 403-843-1066 for more information.

BREDIN CENTRE FOR CAREER ADVANCEMENT

SKILLTECH

One of the fastest ways to secure employment is to demonstrate valuable skills in technology.

Our SkillTech Program provides some of the most in-demand Micro-Credentials to unemployed or underemployed Albertans at no cost to them.

587-273-0225 bredin.ca
Dionne.Warren@bredin.ca

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Canada Alberta

A PLACE FOR FAMILIES OF 0-6 YEAR OLDS TO CALL THEIR OWN

Free for all!

Please wear a mask

RIMBEY NEIGHBOURHOOD PLACE

Drop in

GROW & PLAY

Monday's @ 10 am, starting November 15

BLINDMAN YOUTH ACTION BUILDING BACK DOOR

text 780 887-2702 for questions

PROOF OF VACCINE REQUIRED FOR ADULTS

RIMBEY & AREA COMMUNITY NEWSLETTER - Available during Covid restrictions at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: rimbeynp@telus.net