

Rimbey & Area Community Newsletter



OUR MIND, OUR HEALTH

Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.

“May the blessings of each day be the blessings you need the most.”

—IRISH BLESSING

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

Facility Closures:

Peter Loughed Community Centre, and the Fitness Centre are still closed at this time, as per the mandate of the Provincial Government with regard to their Provincial State of Emergency and COVID 19.

Vern Poffenroth Memorial Arena is now open. Hourly rentals are available for single households with restrictions.

If interested please call or email us.
PH: 403-843-3151
Email: programs@rimbey.com



Brought to you by:
Neighbourhood Place &
Rimbey Adult Learning

Facilitator: Noah Boakye-Yiadom
Health Promotion Facilitator
Addiction and Mental Health

Second Thursday of the month
10:00
a.m. to 12:00 p.m.

For more information or to get the
link to this free online workshop
please email: rimbeynp@telus.net

Call or text (780) 887-2702

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



Rimbey Neighbourhood Place will get you connected locally!

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

Rimbey & District Victim Services Working in partnership with the Rimbey RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbeyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



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 appointment.”



Free Employment Services

FREE WORKSHOPS AND SERVICES OFFERED ACROSS CENTRAL ALBERTA

Seeking help with resume or cover letter development, interview preparation, job search assistance, career planning, require industry specific certifications or job placement?

We are here to help in your area! Contact Career Assistance Network to see what programs you are eligible for by calling us directly at (403) 341-7811.

Never let the things
you WANT
make you forget
the things
you HAVE.



WWW.RDCAN.CA



Big Brothers
Big Sisters
OF RIMBEY

Become a mentor today!

One hour a week is all it takes!

Mentors greatly needed in our area.

Call 403-843-1066 for more information!

For each petal on the shamrock, this brings a wish your way: Good health, good **luck**, and happiness for today and every day.

Rimbey Library

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

403 843-2841

As of December 12th all libraries in Alberta are closed to the public until further notice.

The Rimbey Municipal Library is still here to serve you. We offer curbside pickup. You can order your books online or give us a call, we will be more than happy to put your books on the table outside the library door for you to pick up at your convenience. Our COVID hours are Tuesday-Saturday 10 – 5.

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!

We have one virtual program that runs through Facebook; Bed-time Story Time – Fridays 7:00 pm

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. The library has some masks available courtesy of the Alberta Government. If you haven't already please come pick up a pack.

Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.

You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

Phone:403-314-9129 Toll Free:1-877-314-9129

This is how to make your kids amazing: 4 secrets from research

- Part 5—continued from last month



The goal here isn't to just avoid arguments. Behavior is communication. Discipline is teaching. *If these problems keep happening, what skills does it mean the kid is lacking?* How can we work on those before the emotional 4-alarm fire begins? If we practice dealing with those issues when it's calm, it's a lot easier to try and implement solutions when things get tense.

"Connect and redirect" is the name of the game when it comes to balance. And the second pillar here is merely an extension of that...

2) Resilience

In the short term, you want to help your child develop balance – to be able to return to the green zone. The long term complement to that is resilience – expanding their green zone. Things that made them freak out don't freak them out anymore.

We aren't trying to eliminate the red zone. If little Sarah is attacked by a wild boar you don't want her calmly using her negotiation skills, you want her to run away screaming for help. Red zone: good for wild boar attacks, bad for the bedroom section of Ikea.

The first step is what you don't want to do. Don't "bubble-wrap" your kids. If you never lift anything, you're not going to get stronger. And if your kids are protected from anything upsetting, they'll never get emotionally stronger or more resilient. So as a parent, you gotta balance the pushin' with the cushion. Sometimes they need to struggle, other times they need support. How do you get stronger in the gym? Find a weight that matches your current ability and as you get stronger, slowly increase it. Too heavy? Dial it back a bit. But you have to keep trying to increase what you can deal with to improve.

From The Yes Brain:

When we step in and rescue a child from a problem she can handle on her own, we short-circuit her opportunity to learn how to address a difficult issue or understand her capacity to handle hard stuff. Having to visit with a teacher or address a problem with a friend can be a powerful learning opportunity... But only if it doesn't cause so much distress that it floods their nervous systems, sending them into the red or blue zones... So there are other times when our children genuinely need us to provide a cushion. They're facing an obstacle too big or a challenge they simply can't address by themselves.

From Barking up the wrong tree—to be continued.....

Alberta Healthy Living Program

Free online educational workshops

Diabetes the Basics

A workshop that provides information about Type 2 and pre-diabetes for those newly diagnosed or wanting an update.

- 4-Part series (4 x 2 ½ hours).

Dates: Feb. 4, 11, 18, 25 from 5:30 p.m. to 8:00 p.m.

Feb. 9, 16, 23, Mar. 2 from 1:00 p.m. to 3:30 p.m.

Mar. 18, 25, Apr. 1, 8 from 9:30 a.m. to 12:00 p.m.

Heart Wise

A 2-part workshop that provides information about nutrition, exercise, and other lifestyle choices to help you maintain or improve your heart health.

- 2-part series 2 x 2 ½ hours).

Dates: Feb. 3 & 10 from 9:30 a.m. to 12:00 p.m.

Feb. 22 & Mar 1 from 9:30 a.m. to 12:00 p.m.

Mar. 9 & 16 from 1:00 p.m. to 3:30 p.m.

Mar. 24 & 31 from 1:00 p.m. to 3:30 p.m.

Managing Emotional Eating

A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.

Dates: Mar. 3, 10 & 17 from 9:30 a.m. to 12:00 p.m.

Mar. 8, 15 & 22 from 1:00 p.m. to 3:30 p.m.

Better Choices Better Health

A 6-week online workshop to help you learn techniques to better manage pain, and fatigue.

Discuss better nutrition and exercise choices that work for you. Learn tips to improve communication with your doctor, and family about your health.

Dates: Feb. 3, 10, 17, 24, Mar. 3 & 10 from 1:00 p.m. to 3:30 p.m.

Mar. 4, 11, 18, 25, Apr. 1 & 8 from 1:00 p.m. to 3:30 p.m.

Sleep Well

A free educational workshop for anyone who wants to sleep better.

Dates: Mar. 19 from 9:30 a.m. to 11:00 a.m.

Stress Less

A free educational workshop for anyone who feels stress and is looking for ways to reduce or prevent it.

Dates: Mar. 1 from 1:00 p.m. to 2:30 p.m.

Moving Matters

A free educational workshop for anyone looking to learn more about physical activity and how to include it in their day.

Dates: Feb. 23 from 6:00 p.m. to 8:30 p.m.

Mar. 18 from 1:00 p.m. to 3:30 p.m.

Nutrition: The 4 P's of Meal Planning (I Know I Should Eat Healthy But How)

A workshop to learn tips and strategies for planning and preparing food that will help you eat healthier.

Dates: Feb. 9 from 6:00 p.m. to 8:30 p.m.

Mar. 4 from 1:00 p.m. to 3:30 p.m.

Nutrition: Eating Away From Home

A workshop to help you learn how to reduce overeating when eating away from home and during special occasions.

Dates: Feb. 16 from 6:00 p.m. to 8:30 p.m.

Mar. 11 from 1:00 p.m. to 4:00 p.m.

A GOOD FRIEND IS LIKE
A FOUR-LEAF CLOVER,
HARD TO FIND AND
LUCKY TO HAVE.

What's happening at Ponoka & Rimbey Adult Learning



Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email.
Date TBAk

Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been re-scheduled for the New Year.*

The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.

Togetherall: An online peer-to-peer mental health community available free to Albertans!

In an effort to enhance mental health supports for Albertans, Togetherall has partnered with Alberta Health Services and the Alberta Government to offer an online anonymous network that offers, peer-to-peer mental health services 24 hours a day, seven days a week. Best of all, Togetherall is FREE to ALL Albertans aged 16+! Register today using a valid Alberta postal code or learn more at ahs.ca/virtualmentalhealth.