

January

Rimbey & Area

Community Newsletter



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

The Vern Poffenroth Memorial Arena—Rimbey

Family/Public Skates: January 2022

Sundays

January 9th 5:15pm-7:30pm

January 16th 6pm-7:30pm

January 23rd 5:15pm-7:30

January 30th 5:15pm-7:30pm

Sponsored by:



The Canadian Mental Health Association is a great resource! They have a newsletter and an emergency hotline, as well as lots of great COVID mental health advice. <https://cmha.ca/>
Closer to home, the Central Alberta branch <https://reddeer.cmha.ca/> runs recovery college <https://recoverycollegecentralalberta.ca/> with lots of helpful programs.



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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Rimbey
Neighbourhood
Place will get
you
connected
locally!

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

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



RIMBEY NEIGHBOURHOOD
PLACE



Drop in
GROW & PLAY

PROOF OF
VACCINE
REQUIRED FOR
ADULTS

Monday's @ 10 am,
starting November 15

BLINDMAN YOUTH ACTION BUILDING
BACK DOOR

text 780 887-2702 for questions

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.”



Make this year
a year of finding,
of fulfillment,
of joy,
peace,
and purpose.

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.

We are expanding to the north of the building! 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! Our book sale is still going – all you can carry for the amount of money you would like to donate.

January 25th – Prairie Debut presents Christina Bouey/ Pierre-Andre Doucet (violin/piano) – Rimbey United Church 7:00 pm. REP protocols will be in place. Masking is mandatory.



Neighbourhood Place
Family Programming

Starts December 2

9:30 – 11:30 AM

Parent Support Group


♡ PARENTS
SUPPORTING
PARENTS

♡ A PLACE TO
CONNECT

♡ CHILD CARE
PROVIDED

MORE INFO OR
TO REGISTER

Email: sam.rimbeynp@gmail.com
or Text/Call 780.887.2702

 Rimbey Family
Community Collective

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Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or

company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details www.rfcss.com

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!



This is the beginning of anything you want.

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.

Settlement Support in Regional Communities:
Supporting Newcomers in Central Alberta
 Do you know anyone who is new to Canada? Or, maybe you are a newcomer yourself?

The Regional Settlement program (through Central Alberta Refugee Effort, Red Deer) offers Permanent Residents support, information, and referrals on:

- Documentation and Basic Needs
- Improving English Language Skills
- Interpretation and Document Translation
- Settlement support in schools
- Community Connections
- Canadian Culture and Society
- Volunteer and Employment Opportunities

Please contact our C.A.R.E. Regional Settlement Practitioner:

403-318-1706 regionalsettlement.care2centre.ca



Launch—A Work Experience Program

If you are currently unemployed, are 20 to 30 years of age, have some post-secondary or trades training and are having difficulty finding employment, then the Launch program can help you. Participants earn a training allowance and are eligible for a program completion bonus.

Start Earning Today

www.mcgcareers.com

Call - 780-732-4283

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

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