



COMMUNITY SUPPORT PROGRAMS

PROGRAM REFERRALS

All Ages

Consultation with clients to identify services, programs and supports available to assist with optimizing quality of life.

When: By appointment

Where: Recreation Centre

Contact: Duane Didow at 780.827.2446 ext. 232

Cost: FREE

FAMILY RELIEF PROGRAM

Ages 0-17

Funded through a partnership with Child and Family Services, this program provides non-over night family relief to families/guardians who are experiencing stress in their lives and to divert possible crisis situations. Contact us to see if you qualify.

When: By appointment: Mon-Thurs

Where: Recreation Centre

Hours: Mon/Wed: 10:00am - 12:00pm & 1:00pm - 3:00pm

Tues: 1:00 - 3:00pm & 5:00 - 7:00pm

Thurs: 10:00am - 12:00pm & 1:00pm - 3:00pm

Contact: Donna Kennedy at 780.827.2446 x 223

Cost: FREE

PARENT INFORMATION SESSIONS & SUPPORT

For: Parents & Guardians

Various options are offered to develop and enhance parenting skills and methods, including one on one training sessions.

When: By appointment

Where: Rec Centre

Contact: Diana Blaszczyk at 780.827.2446 x 232

Cost: FREE

GRIEF AND LOSS SUPPORT

All Ages

Provides support and coping strategies for clients affected by the loss of loved one, relationship, or other distressing circumstances.

When: By appointment

Where: Recreation Centre

Contact: Duane Didow @ 780.827.2446 ext. 232

Cost: FREE

NEWCOMERS PACKAGES

All New Residents

Newcomer packages are available to new residents and provide information on local services, businesses, and organizations.

When: Recreation Centre Office Hours

Where: Recreation Centre Reception

Cost: FREE

TAXI TICKET PROGRAM

Taxi tickets are provided to seniors or residents who have a physical or mental disability.

When: Recreation Centre Office Hours

Where: Pick up at Recreation Centre Reception

Contact: Recreation Centre at 780.827.2446

Cost: FREE

NEED HELP WITH GOVERNMENT FORMS?

All Ages

Staff provide clients with assistance in filling out various government forms such as CPP, Disability, Old Age Security and AISH.

When: Mon-Fri, 9:00am - 4:30pm or by appointment

Where: Recreation Centre

Contact: Duane Didow @ 780-827-2446

Cost: FREE

MEALS ON WHEELS

Meals on Wheels is a service provided for individuals at home who are unable to prepare their own meals; ie. those experiencing long or short term illness, early hospital discharge patients, people with disabilities. Meals are prepared by the Grande Cache Hospital. Please contact us if you would like to volunteer.

Contact: Department of Wellness & Recreation at the Recreation Centre at 780-827-2446 for more information.

COMMUNITY ADULT LEARNING PROGRAMS

LITERACY TUTORING

A tutor will assist you to improve your essential literacy skills.

When: By appointment by calling Duane 780.827.2446 x 232

Cost: Free

ESL (ENGLISH AS A SECOND LANGUAGE)

Classes to improve your speaking, reading and writing in English.

When: Mondays 7:00pm - 9:00pm and
Saturdays 10:00am - 12:00pm

Instructor: Phylis Lyster

Start Date: September 26, 2011

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

MEALS FOR YOUR FREEZER

Spend the afternoon learning how to plan, shop, and prepare a week's worth of meals in an afternoon. Learn how to create nutritious budget-conscious, seasonal meals using non-processed or packaged foods.

For more information call Duane Didow at 780.827.2446 ext.232

Instructor: TBA

(Please register at the Grande Cache Recreation Centre).

BASIC NUTRITION, HEALTH AND ACTIVE LIFESTYLE WORKSHOP

Self - management techniques including nutrition, exercise basic health information and personal goal setting action plan.

Instructor: Kandis Woodward, R.N.

For more information contact 780.827.7641. Alberta Health Services Chronic Disease Management.

Cost: FREE

(Please register at the Grande Cache Recreation Centre).

MENTAL HEALTH FIRST AID FOR ADULTS

WHO INTERACT WITH YOUTH

The mental Health First Aid training course was developed to help people provide initial support to someone who may be developing mental health problems.

Instructor: Trevor Haas

Date: November 7-8, 2011 9:00am - 5:00pm

For more information call Duane Didow at 780.827.2446 ext.232

(Please register at the Grande Cache Recreation Centre).

ASSERTIVENESS TRAINING

Have you ever asked yourself: "How can I be more confident?" or "How can I improve my self-esteem?" Maybe you would like a better understanding of who you are. Assertiveness is a means of communication that answers many of these questions. In this session you will learn to communicate your feelings, thoughts and beliefs in an open, honest manner without violating the rights of others.

Instructor: Trevor Haas

Contact: Duane Didow at 780.827.2446 ext. 232

(Please register at the Grande Cache Recreation Centre).

SELF ESTEEM

You have the right to feel good about yourself! In the past session we have discussed anger control and assertiveness, each giving you more control in handling day-to-day events. In turn our self esteem is boosted. Now let's bring it all together, discuss and practice strategies to maintain self-esteem and reduce stress.

Instructor: Trevor Haas

Contact: Duane Didow at 780.827.2446 ext. 232

(Please register at the Grande Cache Recreation Centre).

HEALTHY COMMUNICATION

Instructor: Trevor Haas

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

DEALING WITH STRESS

Instructor: Trevor Haas

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

GUIDE TO STEP PARENTING

Building successful blended families and discipline.

Instructor: Trevor Haas

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

DRUMMING

Everyone has rhythm, come explore yours. Drumming in a group is an experience not to be missed. Bring your own drum or use one of the instructor's.

Instructor: TBA

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

BEGINNER'S ACRYLIC PAINTING CLASS

Ages 16 to adult. Learn about color theory, mixing colors, transparent and opaque colors and composition. Execute a painting from start to finish.

Instructor: TBA

For more information call Duane Didow at 780.827.2446 ext.232
(Please register at the Grande Cache Recreation Centre).

PASS PARENTING AFTER SEPERATION SEMINAR

For the children's sake! Gain a understand of how the process and effects of separation and divorce affects children.

Instructor: Diana Blaszczyk

Date: October 15th, 2011

Time: 10:00am - 4:00pm

Location: Tourism Centre

For more information call Duane Didow at 780.827.2446 ext.232
Cost: FREE

(Please register at the Grande Cache Recreation Centre).

CANADIAN FIREARMS SAFETY COURSE

This course will outline the responsibilities of firearm ownership, safe handling and use of firearms and ammunition.

Date: December 9th - 11th

Time: 9:00am - 5:00pm

Location: Tourism Centre

Cost: \$100.00

Instructor: Greg Nolan

(Please register at the Grande Cache Recreation Centre).

RED CROSS FIRST AID

When: Sept 29, 30, Oct 1

Location: Tourism Centre

Instructor: Jenna Nolan

Contact: Duane Didow at 780.827.2446 ext. 232

Cost: \$150.00

(Please register at the Grande Cache Recreation Centre).

A community's most valuable resources are its people. Investments made in developing and supporting people pay dividends in all areas of community life.

We can make valuable contributions to our communities, and communities need the contributions of all of us.

Voluntarism is inherently valuable in that it allows us, as citizens, to contribute directly to our community, which in turn is linked to positive outcomes for individual volunteers.

Partnerships are fundamental to community building. Municipalities and Metis Settlements can support individuals, families and communities by providing well-designed preventive social programs.

