

COMMUNITY CONNECT



Upcoming Events

-FCSS COMMUNITY KITCHEN

November 7 @ Spirit River
Centennial Hall Contact 780-
864-3500 for information

Monthly Events

-MEN'S NIGHT Tuesdays 7pm

@ Rycroft Community Hall
Open to All Men
Contact Vern 780-834-7829
or Tom 780-933-6775

-DUNVEGAN TOASTMASTERS

CLUB Wednesdays on Zoom
6:30 pm to 8 pm Contact
Carolyn at 780-864-5657

-FCSS ROUND TRIP BUS to

Grande Prairie, Sexsmith or
Clairmont on Tuesdays,
Wednesdays & Thursdays
Leaves 8:30-9:00 am, returns
by 5:00 pm - \$25.00 per trip
Call 780-864-3500 to book or
for more information

MIND MATTERS

Our mind matters and keeping our mind active is important. We all need to think about our mind in the same way that we need to think about our bodies, especially in times of change.

Where possible, try to keep up with normal everyday activities and interests, especially by staying connected and keeping in touch with friends, family and neighbours. Keeping active with interests and hobbies we enjoy helps keeps our mind well, as does getting out for exercise or a walk. Using a calendar can help remind us of important events and to connect with others.

There may be times when things change for us, so knowing what to do if something does change will help us cope better. It is important to keep in touch and remember others are likely to be feeling similar so sharing and being kind will help. For most of us, these feelings will pass. We've all faced challenges over the past year. You may have found your own ways of coping, but it's also natural to feel anxious or even overwhelmed by the situation we are in. You are not alone.

Finding joy each day can really help, such as noticing the things we appreciate like nature, a call or a walk with a friend or family member, a good cup of tea or coffee, completing a word search, baking, trying something new, or seeking out the winter sun. It's good to keep the big picture in mind.

If you start to feel overwhelmed, some simple breathing exercises can help:

1. Sit or lie down in a way that's comfortable for you.
2. Take a deep breath in and hold it, at the same time raising and tightening your shoulders, and clenching your fists.
3. Count slowly to five as you breathe out.
4. Do this several times.

From "Keeping Well This Winter"

<https://findingbalancealberta.ca/resource-catalogue/>

Spirit River & District Ag Society 45th Annual Christmas Craft Show

Friday November 5

4:00 pm to 9:00 pm

Saturday November 6

10:00 am to 4:00 pm

Spirit River Centennial Hall

Take Out Food Booth by

Grace Gospel Chapel Ladies Group

Covid-19 Regulations are in place!!

If you and/or your family are needing a little extra financial support at Christmas, **Christmas Hamper** Applications are available through **FCSS**, or your Municipal Office as of November 1. Get your application into FCSS by December 3.

Secret Santa for Kids is part of the hamper program. Please call our office to sponsor a child's gift list. Gifts are due in by Dec. 14.

Santas for Seniors is running this year, sponsor a seniors' wishlist after November 15th. Gifts are due in to **FCSS** on Dec. 10.

780.864.3500 press 2 for FCSS

Grande Prairie Family Education Society

What is home visitation?

One of the programs our agency offers is Healthy Families home visitation program. Home visitation is a voluntary free-of-charge program for Alberta families with children from newborn to six years of age. Home visitors stop by weekly in the parents' home to enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning.

Home visitors build relationships with families with the aim of helping them perceive and build on their own strengths. They spur families on to greater success through on-going support and by connecting them with community agencies that can provide additional assistance.

Participation in the program can be intensive and long-term depending on the needs of the children and family. Weekly visits may gradually be reduced to monthly. Families may take part in the program for up to 6 years, depending on individual needs.

Things families have said throughout home visitation programing.

"I have a baby and two other children. One thing my home visitor did was to tell me about an agency in the city who had volunteers who would come to my house and just watch the kids for three hours so I could have a shower or just take a break or get some other things done. I never would have known about that program."

"Transportation is a big concern. Some of the mothers I see live on farms and don't have vehicles during the day. The expense and effort involved in going to a center-based program would be too much for them."

For more information or to complete a referral form for any of our programs and services, please contact our office at 780-830-0920 or email hubcordina-tor@gpfes.com.

South Peace Rural Community Learning For the Central Peace

AVAILABLE NOW

November 5 & 6 from 830 TO 430 FIRST AID {\$150}

CANADIAN FIREARMS SAFETY

November 27 from 9-6pm NON-RESTRICTED {\$150}

November 28 from 9 am to 6 pm RESTRICTED {\$150}

COMING SOON

Alberta Health Basics

Alberta Moving on with Persistent Pain

Alberta Anxiety to Calm

Alberta Journey Through Grief

Alberta Happiness Basics

Alberta Relationships in Motion

For more information or to register

centralpeace@sprcl.ca or call/text 780 864 7774



Sponsored by South Peace Rural Community
Learning and Saddle Hills PCN



Spirit River Festival of Trees

November 25 & 26 from 1 to 8 pm.

We encourage you to enter displays for children and adults, as well as community groups. There will be a silent auction and some entertainment as well.

There will be no live auction of mini-trees this year



Go see the Northern Spirit Light Show!! Book yourself and/or your family on the bus to enjoy the lights. Available bookings: Dec. 10, 13, 20, 27.

Call 780.864.3500

For more information and to book your night out!



Purdy Chocolates Fundraiser

Spirit River Municipal Library
is selling chocolates

Accepting orders until November 20

Check out the website below, or contact the library for a catalogue or to request an email link.

<https://fundraising.purdys.com/320878-86420>



GROW A MO

MOVEMBER® Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

<https://ca.movember.com>

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to cphaw-c2.connect@outlook.com. Visit [Central Peace Health And Wellness Coalition \(CPHAWC\) Facebook page](http://CentralPeaceHealthAndWellnessCoalition(CPHAWC)Facebookpage).

If you would like to receive the newsletter via email, please send an email to cphaw-c1@outlook.com requesting to be added to the list.