

# Vermilion and Area Interagency

April 2021

## Next Interagency Meeting: Thurs. June 24<sup>th</sup>

Online format, watch for further details by email.

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**LINKING  
INFORMING  
COLLABORATING  
HELPING ORGANIZATIONS**



For more information contact: Carol Coleman, Town of Vermilion Family & Community Support Services (FCSS) Coordinator 780.581.2413 [ccoleman@vermilion.ca](mailto:ccoleman@vermilion.ca) or CLASS Vermilion River Community Learning 780.853.2000, [ceo@classab.ca](mailto:ceo@classab.ca).

**Vermilion Public Library 780.853.4288**

[www.vermilionpubliclibrary.ca](http://www.vermilionpubliclibrary.ca)

**Sheila Heit, Programs Coordinator**

**Email [programs@vermilionpubliclibrary.ca](mailto:programs@vermilionpubliclibrary.ca)**

- We are closed to the public per the return to covid Step 1 as of April 6. Library staff are onsite: 10-5 Monday to Friday to offer curbside service. Print/scan/fax, and remote assistance by appointment. Call the Library or email [info@vplibrary.ca](mailto:info@vplibrary.ca).
- To develop our next 5 year service plan we are following the Strategic Planning for Results model as recommended by Alberta Public Library Services Branch. The service model is based on local needs identified by community stakeholders who help us choose areas of focus. Library trustees evaluate the stakeholder data and choose objectives to meet these needs with measurable goals. Hope to have document in place by the end of June.
- Two local author interviews scheduled to be posted on face book in April. Billi J. Miller, "Bubbles Took a Trip" (Juvenile Fiction), Katrina Hamel, "As the Stars" and "Dividing Sword" (Christian Fiction).
- Two preschool story time sessions were pre-taped and posted to face book in March. The first video currently has over 60 views!

## Walking Through Grief Society

**Shirley Scott 780.846.2576 Email: [wtgriefsupp@xplornet.ca](mailto:wtgriefsupp@xplornet.ca)**

**Lynda Moses 780.853.1818 Email: [lyndamoses@telus.net](mailto:lyndamoses@telus.net)**

- Weekly group meetings, some joining by zoom, some one-to-one sessions by appointment, and/or phone calls to others (daytime or evening) to stay connected.
- Hope After Loss, Audra's Legacy is almost done for the session. This will begin again in late September. Any that are interested in this program for their children (ages 6-16) can seek out information or register now.
- Looking for volunteers who love working with children and are passionate about child grief support or who may want to volunteer in other areas.



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## Alberta Health Services – A resource for families who have a member with a positive covid test:

A Practical Guide to Support Family Stress after a Positive COVID-19 Test

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-guide-support-family-stress-after-testing-positive.pdf>

The document can be found here; the AHS Isolation & Quarantine page

<https://www.albertahealthservices.ca/topics/Page17239.aspx>

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## Catholic Social Services – Lloydminster Office 780.875.9084 [www.cssalberta.ca](http://www.cssalberta.ca)

Todd MacIntyre, Counsellor

Email [todd.macintyre@cssalberta.ca](mailto:todd.macintyre@cssalberta.ca)

- Counselling for people of all faiths and cultures. Vermilion residents receive five free visits (covered by Town of Vermilion FCSS), thereafter a sliding fee scale is used based on family income levels. Book face to face, phone, or virtual appointments through the Lloydminster office.
- Payment will not be a barrier to providing services to those in need.

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## Prairie Central FASD Association [www.prairiecentralfasd.ca](http://www.prairiecentralfasd.ca)

Jen Willes, FASD Educator 587.386.0186

Email [j.willes@prairiecentralfasd.ca](mailto:j.willes@prairiecentralfasd.ca)

- NEW\* FASD Support Services are now available in the Counties of Minburn, Two Hills, and Lamont by contacting Jaimie Gehring, FASD Outreach Coordinator at 780.404.7182 or email [jgehring@lcfasd.com](mailto:jgehring@lcfasd.com)
- FASD Support Services in the County of Vermilion River continue to be available through Catholic Social Services, Wainwright by contacting Ashley Longstaff 780.672.0257 or email [ashley.longstaff@cssalberta.ca](mailto:ashley.longstaff@cssalberta.ca)

## Catholic Social Services - FASD Program for County of Vermilion River, Wainwright, Provost

Ashley Longstaff, Service Coordinator Cell 780.806.1228

Email [ashley.longstaff@cssalberta.ca](mailto:ashley.longstaff@cssalberta.ca)

- We are taking new clients. Be sure to pass on referrals if you have them.
- We are currently looking for a new Community Outreach Worker.
- We are easing back into some face to face in-person interactions. We do this with safety in mind and use all our PPE. Priorities and client needs are strongly considered and weighed out.
- We offer support virtually on a regular basis one on one with our clients to help them navigate issues as they arise.
- Offer a “Life Skills Video Share Virtual Group” to help clients continue growing life skills, help them find new interests by encouraging them to engage in activities, and provide resources or information to work on program/client goals.
- We still support our clients with everything as we did before-- including but not limited to: doctoring, food bank assistance, problem solving, budgeting, crisis intervention, mental health and addictions referrals, community connections, etc.
- Complex Needs Caregiver Support group still runs on a virtual platform. This is still open to those caregivers who need supportive suggestions and just looking for a peer group who understands the unique challenges of caring for someone with a disability.

## Rapid Access Counselling (RAC)

Shannon Kanda, Rural Family Engagement and Resource Coordinator, Counselling Services Catholic Family Service

Call 1.403.205.8533, Toll Free 1.877.244.2360

Email [shannon.kanda@cfs-ab.org](mailto:shannon.kanda@cfs-ab.org)

[www.CommunityConnectYYC.ca](http://www.CommunityConnectYYC.ca) , choose Rapid Access Counselling

- Affordable counselling by secure video chat or phone to anywhere in Alberta
- The single session counselling program, delivered by Catholic Family Service in Calgary, supports families, couples, and individuals of all ages, faiths, and backgrounds. Whether you're facing a current crisis or an ongoing challenge, our change-focused conversations can help you identify the next steps.
- Appointments are often available within a week. Book online at <https://www.cfs-ab.org/what-we-do/mental-health-wellbeing/rapid-access-counselling/> for answers to frequently asked questions or call 1.877.244.2360
- A variety of skilled counsellors are available to choose from.
- Pay what you can afford, you choose a session fee that is comfortable and manageable for you, cost is not a barrier to support.



## Midwest Family Connections (MFC), Lloydminster and area

Becky Walker, Family Engagement Coordinator 306.825.5911

Email: [becky@midwestfamilyconnections.ca](mailto:becky@midwestfamilyconnections.ca)

- MFC is still delivering community based virtual programs through ZOOM, which for April include:
  - Virtual Quick Tips – Triple P tipsheets on the topics of separation problems, sharing, and bedtime problems. Other topics can be covered on request.
  - Coffee Talk for Parents of Teens – the opportunity to connect with one of our staff to discuss topics of concern and/or get information on developmental relationships, the teenage brain, positive parenting strategies for a variety of topics and information on community resources.
  - The Baby Bunch – Share ideas and explore a variety of strategies to support baby’s development during the first year of life!
  - Monday Mornings with MFC – Opportunity to connect with others and share about parenting. Parenting tip and self-care idea at each session.
  - Triple P Lunch & Learn – Parenting group that looks at developing parenting plans to manage behaviours or to assist with skill development (focuses on children 2-12)
  - Mothers First – 1-1 sessions for new mothers. Information and support focuses on the experiences and needs of new mothers who may be experiencing or concerned about anxiety, stress, or post partum depression.
  - Coming soon – Activity kits for our Alberta outreach communities
  - Parenting tips and activities being posted on our Facebook and Instagram pages.
- MFC continues to support families through phone calls, emails and ZOOM in the Early Childhood Intervention, Preschool Mental Health, Parent Child Assistance Program, Home Visitation and Family Coaching & Mentorship programs.



## Lloydminster Interval Home Society [www.intervalhome.org](http://www.intervalhome.org)

Leslie Bakker, Public Education Facilitator 780.808.5282 Ext. 2005

Email [leslieb@lloydintervalhome.com](mailto:leslieb@lloydintervalhome.com)

- Offering free monthly Learn with LIHS Zoom sessions. Next session is April 28 from 12-1:00 pm and the topic is Family Violence. Presentations will include: types of violence, power and control, cycle of violence, effects of abuse, support. Please email Leslie to register. For more information visit the social media pages.
- Stronger for Her 2<sup>nd</sup> Annual Virtual 5K – Participants can choose their route between June 9-13, 2021 when they walk, run, or bike and show their support for the cause! All participants registered before May 26<sup>th</sup> will receive a t-shirt and grab bag. Sign-up today on the website [www.intervalhome.org](http://www.intervalhome.org).

## Alberta Health Services – Healthy Living Programs, Central Zone

Molly Bara, Registered Dietician, Nutrition Services, Chronic Disease Management 1.587.674.1293

Email [Molly.Bara@albertahealthservices.ca](mailto:Molly.Bara@albertahealthservices.ca)

- Many free online educational sessions, daytime and evening times, each session usually 2.5 hours. You must pre-register to get the zoom link. Topics include the following and posters are available for each session:  
Adult Weight Management  
Better Choices Better Health  
Diabetes Basics  
Eating Away from Home  
Heart Wise  
Managing Emotional Eating  
Minding Stress  
Moving Matters  
Nutrition: The 4 P's of Meal Planning  
Nutrition Labels, Reading Between the Lines  
Sleep Well
- You will find the listing of all available sessions with dates on the Alberta Healthy Living Program Class Schedule Guide – Spring 2021 ([albertahealthservices.ca](http://albertahealthservices.ca)) see  
<https://www.albertahealthservices.ca/assets/programs/ps-cdm-central-ahlp-program-guide-current.pdf>  
(course catalogue) <https://www.albertahealthservices.ca/assets/programs/ps-cdm-central-catalogue.pdf>
- New Tiered Program – The new Adult Weight Management tiered program has started and we do have the 2<sup>nd</sup> and 3<sup>rd</sup> tiers available this quarter! The new tiered program incorporates the information that clients would have received through the 8 sessions of Weight Wise. Two of the previous nutrition specific Weight Wise classes will be continued to be offered as standalone classes: 4 P's of Meal Planning (previously called, I Know I Should Eat Healthy but How) and Eating Away from Home (previously called Eating Away from Home and Special Occasions).

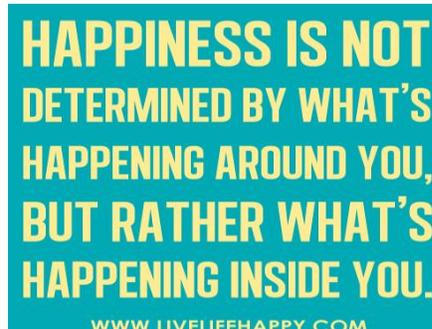


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## Kalyna Country Primary Care Network (Located in Midtown Medical Clinic, Vermilion) 780.853.6966

Lynette Adamson, Nurse Practitioner Email: [ladamson@kalynapcn.ca](mailto:ladamson@kalynapcn.ca)

- Available for virtual or in-person appointments as appropriate for Chronic Disease Management with nurses or dietitian; advanced footcare appointments with LPN; Youth Wellness clinic (up to age 21) and Womens' Health Clinic with Nurse practitioner.
- Happiness Basics program offered starting Wednesday, May 5, 5:30 – 7:00 pm. This is a free weekly program via Zoom that runs for four (4) weeks and focuses on positive psychology. To register call 1-800-370-1697.

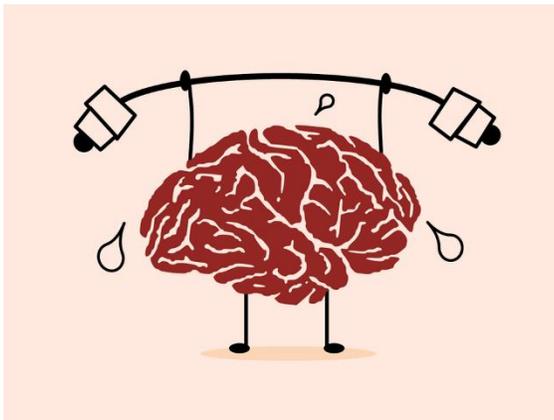


## Rural Mental Health Project, Vermilion (Supported by Canadian Mental Health Association, FCSS Vermilion)

Derek Collins, Community Animator Email: [Derek.Collins@lakelandcollege.ca](mailto:Derek.Collins@lakelandcollege.ca)

Sarah Popil, Community Animator Email: [Sarah.Popil@lakelandcollege.ca](mailto:Sarah.Popil@lakelandcollege.ca)

- Upcoming seminars on Self-care and Connection (dates to be determined), facilitated by The Nest Project in June.
- Featuring podcast interviews of people from Vermilion community. The goal is to share ideas and create connections. Episodes can be found at <https://www.facebook.com/Vermilionruralmentalhealthproject> or <https://derekcollins.podbean.com/>
- Look to the facebook page for updates or email at [vermilionmentalhealthproject@gmail.com](mailto:vermilionmentalhealthproject@gmail.com) if you have questions or are interested in being featured on our podcast.



### The Next Project [www.thenestproject.ca](http://www.thenestproject.ca)

Jodi Simmonds Email: [jsimmondswellness@gmail.com](mailto:jsimmondswellness@gmail.com) Call 639.536.3939

Kerri Lorenson Email: [kerrilorenson@gmail.com](mailto:kerrilorenson@gmail.com) Call 780.259.0067

- The following partnerships have resulted in a beautiful cross-section of online mental health and wellness sessions available at no charge to participants in our region. Sessions are facilitated by educators at The Nest Project and include evidence-informed practices that people can begin to use immediately as part of their wellness routine. To learn more about The Nest Project and our educators visit [www.thenestproject.ca](http://www.thenestproject.ca)

### FCSS - County of Vermilion River Wellness Series

Through the generous support of FCSS CVR, The Nest Project is offering wellness education at no charge to residents of the County of Vermilion River. Starting May 12, we will be offering "Choosing Joy" as a 3 week series via Zoom on Wednesday evenings from 7-8 pm. In this series we will explore practices that positively contribute to our overall happiness and build skills that can last a lifetime. Participants will learn practices they can incorporate into their day to consciously be more open to the emotion of JOY! To register, please visit: [www.thenestproject.ca/join-us](http://www.thenestproject.ca/join-us)

### Living Well: Practices for Everyday Well-Being

The Nest Project is thrilled to partner with [@thorperecovery](https://www.instagram.com/thorperecovery) to offer a new program funded by Project Sunrise [@lloydhrf](mailto:lloyd@lloydhrf.com). The Practice of Mindfulness begins on Monday, April 12th from 7pm-8pm via Zoom and will run for three consecutive Monday evenings. Visit [www.lloydminstermentalhealth.ca/livingwell](http://www.lloydminstermentalhealth.ca/livingwell) to learn more and register!

## VIBE (Vermilion Is Being Empowered)

Pat Calyniuk, VIBE Wellness Manager 780.853.3718

Email [pat.calyniuk@btps.ca](mailto:pat.calyniuk@btps.ca)

- VIBE: Mental Health Week May 3rd to 7th
- Focus for the month of May:
  - Magnets with 1-800 numbers will be distributed during the month of May to families in school.
  - Students's mental health art will be displayed in the schools. Students in grade 10-12 can enter to compete for cash prizes. Art will also be displayed via VIBE's facebook page.
  - VIBE is distributing creative mental health packages with mental health resources. Families can register till April 23rd for a kit. This is in lieu of the Mental Health Art Gala.
  - VIBE will be working with AHS to offer self-care nights for parents.
  - VIBE in partnership with various organizations is working on summer planning.
- For more information call Pat 780-853-3718 or email [pat.calyniuk@btps.ca](mailto:pat.calyniuk@btps.ca)

## Alberta Health Services - Community Health Promotion

Joanne Stewart, Health Promotion Facilitator Direct Office Line 780.631.0032

Email [Joanne.Stewart3@albertahealthservices.ca](mailto:Joanne.Stewart3@albertahealthservices.ca)

- Reducing The Impact of Financial Strain (RIFS) Project

The project is on step 5, the final step of the project – sustain, improve and share. The RIFS project has been extended until the end of June to work towards sustainability and some evaluation of our initiatives. It was supposed to be completed at the end of March.

Our approved work plan includes the following projects:

  - Establishment of a Community of Practice – To identify cross-sector resources and support to meet the needs of individual cases, as well as internal learning opportunities. This is an opportunity for professionals in the community that are struggling to find resources to support a client to reach out to other local professionals to brainstorm (or case conference) around what might be helpful. This started with RIFS but the intent is for this to be accessible to the entire Vermilion service community. We have had two of these so far. Someone brings a case to the table and a meeting invitation is sent out, so far with just our RIFS folks, but with the hope that they will share it with others they feel would be helpful. The meeting is 30 minutes where the situation is described and suggestions are given. Very supportive. If you have an idea contact Carol Coleman, Stephen Booth or myself or anyone from RIFS.
  - Transportation access – In Vermilion and to appointments in other communities, targeted to those with financial strain, accessed through Kalyna Country Primary Care Network (PCN)
  - Printing services at Vermilion Public Library for those seeking employment or resume building
  - Support to Hearts and Hands for washing warm winter winter clothing.
- Vermilion Wellness Coalition – Strategic planning, Better Together grant was received.



## Parents Empowering Parents (PEP) Society [www.pepsociety.ca](http://www.pepsociety.ca)

Lorena Greig, Executive Director Office 780.410.8516 Support Line 780.293.0737

Toll Free 1.877.991.2737

Email [executivedirector@pepsociety.ca](mailto:executivedirector@pepsociety.ca) or [info@pepsociety.ca](mailto:info@pepsociety.ca)

- New virtual Alberta wide Family Recovery Group meetings, biweekly on Wednesdays 7:00 p.m. on zoom. Helping families who are impacted by a loved one's substance use or addiction.

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## Alberta Health Services – Volunteer Resources

Susan McCulley, Coordinator 780.853.8842

Email: [Susan.McCulley@albertahealthservices.ca](mailto:Susan.McCulley@albertahealthservices.ca) or [susan.mcculley@gmail.com](mailto:susan.mcculley@gmail.com)

- National Volunteer Week is April 18-24<sup>th</sup>. This year Alberta Health Services will celebrate the contributions of Alberta Health Services volunteers virtually.
- Vermilion Continuing Care and Islay Assisted Living currently no volunteers are allowed on site however we are looking for the following: donations of activity books (ie. crosswords, sudoku, adult coloring books), exercise balls.
- Virtual Volunteer Opportunities – Looking for videos from entertainers (playing a musical instrument and/or singing), video format reading current events or reading books/stories.
- Call or email to [susan.mcculley@gmail.com](mailto:susan.mcculley@gmail.com) if you would like to drop off items or if you would be interested in the volunteering virtually.
- Social isolation has been the biggest challenge for the residents at Vermilion Continuing Care and Islay Assisted Living as well as for patients at the Vermilion Health Care Centre, and the homecare clients in the the County of Vermilion River. Volunteer Resources has been working with the sites and with Alberta Health Services volunteers to find creative ways to connect virtually.



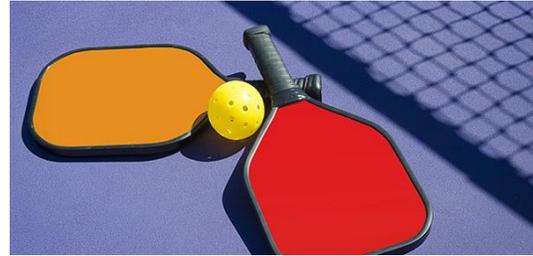
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## Town of Vermilion Family & Community Support Services (FCSS)

Carol Coleman, FCSS Coordinator Direct Office Line 780.581.2413

Email [ccoleman@vermilion.ca](mailto:ccoleman@vermilion.ca)

- We continue working with the Reducing the Impact of Financial Strain (RIFS) Project with Kalyna Primary Care Network, Rural Mental Health Project, and Newcomer Advisory Committee.
- The Mental Health and Wellness Conference Planning Committee will meet in late April for discussion on speakers for January 2022. If you have any speaker suggestions, please contact Leanne Martin from the Chamber or myself.



## Town of Vermilion Community Services - Parks, Recreation, Arts & Culture

Kevin Lucas, Director 780.581.2406 Email [klucas@vermilion.ca](mailto:klucas@vermilion.ca)

- 2021 is the 54<sup>th</sup> Annual PITCH-IN Clean Up Across Canada!  
PITCH-IN is the largest environmental improvement campaign in Canada. It is a partnership between municipalities, the media, industry and the public. In total, 1,000,000+ Canadians participated in the program annually cleaning up over 5 million pounds of litter. The annual PITCH-IN campaign results are incorporated in the world-wide Clean-Up the World statistics. This Campaign, of which PITCH-IN CANADA is a founding participant, was started in 1990 and is supported by the UNEP (United Nations Environment Program).

Other notable notes

- Tennis courts are good to go. The town will be installing wind screen in the next few weeks to help with pickle ball
- New Ice Plant project is well underway. Old plant has been completely removed, new plant being built offsite. Delivery eta, August, 2021
- Keep watching for Covid-19 restrictions for all summer sport programs

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## Vermilion Regional Centre (5702 College Drive), Town of Vermilion

Carol Coleman, Facility Coordinator 780.581.2413

Email [ccoleman@vermilion.ca](mailto:ccoleman@vermilion.ca)

- This facility is primarily closed as per the covid restrictions. Some dance classes were held in March and April. Gospel meetings have been held in the hall as per the covid restrictions.
- Bookings can be made for future events.

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## Vermilion & District Chamber of Commerce [www.vermilionbertachamber.com](http://www.vermilionbertachamber.com)

Leanne Martin, Chamber Manager 780.853.6593

Email: [leanne@vermilionbertachamber.com](mailto:leanne@vermilionbertachamber.com)

- Annual General Meeting Wednesday, May 12, see website.
- 13<sup>th</sup> Annual Women's Conference called "Project Gazelle", Wednesday, May 19, 2021 on zoom 6:00 - 9:00 p.m. Presenter is Glenys Reeves-Gibbs. Registration fee is \$30.00 + GST, see website to register. There will be a Fashion Show from various local businesses included.



## Vermilion Food Bank 780.853.5161

Derek Collins, Food Bank Coordinator/Volunteer Leader

- Pick-ups are Fridays 12:30 – 2:30 p.m. at the Holy Name of Jesus Roman Catholic Church (4620 – 53 Ave.), Vermilion, using covid-19 guidelines.

## Hearts and Hands 780.581.0521

- Reaching out to families and individuals
- Provides a gift of food, personal items, cleaning products, baby formula and diapers. Call and leave a message and your call will be returned.



## Togetherall, Centre for Social Innovation (NEW for Alberta residents)

- FREE to all Albertans aged 16+, available 24/7/365, no referral needed - A safe, online community where members remain anonymous to each other but can share how they are feeling and can draw strength and insights from others. Contact Victoria Senyard, Partnerships Manager 1-604-999-2406, email [victoria.senyard@togetherall.com](mailto:victoria.senyard@togetherall.com).



**\*National Volunteer Week April 18-24, 2021  
Theme: The Value of One, The Power of Many**

*Thank a volunteer, be a volunteer contributor in your community.  
Check-in by phone to a neighbor. Assist a sport team or community group.  
Clean up the litter in your community when you walk about.*

*Special thanks to our volunteers who make our community a great place!*

**\*Submit a brief story about a community volunteer who impacted you. Be entered for a draw for some Vermilion & District Chamber of Commerce Bucks to spend in Vermilion.**

**Send your story to [fcss@vermilion.ca](mailto:fcss@vermilion.ca) by May 3rd.**

**Next Vermilion and Area Interagency Meeting**

**Thursday, June 24, 2021 Meeting 12:00 p.m.**

**Other Future Meeting Dates: Thursday, September 9, 2021**

Emails will be sent in advance regarding the format of future meetings, whether in-person or via online zoom.

Vermilion & Area Interagency is a partnership between CLASS Vermilion River Community Learning and the Town of Vermilion Family & Community Support Services (FCSS)



CLASS Vermilion River Community Learning

