

Vermilion and Area Interagency

January 2022

Next Interagency Meeting: Thurs. April 14th

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 or CLASS Vermilion River Community Learning 780.853.2000, ceo@classab.ca.

Money Mentors Alberta www.moneymentors.ca

#175, 17010 – 103 Ave. Edmonton, AB T5S 1K7

Linda Mak, Stakeholder Relations Coordinator Toll Free 1.888.294.0076 ext. 3255

Email: lmak@moneymentors.ca

- The only Alberta-based, non-profit credit counselling, debt consolidation, and financial education agency. Phone and virtual appointments available.
- Provides free counseling, budgeting tools, money tips, and financial education programs to help you get out of debt, save money, and become financially stable. With each successful completion of the free online course, you are entered to win a monthly draw for \$500.00!
- Exclusive provider of the federally legislated Orderly Payment of Debt program on behalf of the Alberta Government, combining all your unsecured debts into one payment at a fixed 5% interest rate.

Alberta Health Services - Community Addiction and Mental Health

Vermilion Addiction Services, Vermilion Provincial Building (4701 – 52 St.)

Keily Stetson, Addiction Counsellor 780.581.8000

Email: Keily. Stetson@albertahealthservices.ca

- Open to in-person office visits, phone and zoom sessions also possible.
- Psychological First Aid is available as a virtual two hour session, no charge.

Alberta Health Services – Central Region

Email: christine.laval@ahs.ca

- February Self-Care Serices for Moms – Register before January 28th. For any mom who has has an infant up to the age of 2 years and is interested in learning more about self-care. Access FREE weekly pre-recorded education sessions provided by professionals on topics all moms need to hear! Topics include Mom Guilt, Creating Space for Self-care, Anxiety to Calm, Mindfulness for Moms, The 4th Trimetester. Opportunity to be entered into a draw to win one of four prizes valued at \$150.00.



Catholic Social Services – Lloydminster Office 780.875.9084 www.cssalberta.ca

Todd MacIntyre, Counsellor

Email todd.macintyre@cssalberta.ca

- Counselling for people of all faiths and cultures. Vermilion residents receive some 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. Some appointments possible in the Vermilion location.
- Payment will not be a barrier to providing services to those in need.

Edmonton Virtual Counselling Clinic – Offering Free Professional Counselling Sessions Remotely

Website www.cityuclinic.ca Call 780.918.8290

Email EdmontonVirtualClinic@cityu.edu

- The City University in Canada, Virtual Counselling Clinic offers no cost professional counselling sessions remotely to clients living across Alberta via a secured video conferencing platform. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist.
- Hours of Operation: Appointments available Monday through Saturday, 8:00 a.m. – 8:00 p.m.
- Clients served: adults, youth, children (age 6+), couples, and families
- Technology Requirements: Clients will need access to a private (passworded) and reliable internet connection and a laptop/smartphone/tablet that can facilitate video calls (like Face Time or Skype, only more secure).
- How to Request An Appointment: Self-referral, go to Clinic Website www.cityuclinic.ca and click on “request an appointment” button. Requests are reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment



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

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.

Parents Empowering Parents (PEP) Society, www.pepsociety.ca

2001 Sherwood Drive, Sherwood Park, AB T8A 3W7

Lerena Greig, Executive Director 780.410.8516

Support Line 780.293.0737, Toll Free 1.877.991.2737

Email info@pepsociety.ca

- The Journey Continues as the Family Recovers – Free webinar on Monday, January 31st at 7 pm.
- Registered not-for-profit society, founded over 16 years ago, provides professional facilitated support and innovative family recovery programs.
- Family recovery support line day/evenings/weekends that are professionally managed.
- Newsletter available

Alberta Health Services – Public Health Nutrition

Caroline McAuley, Registered Dietician/Population & Public Health, Nutrition Services 825.388.0091 (Skype)

Email caroline.mcauley@albertahealthservices.ca

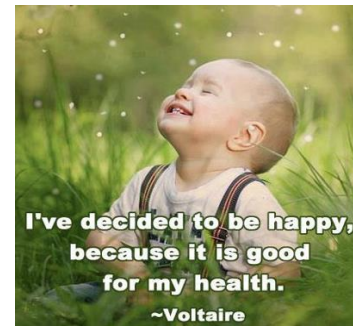
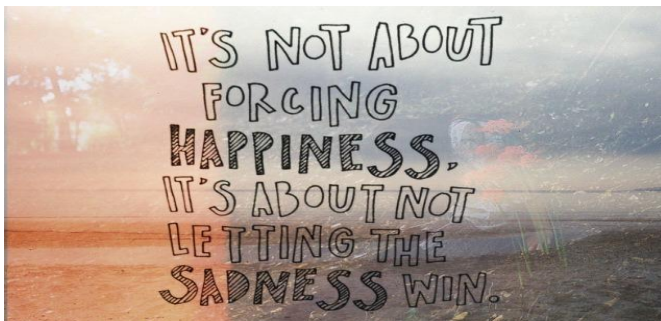
- Online classes and resources, join by phone or zoom. Topics include Infant Nutrition, Goodbye Mealtime Struggles, What to Eat During Pregnancy, Staying Strong and Healthy as We Age. To register, call you local Vermilion Community Health Centre at 780.853.5270. You will receive an email with the zoom link (or dial in number) one day prior to the class.
- Community Resources & Information – How to Market Health Food and Drinks, Support Positive Mealtimes, Newcomer Nutrition Education Toolkit, Healthy Eating Starts Here, Communities Choose Well Healthy Eating in Recreation Settings.
- Workshop Guide and Class Schedule – <https://www.albertahealthservices.ca/info/page13984.aspx>



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

Lynette Adamson, Nurse Practitioner Email: ladamson@kalynapcn.ca

- Education and support for chronic disease management, footcare services, well women services, and the youth wellness clinic. Programs are running and plan to continue running.
- Happiness Basics program offered weekly, four week virtual program February 2- 23, on Wednesdays from 2:30 – 4:00 p.m.. Skills focused on positive behaviours to assist with decreasing anxiety, stress, and focusing on a positive on a mindset.
- Youth Anxiety to Calm session date to be determined. It is a simple, positive, and empowering session for those who want to have an opportunity for a healthy learning process to manage their anxiety.



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

Jaclyn Chartrand, RSW, Mental Health Navigator for Vermilion/Vegreville Vegreville Office 780.632. 2091

Email: jchartrand@kalynapcn.ca

- A Mental Health Navigator acts as a hub to connect community members by identifying and connecting them with the mental health and wellness supports they require. The Navigator will start by:
 - Receiving the initial referral form from PCN physicians and community agencies
 - Contacting the individual to do an initial assessment withing five business days
 - Determine the appropriate support and resources the individiaul requires
 - Connect and support the individual with referrals to appropriate support and resources and assistance with filling out applications
 - Once individual is connected to resources, do a follow up awith the individual within two weeks
 - Navigator will follow-up with the individual's family physician to provide updates to ensure that they receive the best quality care.

Walking Through Grief Society

Shirley Scott, Program Director/Facilitator 780.846.2576/c 780.871.1750

- Support for one to one is available.
- Hope After Loss: Audra's Legacy (Ten week program for grieving Children & Youth) – Starts Tuesday, January 25th at Kitscoty Legion (4922 – 50 Ave.) from 6:30 – 8:00 p.m. Parent support available at the same time. Pre-registration necessary, cost is \$20.00 per family, with program registration open until Feburary 8th. Covid protocol in place. This program covers death/grief/loss feelings, fears, guilt, regrets, memories, healing, self-care and support, rituals and special days, saying goodbye.
- During February “fill a cup”, check out the Walking Through Grief Support face book site, receive a positive message or gratitude, or leave a positive message or gratitude message for others.

Lloydminster Interval Home Society

Leslie Bakker, Public Education Facilitator 780.808.5282, ext 2005

Email leslieb@lloydintervalhome.com

- For the Interval Store is expanding. “Impact Depot” is located northwest of our current location. Beginning January 17, donations can be dropped at this location. For the Interval Store will remain open in its current location but ALL donations will now be accepted at the Impact Depot (5202 51 Street).
- Community Programs are now being offered virtually. Self- Empowerment for Women (February 1- April 5, 2022, 10 weeks). Morning or evening session available. Strength to Change Men’s Program (February 16 – June 1, 2022, 16 weeks). Evening session only. Call 780-875-0966 to register.
- Taking Action Against Elder Abuse Training offered through Zoom on January 26, 2022, from 8:30-4:00. Please visit our website or Facebook page to register. Only a few spots left. If interested in a future session, please email leslieb@lloydintervalhome.com.
- For Public Education presentation topics and info, visit website at www.intervalhome.org.

VIBE (Vermilion Is Being Empowered)

Pat Calyniuk, VIBE Wellness Manager 780.853.3718

Email pat.calyniuk@btps.ca

- Provides mental health prevention programs in schools.
- Kindness activities during February month with students, participating in Pink Shirt Day (February 23)
- Co-hosting Mental Health First Aide training in Vermilion in March for people involved in farming/oil industry, more details to follow.
- Started planning for summer programming, if others want to partner in this, please contact us.



Prairie Central FASD (Fetal Alcohol Spectrum Disorder) Association www.prairiecentralfasd.ca

Jen Willies, FASD Educator Office 587.386.0186

Email j.willes@prairiecentralfasd.ca

- NEW* WRaP 2.0 FASD Coaching Partnership Project increases the capacity of teachers and schools to meet the educational needs of students (ECS to Grade 12) with Fetal Alcohol Spectrum Disorder, based on new research and best practices shared by FASD Instructional Coaches.
- FASD Instructional Coaches support education of staff to enhance their knowledge and skills by providing professional development opportunities on FASD best practices and through at-the-elbow coaching to incorporate FASD-informed approaches into their classroom communities.
- FASD instructional coaching was developed by the Ministries of Education and Community and Social Services, involving a shared vision between education stakeholders and FASD Service Networks in a collaborative process.
- To learn more visit wrap2fasd.org and to book a virtual or in-person Professional Development or coaching session with a FASD Instructional Coach please contact Ashley Higginson, FASD Instructional Coach, at ahigginson@fasdca.ca



Alberta Health Services – Children’s Rehabilitation Services

Kirsten Burns, Speech Language Pathologist 780.853.5270 (Vermilion)

Email kirsten.burns@albertahealthservices.ca

- Overview of Pediatric Rehabilitation Services is available at <https://www.albertahealthservices.ca/assets/info/rehab/if-rehab-ped-areas-health-development.pdf>
- NEW – Support for infant feeding disorders – Nancy Whelan is newly trained in assessment and management of infant feeding disorders. Any parent with concerns around infant feeding can get in touch with Nancy by calling the local office, or contact Coordinated intake to make the referral at 1.888.937.7476. Physicians in the area are being informed of this support as well.
- Walk-in Clinics are being held virtually right now. Contact the Pediatric Rehab Team during these hours and speak to a Therapist (Speech Pathology, Occupational Therapy, Physiotherapy). For Vermilion – first Tuesdays of every month from 9:00 am to 12 noon, and for Kitscoty – first Wednesday of every month 9:00 am – 12 noon.
- Referrals – Parents can call Children’s Rehabilitation Services in Vermilion at 780.853.5270, or Kitscoty 780.846.2824 and we can assist with filling out a referral. Or contact the Coordinated Intake Office in Camrose at 1.888.937.7476.



Vermilion Public Library

Sheila Heit, Programs Coordinator 780.853.4288

Email programs@vplibrary.ca

- Artist of the Month – TREX display to January 15. Vermilion Quilt Guild display late January to end of February.
- Vermilion & Area Brighter Beginnings Time To Rhyme – Preschool program meets Thursdays 10:15 a.m. in the library basement.
- Library Preschool Storytimes – Mondays at 10:30 a.m. in library basement. Start date TBA.
- Winter Reading Program (January/February) – For all ages, track reading to enter two contests. Activities in January include Community Art Display, Curiosity Campaign (What are you curious about? Survey online/inhouse), Book Quiz display. For February, Wrapped book displays (Blind date for adults, books in disguise for elementary kids), Shredded book display, shadow book character quiz.
- Celebrate Family Literacy Day – Partnership program with CLASS Vermilion River Learning. Bookmarks with literacy information/tips and information on how to enter draw, chance to win four great prizes. Family Literacy day is January 27.
- Plan of Service for the Library is complete and available to view on the library website, www.vplibrary.ca

Midwest Family Connections (MFC)

Becky Walker, Family Engagement Coordinator 1.306.825.5911

Email becky@midwestfamilyconnections.ca

- Parenting sessions running virtually through zoom. , delivered 1-1 with a family, depending on a staff facilitator availability. A call list available to add families into this. If interested in a program not currently offered, ask for your name to be on the list for the next session. Interest level from families determines program priorities. Current programs include: Infant massage, Kids Have Stress Too, Triple P Positive Parenting, Handle with Care, Keep Connected, Nobody's Perfect.
- Mothers First – Weekly virtual zoom group for all new moms as well as those experiencing stress, anxiety, or post-partem depression. Handouts and information from “Mothers First Resource Book”, also found at http://midwestfamilyconnections.ca/images/posters/mothers_first_resource_book_2017.pdf Hard copies of the resource can be mailed to families as well.
- Ages & Stages and Ages & Stages: Social Emotional Questionnaires (ASQ & ASQ:SE) – Developmental screens that families can do for their children to track development, get activities for each development level, find more information if you have concerns. Paper copies can be mailed or access online at www.asqonline.com/family/b6b7b6
- Home Visitation – Supports families with children 0-6 years of ages in the areas of Community Connections, Family Dynamics and Child Development.
- Family Coaching & Mentorship (FCM) supports families of children up to 18 years of age in Building Protective Factors, supporting Developmental Relationships and Connecting to Community resources to achieve or sustain family wellness.
- Also supports families through Early Childhood Intervention, Preschool Mental Health, and Parent Child Assistance Programs



Town of Vermilion Family & Community Support Services (FCSS)

Carol Coleman, FCSS Coordinator Direct Office Line 780.581.2413

Email fcss@vermilion.ca

- FCSS funding for 2022 programs will be confirmed on January 18. FCSS Reports for 2021 are due January 31 from all funded groups.
- “Kindness Counts” theme (February 23 Pink Shirt Day) - Share a story of kindness with us for our story book.
- Health and Wellness Conference Wednesday, January 19 – Currently over 100 registrants for the live conference viewing and there will be post conference viewing sessions until February 2. See the Vermilion & District Chamber of Commerce at <https://vermilionbertachamber.com/> website for the registration and session details.

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

Dawn Plaxton, Community Services Administrative Assistant 780.581.2402 Email dplaxton@vermilion.ca

- Call for inquiries on renting the stadium and arena.
- Public skating hours are available in the Stadium and Arena, check town website for online schedule: vermilion.ca / EXPLORE AND PLAY / Arenas and Hockey / View a Schedule
<https://www.vermilion.ca/en/explore-and-play/arenas-and-hockey.aspx>
- For your outdoor activities and some fresh air, check out the outdoor rink available between Vermilion Elementary and St. Jerome's School.
- All hockey tournaments going ahead so far as scheduled, check town website for online stadium and arena schedules .
- Vermilion Figure Skating Carnival event is on Friday March 4th in the Stadium.



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

Carol Coleman, Facility Coordinator 780.581.2413

Email verc@vermilion.ca

- There are dance classes, meetings, and private functions as per the booking schedule and following public health measures. Bookings can be made for future events. See town website link, select explore and play facility and view this link <https://www.vermilion.ca/en/explore-and-play/explore-and-play-vermilion-regional-centre.aspx>
- Thurs. January 27 – Alberta Beef Producers Meeting
- Mon. January 31 - Blood Donor Clinic
- Sat. March 19 – The Good Life Institute hosts the Race of Vermilion event.



AA (Alcoholics Anonymous) for Vermilion Area - Call Mel at 780.853.1012

www.aa.org

- Alcoholics Anonymous is an international fellowship requiring no membership dues or fees, dedicated to helping alcoholics peer to peer in sobriety through its spiritually inclined Twelve Steps program.

The Good Life Institute 780.581.2410

Candice Anderson, Coordinator

Email goodlife@vermilion.ca

- The Good Life Institute is a community hub and a centre for creative, motivational and practical learning in central Alberta. The Good Life Institute was formed as a branding initiative for the Town of Vermilion, in consultation with local businesses and community organizations. The mission of The Good Life Institute is to provide top notch hands-on learning classes and events that allow you to discover your passion: Live it, Learn it and Take it to the next level. The Town of Vermilion and its residents live the good life, and would like to share this commitment with the world.
- No February event this year
- Sat. March 19 – The Race of Vermilion event. Enter a team for some active fun around Vermilion. More details to be posted on website <http://thegoodlifeinstitute.ca/gli-events/race-of-vermilion/>

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

- 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.

Centre for Public Legal Education Alberta (CPLA) www.cplea.ca

Call 780.451.8764 Office located #800, 10050 – 112 St. NW Edmonton, AB T5K 2J1

Email info@cplea.ca

- Office is closed to the public until further notice as a result of the Covid-19 pandemic.
- Mandate: To contribute to, advance and promote the legal knowledge and education of the people of Canada.
- FREE legal resources to make the law understandable for Albertans, virtual online sessions on various topics.
- Mission: To engage public in promoting, accessing, and enhancing justice in Canada.



Legal Aid Alberta www.legalaid.ab.ca

Call 1.866.845.3425 Office location: #400, 10320 – 102 Ave. NW Eddmonton, AB T5J 4A1

- In-person assessments are closed due to Covid-19. Please apply over the phone. Call wait times are high.
- Office hours Monday to Friday, 8:15 am – 4:15 pm.
- Provides affordable legal services in family law, family violence matter, child welfare, immigration, and youth and adult criminal defense.



Alberta Labour and Immigration

Deanna Basarab, Workforce Consultant Cell 780.536.4617

Email deanna.basarab@gov.ab.ca

- The Alberta Immigrant Mentorship Innovation Grant supports organizations in delivering career mentorship programs that help newcomers find meaningful employment based on their work experience, education and skills. Deadline to apply is February 14, 2022. For further information please visit the [Alberta Immigrant Mentorship Innovation Grant website](#).
- The Alberta Anti-Racism Advisory Council is seeking applications from individuals interested in serving as a member. For further information on this opportunity and how to apply, please visit: [Public Agency Opportunity | Alberta.ca](#)
- The Canada Alberta Job Grant helps employers invest in training for the new or current staff. Please visit [Canada-Alberta Job Grant | Alberta.ca](#) for further information.

Next Vermilion and Area Interagency Meeting

Thursday, April 14, 2022 Meeting starts at 12:00 pm

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

*Find a copy of the Community Directory online posted on Town of Vermilion website at this link:

<https://www.vermilion.ca/en/living-in-our-community/community-services-directory.aspx>

*Find a copy of the Interagency Newsletters on the Town of Vermilion website at this link:

<https://www.vermilion.ca/en/living-in-our-community/living-in-our-community-family-and-community-support-services.aspx>



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

