



Program Guide

CITY OF COLD LAKE
JULY - DECEMBER 2026

CITY FACILITIES

CITY HALL

5513 48 AVENUE | PHONE: 780-594-4494

COLD LAKE AND DISTRICT FCSS

5220 54 STREET | PHONE: 780-594-4495

COLD LAKE ENERGY CENTRE

7825 51 STREET | PHONE: 780-639-6400

COLD LAKE FAMILY CONNECTIONS

5220 54 STREET | PHONE: 780-594-4495

COLD LAKE FIRE-RESCUE

718 10 STREET & 5201 55 STREET | PHONE: 780-594-4494

COLD LAKE GOLF & WINTER CLUB

1 NORTHERN SPIRIT LANE | PHONE: 780-594-5341

COLD LAKE MARINA

802 LAKESHORE DRIVE | PHONE: 780-639-2396 (MAY - SEPTEMBER)

COLD LAKE MUNICIPAL ENFORCEMENT

5201 55 STREET | PHONE: 780-594-1345

COLD LAKE RCMP

4710 55 STREET | PHONE: 780-594-3302

COLD LAKE TRANSFER STATION

TOWNSHIP RD 624 | PHONE: 780-594-4496

PUBLIC WORKS SHOP

1515 16 STREET | PHONE: 780-594-4496

COLD LAKE ADAPTIVE TRANSIT SERVICE

5220 54 STREET | PHONE: 780-594-4495

WATER TREATMENT PLANT

102 10 STREET | PHONE: 780-594-4498



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Printed June 2026.
For the most up-to-date information,
please visit www.coldlake.com

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PENCILS, PAPER, PURPOSE: SUPPLIES TODAY. SUCCESS TOMORROW.

Community

This donation drive is aimed at collecting unused school supplies to support families in need for the upcoming school year. Donations of new or gently used supplies can be dropped off at Cold Lake and District FCSS and Family Connections from June 19 to September 4. **Supplies will be available to families starting the week of August 24.** Help set students up for success by giving them the tools they need to thrive.

JUNE 19 to SEPTEMBER 4

**Cold Lake Family Connections
Free, registration not required**

Canada Day

JULY 1, 2026
FREE · ALL AGES
STARTING AT 10:00 AM
KINOSOO BEACH · COLD LAKE, ALBERTA

For more info, contact the Cold Lake Energy Centre
 Ph: (780) 639-6400

Go for the Green

GOLF MEMBERSHIPS STILL AVAILABLE!

PRO-RATED MEMBERSHIPS ARE AVAILABLE AS THE SEASON GOES ON

Fully Stocked Pro Shop, Weekly and Monthly Club Events

For more info, call the pro shop at 780-594-5341 ext. 1 or visit www.coldlake.com/golf.

VITAMIN N SELF-PACED PHOTO SCAVENGER HUNT

Adults

Many of us remember going outside for recess when we were kids, and the mental health benefits of time outdoors doesn't need to end just because we grew up. "Vitamin N" (for Nature) can benefit our entire lives. This self guided photo scavenger hunt is designed to encourage adults to step outdoors, reconnect with your surroundings, and enjoy a boost to your mental wellbeing. Complete the list of photo challenges at your own pace – whether on lunch breaks, evening walks, or weekend outings. Once you've collected all your photos, submit them no later than September 15 to be entered into a prize draw. Drop into FCSS to pick up a paper copy of the scavenger hunt and entry form, or email fcss@coldlake.com to request a digital copy.

JULY 2 to SEPTEMBER 15

**Cold Lake and District FCSS
Free, registration not required**

NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, JULY 2

Kinosoo Beach concession

THURSDAY, AUGUST 6

Cold Lake Marina near the totem poles

THURSDAY, SEPTEMBER 3

Millennium Trail near the Lions Park washrooms

THURSDAY, OCTOBER 1

CNRL Walking/Running Track

THURSDAY, NOVEMBER 5

CNRL Walking/Running Track

THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Kinosoo Beach concession

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS social programming for seniors in Cold Lake.

**MONDAYS, JULY 6, OCTOBER 5,
NOVEMBER 2 & DECEMBER 7**

2:00 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

**WEDNESDAYS, JULY 8 TO
DECEMBER 30**

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, drop-in program

JULY

8 ASQ Screening and Resources

22 Coping with Frustration

29 Travelling in the Car

AUGUST

5 ASQ Screening and Resources

12 Doing Chores

26 Express Feelings without Aggression



SEPTEMBER

- 2 ASQ Screening and Resources
- 9 Independent Eating
- 23 Behaviour at School

OCTOBER

- 7 ASQ Screening and Resources
- 14 Learning to Cooperate
- 28 Managing Nightmares

NOVEMBER

- 4 ASQ Screening and Resources
- 25 Going Shopping

DECEMBER

- 2 ASQ Screening and Resources
- 9 Creativity
- 23 Sharing
- 30 Self-Esteem

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



WEDNESDAYS, JULY 8, AUGUST 12, SEPTEMBER 9, OCTOBER 14, NOVEMBER 18 & DECEMBER 9

6:00 p.m. - 8:00 p.m.
Cold Lake and District FCSS
Free, registration required

GARDEN GNOMES

Ages 7-9

Through planting, digging, and watering, participants engage all five of their senses while working in the Wellness Garden at FCSS and in their own garden at home, improving fine motor, physical, emotional, and social skills that support curiosity and critical thinking.

THURSDAY, JULY 9

Super Pollinators

THURSDAY, JULY 23

The Dirt on Worms

THURSDAY, AUGUST 6

Good Bugs VS Bad Bugs

THURSDAY, AUGUST 20

Birds of a Feather

9:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

\$10.00 per session, registration required

TRIPLE P THE POWER OF POSITIVE PARENTING



Caregivers of children

0-12 years

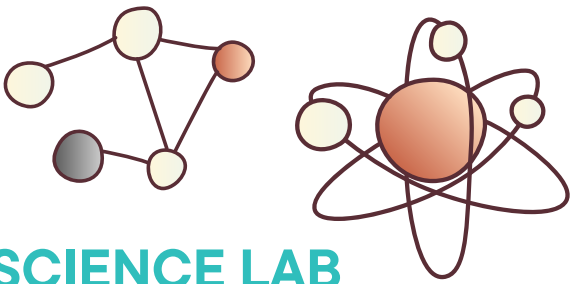
Positive parenting focuses on building strong relationships with children while creating a loving, supportive, and predictable home environment. In this Triple P seminar, parents will learn practical strategies they can use in everyday situations to guide their children's behaviour, reduce parenting stress, and make parenting more rewarding.

TUESDAY, JULY 14

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required



SCIENCE LAB

Ages 9-12

Ignite curiosity at the Science Lab. Youth dive into hands-on experiments, wild science challenges, and STEM activities that boost critical thinking, problem-solving, and decision-making. Along the way, they build communication skills, resilience, and lasting friendships – all while having a blast exploring the wonders of science.

TUESDAY, JULY 14
Science in Motion

TUESDAY, JULY 21
That's Explosive!

TUESDAY, JULY 28
Simple Robotics

TUESDAY, AUGUST 4
Geoscience

1:00 p.m. - 4:00 p.m.
Cold Lake and District FCSS
\$10.00 per session, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusiveness for adults who require adaptations to lead an active social life due to disability. This program consists of monthly themed interactive social activities like games, crafts, simple cooking, or supported community outings. Participants are welcome to bring their caregivers.

WEDNESDAY, JULY 15
Picnic at the Beach – Kinosoo Beach Gazebo

WEDNESDAY, AUGUST 19
Tie Dye Extravaganza

WEDNESDAY, SEPTEMBER 16
Making Music

WEDNESDAY, OCTOBER 21
Halloween

WEDNESDAY, NOVEMBER 25
Bowling – Boathouse Bowling

WEDNESDAY, DECEMBER 16
Holiday Celebration

10:00 a.m. - 11:30 a.m.
Kinosoo Beach Gazebo
Free, registration required



UPCOMING EC EVENTS

CANADA DAY **JUL. 1**

FULL THROTTLE **JUL. 17**

AQUA DAYS **AUG. 1**

COMMUNITY
REGISTRATION DAY **AUG. 27**

TERRY FOX RUN **SEPT. 20**

UNIVERSITY
HOCKEY GAME **SEPT. 25 & 26**

KIDS' HALLOWEEN
PARTY **OCT. 25**

REMEMBRANCE DAY **NOV. 11**

SANTA PARADE **NOV. 27**

SMALL BUSINESS,
BIG CHRISTMAS **DEC. 5**

KIDS NEW YEAR'S
PARTY **DEC. 31**

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Created for young parents who are expecting or caring for a new baby, this program helps build confidence for the early stages of parenthood. Through open discussion and practical resources, parents will gain the tools and support needed to create a safe, loving start for their child.

WEDNESDAY, JULY 15

Feeling Down After Your Baby Arrives

WEDNESDAY, AUGUST 19

Promoting Development

WEDNESDAY, SEPTEMBER 16

Being a Parent

WEDNESDAY, OCTOBER 21

Sleep Development

WEDNESDAY, NOVEMBER 18

Home Safety

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

ART IN THE PARK

Ages 11-13

Join us at the park to enjoy the summer weather and create some amazing art, taking time to appreciate nature and use it as inspiration for creative projects. Whether you're experienced or new to art, this is a great opportunity to develop a healthy outlet to express yourself, relax, and have fun in the outdoors.

WEDNESDAY, JULY 15

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS – FCSS Park

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent Children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, JULY 16, AUGUST 20, SEPTEMBER 17, OCTOBER 15, NOVEMBER 19 & DECEMBER 17

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required



Where
fitness comes
naturally

The **Cenovus Energy
Wellness Centre** has you covered
with everything needed to
complete your fitness journey



780-639-6400

TRIPLE P RAISING RESILIENT CHILDREN



**Caregivers of children
0-12 years**

One of the most important tasks of parenthood is helping children recognize and self-regulate their emotions. Children's emotional resilience, or ability to cope with their feelings is important to their long-term happiness, wellbeing, and success in life. This Triple P seminar offers valuable strategies for helping children recognize, understand, and navigate their emotions, equipping them with the tools they need for a fulfilling life.

TUESDAY, JULY 21

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

FCSS DAY TREKKERS

Ages 9-13

Learn to navigate our local transit system while exploring some fun sites in Cold Lake with FCSS staff. Learn new skills like reading the transit map, bus etiquette, and safety in a supported small group. The facilitator will reach out to guardians with detailed information after registration. **Register by July 10.**

MONDAY, JULY 20

Energy Centre

TUESDAY, JULY 21

Cold Lake Museum

WEDNESDAY, JULY 22

Lions Park

THURSDAY, JULY 23

Driving Range

FRIDAY, JULY 24

4 Wing Splash Park

9:00 a.m. - 1:00 p.m.

Pick up and drop off at FCSS

\$20.00 for the series, registration required

FREE

**AQUA
DAYS**

SATURDAY, AUGUST 1

11:00 AM - 4:00 PM
KINOSOO BEACH
COLD LAKE

For more info, contact the
Cold Lake Energy Centre
at 780-639-6400.

NATURE QUEST: COLD LAKE PROVINCIAL PARK

Families

Join us at the Cold Lake Provincial Park day-use area for a fun-filled afternoon with Alberta Parks as we explore the diverse local ecosystem. Families will embark on an exciting scavenger hunt, discovering the unique plants, animals, and natural features of the area. This interactive activity is designed to engage all ages, fostering learning and outdoor adventure. Bring your family and enjoy a memorable day of nature, exploration, and togetherness. *All family members who will be joining us on this day need to be registered.*



WEDNESDAY, JULY 22

10:00 a.m. - 3:00 p.m.

Cold Lake Provincial Park – day use area

Free, registration required

THAT BITES!

Ages 13-18

That Bites! is a program focused on teaching how to prepare easy, healthy, and budget-friendly meals. Participants will learn to cook, share meals, and understand the importance of eating balanced on a budget. That Bites! aims to support youth as they transition into adulthood, building their confidence in the kitchen and teaching them how to cook safely. **Register by July 19.**

THURSDAY, JULY 23

Back to School Snacks

FRIDAY, OCTOBER 9

Fresh Starts

THURSDAY, NOVEMBER 12

Holiday Snacks

1:00 p.m. - 3:30 p.m.

Cold Lake and District FCSS

\$20.00 per session, registration required

BUILDING YOUR VISION

Adults

This interactive workshop empowers participants to explore their goals, dreams, and personal aspirations by creating a vision board. Using images, words, and symbols, participants will reflect on what matters most, whether it is career, personal growth, relationships, or family, and work toward setting meaningful intentions. Through guided exercises and discussion, participants will gain clarity, confidence, and motivation. By the end of the session, each participant will leave with a personalized vision board to inspire and guide them toward their goals.

FRIDAY, JULY 24

2:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required

**BOUNCE
HOUSE
DAY**

Join the fun and bounce your way through several inflatables in the Field House.

Reid Field House
Cold Lake
Energy Centre

For more info, contact the Cold Lake Energy Centre (780) 639-6400.

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a learn-to-play chess club for fellow youth ages 10-17. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



MONDAYS, JULY 27, AUGUST 24, SEPTEMBER 28, OCTOBER 26 & NOVEMBER 23

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration not required

TRIPLE P RAISING CONFIDENT COMPETENT CHILDREN



Caregivers of children 0-12 years

Every parent has their own vision for the values and behaviors they want to nurture in their child. However, certain core life skills are universally beneficial and set the foundation for a child's success and well-being. Empower your child with the life skills they need to excel and thrive. Join us for this enriching session and take the first step towards fostering a well-rounded, confident, and independent child.

TUESDAY, JULY 28

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

COMMUNITY REGISTRATION & INFORMATION NIGHT

THURSDAY AUG. 27
5:00 PM - 8:00 PM
REID FIELD HOUSE

Register for local groups, clubs, education, sports, organizations and services.

IN-PERSON & ONLINE

Online registration:
www.coldlake.com/communitygroups

Cold Lake Energy Centre Cold Lake

EASEL DOES IT!

Families

Tap into your inner Da Vinci and create your own masterpiece on a canvas. This program invites the whole family to express themselves individually while still enjoying the experience together. Art is a great way to enhance fine motor skills and encourage decision-making in young children. A light meal will be provided, please bring a picnic blanket to relax and enjoy.

WEDNESDAY, JULY 29

WEDNESDAY, AUGUST 26

4:30 p.m. - 6:00 p.m.

Cold Lake and Family Connections

Free, registration required



COLD LAKE GOLF & WINTER CLUB

Open Year Round

***Golf in the summer.
Curl in the winter.***

- 18-Hole Golf Course
- Driving Range
- Seasonal Curling Bonspiels and Golf Tournaments
- We host event and group bookings year-round
- 6-Sheet Curling Rink
- Room rentals available for small or large groups
- Catering services available on request and availability



For more info, call the Pro Shop
at 780-594-5341 ext. 1
www.coldlake.com/golf





Cold Lake Energy Centre

- Two Arenas • 1 Field House • Wellness Centre •
- Fitness Classes • Rock Wall (*bouldering and auto belays*) •
- Free Walking Track • Child Play Area • Meeting Spaces •

For more information, contact the Cold Lake Energy Centre (780) 639-6400



COLD LAKE ENERGY CENTRE

MEMBERSHIP ANNIVERSARY SALE

3 DAYS ONLY!
AUG. 28-30

MEMBERSHIPS BENEFITS <<<<

- ✓ Cenovus Energy Wellness Centre
- ✓ Fitness Classes
- ✓ Free drop-in programs
- ✓ Access to Reid Field House for sports activities *Pending availability*

SAVE 20%

ON 1, 3, 6 OR 12 MONTH GYM MEMBERSHIPS

Cold Lake Energy Centre **780-639-6400**



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Science Lab (P.16)

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- Mad Science: Nuts for Nature (P.16)
- Parenting Support - ASQ Screening and Resources (P.17)

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- Triple P: Developing Healthy Screen Time Habits (P.10)

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- Parenting Support - Doing Chores (P.17)
- Art in the Park (P.19)
- CL Youth Council (P.19)

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- Community Friends (P.20)
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- It's a Matter of Balance (P.21)

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- Parenting Support - Express Feelings without Aggression (P.17)
- Easel Does It! (P.22)

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THURSDAY

FRIDAY

SATURDAY

AUGUST

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- Pencils, Paper, Purpose (P.4 - Aug. to Sept. 4)
- Vitamin N Self-Paced Photo Scavenger Hunt (P.4 - Aug. to Sept. 15)
- Aqua Days (P.9)

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- Garden Gnomes (P.17)
- North of 55 Walking Group (P.18)

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- Crossroads of Coparenting (P.18)

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- Crossroads of Coparenting (P.18)

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- Garden Gnomes (P.17)
- Neighbourhood Block Party (P.21)
- Empowered Parenting for Neurodiverse Kids (P.21)

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- Home Alone: Grub Club Edition (P.22)

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- Community Registration (P.11)

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PENCILS, PAPER, PURPOSE: SUPPLIES TODAY. SUCCESS TOMORROW.

Community

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Donations of new or gently used supplies can be dropped off at Cold Lake and District FCSS and Family Connections from June 19 to September 4. **Supplies will be available to families starting the week of August 24.**

Help set students up for success by giving them the tools they need to thrive.

AUGUST to SEPTEMBER 4

Cold Lake Family Connections

Free, registration not required

VITAMIN N SELF-PACED PHOTO SCAVENGER HUNT

Adults

Many of us remember going outside for recess when we were kids, and the mental health benefits of time outdoors doesn't need to end just because we grew up. "Vitamin N" (for Nature) can benefit our entire lives.

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AUGUST to SEPTEMBER 15

Cold Lake and District FCSS

Free, registration not required

SCIENCE LAB

Ages 9-12

Ignite curiosity at the Science Lab. Youth dive into hands-on experiments, wild science challenges, and STEM activities that boost critical thinking, problem-solving, and decision-making. Along the way, they build communication skills, resilience, and lasting friendships – all while having a blast exploring the wonders of science.

TUESDAY, AUGUST 4

Geoscience

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

MAD SCIENCE: NUTS FOR NATURE

Ages 0-6

Family Connections, in partnership with Alberta Parks, is offering children a



chance to explore nature firsthand. They'll get to see furs and artifacts from local animals up close, children can touch the furs and other items, making it a hands-on experience. It's a great way for them to learn about local wildlife in an engaging and interactive way.

WEDNESDAY, AUGUST 5

10:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, drop-in program



PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

WEDNESDAYS, AUGUST 5 to DECEMBER 30

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections
Free, drop-in program

AUGUST

- 5 ASQ Screening and Resources
- 12 Doing Chores
- 26 Express Feelings without Aggression

SEPTEMBER

- 2 ASQ Screening and Resources
- 9 Independent Eating
- 23 Behaviour at School

OCTOBER

- 7 ASQ Screening and Resources
- 14 Learning to Cooperate
- 28 Managing Nightmares

NOVEMBER

- 4 ASQ Screening and Resources
- 25 Going Shopping

DECEMBER

- 2 ASQ Screening and Resources
- 9 Creativity
- 23 Sharing
- 30 Self-Esteem

GARDEN GNOMES

Ages 7-9

Through planting, digging, and watering, participants engage all five of their senses while working in the Wellness Garden at FCSS and in their own garden at home, improving fine motor, physical, emotional, and social skills that support curiosity and critical thinking.

THURSDAY, AUGUST 6

Good Bugs VS Bad Bugs

THURSDAY, AUGUST 20

Birds of a Feather

9:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

\$10.00 per session, registration required



UNIVERSITY
HOCKEY
EXHIBITION GAMES

US Huskies A HOCKEY

SEPT. 25 & 26, 2026
COLD LAKE ENERGY CENTRE
IMPERIAL OIL PLACE ARENA
FACE OFF - 7:00 PM

Cold Lake Energy Centre (780) 639-6400

Cold Lake Energy Centre City of Cold Lake

NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, AUGUST 6

Cold Lake Marina near the totem poles

THURSDAY, SEPTEMBER 3

Millennium Trail near the Lions Park washrooms

THURSDAY, OCTOBER 1

CNRL Walking/Running Track

THURSDAY, NOVEMBER 5

CNRL Walking/Running Track

THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Cold Lake Marina (near the totem poles)

Free, registration required

LIFE COACHING SERVICES

*Find your own way.
Walk your own path.*

All inquiries are treated confidential

To find out if coaching is the right choice for you, contact the Family Services Coordinator.

Ph. 780.594.4495



CROSSROADS OF COPARENTING

Adults



Coparenting can be challenging, and children often feel the effects of ongoing conflict. *Crossroads of Coparenting: A 5 Step Seminar to Shield Children from Harm* helps parents recognize behaviors that may harm their children and learn practical ways to change. The seminar covers five key steps: keeping your child out of the middle, allowing your child to love both parents, working on your own recovery, improving communication skills, and building a positive coparenting relationship. Parents will leave with tools to manage conflict, communicate effectively, and create a supportive environment for their children.

FRIDAY, AUGUST 7 & 14

2:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, drop-in program



TRIPLE P DEVELOPING HEALTHY SCREEN TIME HABITS



Caregivers of children 0-12 years

Living in a digital world comes with both benefits and challenges for families. Screens can offer kids fun, learning opportunities, and ways to stay connected, but too much screen time can get in the way of sleep, play, and healthy development. Finding the right balance is key. This Triple P seminar will give parents and caregivers practical tips to build healthy screen habits, set boundaries, and handle common screen time struggles with confidence.

TUESDAY, AUGUST 11

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

RAISE YOUR ENERGY TO NEW HEIGHTS

Our 4-Storey **climbing wall**
caters to all ages and skills levels!



Cold Lake Energy Centre 780-639-6400




ART IN THE PARK

Ages 11-13

Join us at the park to enjoy the summer weather and create some amazing art, taking time to appreciate nature and use it as inspiration for creative projects. Whether you're experienced or new to art, this is a great opportunity to develop a healthy outlet to express yourself, relax, and have fun in the outdoors.

WEDNESDAY, AUGUST 12

1:00 p.m. - 4:00 p.m.

Cold Lake Lions Park

Free, registration required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



**WEDNESDAYS, AUGUST 12,
SEPTEMBER 9, OCTOBER 14,
NOVEMBER 18 & DECEMBER 9**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

LEGO™ LEGACY

Ages 10-13

Do you know a Lego Master who is ready for a new challenge? This program stimulates math and engineering skills, taking Lego builds to a whole new level with simple robotics. Teamwork and problem-solving skills will be essential as we provide the building blocks to create lasting friendships.

TUESDAY, AUGUST 18

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusiveness for adults who require adaptations to lead an active social life due to disability. This program consists of monthly themed interactive social activities like games, crafts, simple cooking, or supported community outings. Participants are welcome to bring their caregivers.

WEDNESDAY, AUGUST 19

Tie Dye Extravaganza

WEDNESDAY, SEPTEMBER 16

Making Music

WEDNESDAY, OCTOBER 21

Halloween

WEDNESDAY, NOVEMBER 25

Bowling – Boathouse Bowling

WEDNESDAY, DECEMBER 16

Holiday Celebration

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required



BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Created for young parents who are expecting or caring for a new baby, this program helps build confidence for the early stages of parenthood. Through open discussion and practical resources, parents will gain the tools and support needed to create a safe, loving start for their child.

WEDNESDAY, AUGUST 19

Promoting Development

WEDNESDAY, SEPTEMBER 16

Being a Parent

WEDNESDAY, OCTOBER 21

Sleep Development

WEDNESDAY, NOVEMBER 18

Home Safety

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

IT'S A MATTER OF BALANCE

Adults

Explore your personal values and discover practical ways to create balance between work, home, friends, and family. Gain useful tips, learn about the importance of self-care and its benefits for overall well-being, and have the chance to share your own experiences. Leave with strategies to support your inner balance, improve your daily routines, and enhance your overall sense of health and fulfillment.

WEDNESDAY, AUGUST 19

2:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

NEIGHBOURHOOD BLOCK PARTY

Families

Neighbourhood Block Parties provide opportunities for residents to meet and work together to address community issues and encourage citizens to be active participants in their community. Neighbours knowing neighbours increases community safety and fosters positive relationships. Bring a picnic blanket or lawn chairs. Light refreshments will be served. Interested in hosting a Neighbourhood Block Party in your neighbourhood? Please contact fcss@coldlake.com.

THURSDAY, AUGUST 20

5:00 p.m. - 7:00 p.m.

Shipwreck Park (4813 - 51 Avenue)

Free, registration not required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, AUGUST 20, SEPTEMBER 17, OCTOBER 15, NOVEMBER 19 & DECEMBER 17

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required



HOME ALONE: GRUB CLUB EDITION

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. This edition will include a light meal prepared by the youth, as they learn to put into practice the safe snacking techniques they received while participating in the session. There will be a mandatory half hour Parent/Caregiver portion that will be held from 9:00 a.m. to 9:30 a.m. **Register by August 18.**

FRIDAY, AUGUST 21

9:00 a.m. - 3:00 p.m.

**Cold Lake and District FCSS
\$20.00, registration required**

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a learn-to-play chess club for fellow youth ages 10-17. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



**MONDAYS, AUGUST 24,
SEPTEMBER 28, OCTOBER 26
& NOVEMBER 23**

6:00 p.m. - 8:00 p.m.

**Cold Lake and District FCSS
Free, registration not required**

EASEL DOES IT!

Families

Tap into your inner Da Vinci and create your own masterpiece on a canvas. This program invites the whole family to express themselves individually while still enjoying the experience together. Art is a great way to enhance fine motor skills and encourage decision-making in young children. A light meal will be provided, please bring a picnic blanket to relax and enjoy.

WEDNESDAY, AUGUST 26

4:30 p.m. - 6:00 p.m.

**Cold Lake and Family Connections
Free, registration required**

**MOVE
YOUR
BODY**
with one of
our many
fitness
classes!

Check out our classes and fees at
www.coldlake.com/energycentre

Cold Lake Energy Centre 780-639-6400

COLD LAKE FAMILY CONNECTIONS

Summer Play



LITERACY EXPLORATION

This program focuses on early reading skills through a variety of story-telling opportunities, dramatic play, and hands on fun! This program is best suited for ages 0-6 years.

NATURE PLAY

This program focuses on nature play, being outdoors, and learning about the environment. Be prepared to get messy! This program is best suited for ages 0-6 years.

SENSORY PLAY

This program gives the opportunity for children to navigate their body in an environment dedicated to sensory activities. Be prepared to get messy! This program is best suited for ages 0-6 years.

GLOBAL EXPLORATION

Join us as we learn about the world, meet new people, and support our community! This program is best suited for ages 0-6 years.

RUMBLE, TUMBLE TIME

Join us to practice important skills which require whole body movement. Such as standing, walking running, and balancing. This program is best suited for ages 0-6 years.

KICK START TO KINDERGARTEN

This program focuses on growing independence, problem solving, matching and building your child's self-esteem. This program is best suited for ages 3-5 years.

NEUROPLAY

NeuroPlay provides a welcoming and inclusive environment for children that are neurodivergent and their families to connect, share experiences, and build community. Our sensory-friendly space offers a peaceful setting where families can feel supported and understood in their journey. Best suited for ages 0-18 years.

BABY CONNECTIONS

This program will provide an opportunity for caregivers to explore baby related topics, and provide a safe environment for play. Best suited for caregivers and babies ages 0-12 months.

PARENTING SUPPORT PROGRAM

Join us for a relaxed conversation about various parenting topics, led by our Family Connections facilitators.

DROP IN PLAY

Join us for free play, during our Family Connections drop in times! Parents must accompany their children. Ideal for parents working during the week. This program is best suited for ages 0-6 years.

DROP IN PLAY FOR YOUTH 7+ (Saturday Afternoon Only)

Bring along an older sibling or friend to join in the fun! Parents must accompany their children. Best suited for ages 7+.

Hours

MONDAY to THURSDAY

9 am - 11:30 am / 1 pm - 4 pm

FRIDAY

9 am - 11:30 am / 1 pm - 2:30 pm

SATURDAY

9 am - 11:30 am / 1 pm - 4 pm

Closed STAT holidays & holiday weekends

MON	TUES	WED	THURS	FRI	SAT
Literacy Exploration (9:00 am - 11:30 am)	Nature Play (9:00 am - 11:30 am)	Sensory Play (9:00 am - 11:30 am)	Global Exploration (9:00 am - 11:30 am)	Rumble, Tumble Time (9:00 am - 11:30 am)	Drop In Play (9:00 am - 11:30 am)
CLOSED TO THE PUBLIC (11:30 am - 1:00 pm)					
NeuroPlay (1:00 pm - 2:30 pm)	Baby Connections (1:00 pm - 2:30 pm)	Parenting Support Program (1:00 pm - 2:30 pm)	Kick Start to Kindergarten (1:00 pm - 2:30 pm)	Drop In Play (1:00 pm - 2:30 pm)	Drop In Play for youth (1:00 pm - 4:00 pm)
Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)		

For more info, please contact Cold Lake Family Connections at (780) 594-4495 or email: frn@coldlake.com



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Parenting Support - ASQ Screening and Resources (P.26)
- Cold Lake Bully Free Committee (P.26)

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- Voices of Albertans with Disabilities (P.27)

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- Parenting Support - Independent Eating (P.26)
- CL Youth Council (P.28)

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14

15

- Vitamin N Self-Paced Photo Scavenger Hunt (P.29 - Ends)
- Autumn Volunteer Fair (P.30)
- The Parent Playbook (P.30)

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- Community Friends (P.30)
- Bringing Baby Home (P.31)
- It's Not Right (P.31)

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- Terry Fox Run (P.29)

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- Hearts & Hands Volunteer Teams (P.32-33)
- Growing Through Grief (P.33)
- Her Next Chapter (P.33-34)

22

- The Parent Playbook (P.30)

23

- Parenting Support - Behaviour at School (P.26)

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- CL Youth Council Chess Club (P.35)
- Treaty Talk (P.35)

29

- The Parent Playbook (P.30)

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SEPTEMBER

THURSDAY

3

- North of 55 Walking Group (P.26)

FRIDAY

4

- Pencils, Paper, Purpose (P. 27 - Ends)

SATURDAY

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- Nav-CARE Volunteer Training (P.28)
- The Grub Club (P.28)

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- Car Seat Clinic (P. 28-29)

12

- Ready to Launch (P.29)

17

- Grandparents Raising Grandchildren (P.32)
- Empowered Parenting for Neurodiverse Kids (P.32)
- Hearts & Hands Volunteer Teams (P.32-33)

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- Barbershop Brotherhood (P.34)
- Family Game Night (P.34)

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- University Hockey Games (P.17)
- Home Alone (P.34)
- Interagency Fall Meet and Greet (P.35)
- Community Helpers Coffee Catch-Up (P.35)

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- University Hockey Games (P.17)



PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

WEDNESDAYS, SEPTEMBER 2 to DECEMBER 30

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, drop-in program

SEPTEMBER

- 2** ASQ Screening and Resources
- 9** Independent Eating
- 23** Behaviour at School

OCTOBER

- 7** ASQ Screening and Resources
- 14** Learning to Cooperate
- 28** Managing Nightmares

NOVEMBER

- 4** ASQ Screening and Resources
- 25** Going Shopping

DECEMBER

- 2** ASQ Screening and Resources
- 9** Creativity
- 23** Sharing
- 30** Self-Esteem

26

COLD LAKE BULLY FREE COMMITTEE

Adults

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives, and to promote learning through school, workplaces, and sport-based presentations. Meetings are held in-person with a virtual option.



WEDNESDAYS, SEPTEMBER 2, OCTOBER 7 & NOVEMBER 4

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, SEPTEMBER 3

Millennium Trail near the Lions Park washrooms

THURSDAY, OCTOBER 1

CNRL Walking/Running Track

THURSDAY, NOVEMBER 5

CNRL Walking/Running Track

THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Millenium Trail near Lions Park washrooms

Free, registration required

PENCILS, PAPER, PURPOSE: SUPPLIES TODAY. SUCCESS TOMORROW.

Community

This donation drive is aimed at collecting unused school supplies to support families in need for the upcoming school year. Donations of new or gently used supplies can be dropped off at Cold Lake and District FCSS and Family Connections from June 19 to September 4. **Supplies will be available to families starting the week of August 24.** Help set students up for success by giving them the tools they need to thrive.

ENDS SEPTEMBER 4

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration not required

VOICES OF ALBERTANS WITH DISABILITIES: ALL ABOUT ADAP

Adults

If you or someone you care for has a disability,



this presentation is for you. Voice of Albertans with Disabilities (VAD) works to advance full inclusion, equality, and participation for Albertans with disabilities. Their services focus on removing barriers, strengthening community connections, and empowering individuals through advocacy, information, and direct support for individuals aged 18-64. This presentation will introduce you to VAD and help you understand the changes in AISH as it relates to the upcoming ADAP initiative. If you are looking for individualized assistance, the VAD facilitator will be available before and after the presentation for support – please contact FCSS at 780-594-4495 or **fcss@coldlake.com** to book an appointment if you want to have a one-on-one meeting in addition to the presentation.

TUESDAY, SEPTEMBER 8 & NOVEMBER 10

September 8 – 5:30 p.m. - 7:30 p.m.

November 10 – 1:30 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

BOOK YOUR NEXT EVENT

**Community Activity Room,
Banquet/Lounge & Meeting Room**

Contact us today for details and to book!

780-594-5341 ext. 1
www.coldlake.com/golf

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



**WEDNESDAYS, SEPTEMBER 9,
OCTOBER 14, NOVEMBER 18
& DECEMBER 9**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

NAV-CARE VOLUNTEER TRAINING

Adults

Learn to support neighbours with declining health through Volunteer Navigator training, presented by Age Friendly Cold Lake. Discover how you can access local resources, provide companionship, and offer emotional support to help people with declining health to live well at home for as long as possible. Anyone who cares about their community can become a trained Nav-CARE volunteer!



THURSDAY, SEPTEMBER 10

1:30 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

THE GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning! Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or all of the sessions. Food kits will be available for pick-up the day before each class at The Family Connections from 1:00 p.m. to 4:00 p.m. **Register by September 7.**

THURSDAY, SEPTEMBER 10

Breakfast for Dinner

THURSDAY, OCTOBER 22

Halloween Supper

THURSDAY, NOVEMBER 19

Pasta Meal

THURSDAY, DECEMBER 3

Holiday Meal

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$20.00 per session, registration required

CAR SEAT CLINIC

Caregivers

Join trained Child Passenger Safety Technicians (CPSTs) for a free car seat check. At this clinic, you will receive a thorough inspection and hands-on installation support tailored to your vehicle, car seat, and child. Our technicians will provide expert guidance on proper harnessing, positioning, and safety best practices to help keep your little one secure. Appointments are recommended to ensure you have dedicated time with a technician. Please bring your child, car seat, vehicle, and both car seat and vehicle manuals.



FRIDAY, SEPTEMBER 11

9:00 a.m. - 10:00 a.m.

10:00 a.m. - 11:00 a.m.

11:00 a.m. - 12:00 p.m.

1:00 p.m. - 2:00 p.m.

2:00 p.m. - 3:00 p.m.

Cold Lake Family Connections

Free, registration required



READY TO LAUNCH

Ages 14-18

This group empowers teens to build meaningful connections with one another and within their community. Through a variety of engaging activities aligned with the 40 Developmental Assets™, participants will develop important life skills, strengthen their self-confidence, increase self-awareness, and build positive self-esteem. The group provides a supportive environment where teens can gain the tools they need for the future while fostering a sense of belonging and personal growth.



SATURDAY, SEPTEMBER 12

Mental Health Fitness

SATURDAY, OCTOBER 17

DIY Ice Cream and Movie

SATURDAY, NOVEMBER 14

D&D and Games

SATURDAY, DECEMBER 12

Workshop

1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

**VITAMIN N
SELF-PACED PHOTO
SCAVENGER HUNT**

Adults

Many of us remember going outside for recess when we were kids, and the mental health benefits of time outdoors doesn't need to end just because we grew up. "Vitamin N" (for Nature) can benefit our entire lives. This self guided photo scavenger hunt is designed to encourage adults to step outdoors, reconnect with your surroundings, and enjoy a boost to your mental wellbeing. Complete the list of photo challenges at your own pace – whether on lunch breaks, evening walks, or weekend outings. Once you've collected all your photos, submit them no later than September 15 to be entered into a prize draw. Drop into FCSS to pick up a paper copy of the scavenger hunt and entry form, or email fcss@coldlake.com to request a digital copy.

ENDS SEPTEMBER 15

Cold Lake and District FCSS

Free, registration not required





AUTUMN VOLUNTEER FAIR

Community

Volunteering has been shown to boost well-being, build connections, and increase happiness. Come out and explore local organizations that need volunteers. They're excited to share what they do and how you can get involved, whether you're passionate about helping people, protecting the environment, supporting animals, building community belonging, or sparking joy through events and activities, there's bound to be an opportunity that fits your interests, your schedule, and your heart.

This casual, drop in event takes place right in the FCSS parking lot, complete with popcorn, warm apple cider, and a friendly atmosphere perfect for kids, youth, and adults alike.

TUESDAY, SEPTEMBER 15

3:30 p.m. - 5:30 p.m.

Cold Lake and District FCSS

Free, registration not required

THE PARENT PLAYBOOK

Parents and Caregivers of children 0-18

Parenting can be challenging, but it doesn't have to be overwhelming.

The Parent Playbook is a four-week, evidence-based program for parents of children ages 0-18, designed to help you build strong, lasting connections with your kids. Through practical strategies and real-life examples, you'll gain the tools to be an engaged, present parent; support your child's emotional growth through coregulation; use positive discipline that fosters cooperation and confidence; and strengthen your parent-child attachment at every ages.

TUESDAYS, SEPTEMBER 15, 22, 29 & OCTOBER 6

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults

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WEDNESDAY, SEPTEMBER 16

Making Music

WEDNESDAY, OCTOBER 21

Halloween

WEDNESDAY, NOVEMBER 25

Bowling – Boathouse Bowling

WEDNESDAY, DECEMBER 16

Holiday Celebration

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

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WEDNESDAY, SEPTEMBER 16

Being a Parent

WEDNESDAY, OCTOBER 21

Sleep Development

WEDNESDAY, NOVEMBER 18

Home Safety

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

IT'S NOT RIGHT: NEIGHBOURS, FRIENDS AND FAMILIES



Adults

This dynamic presentation is for any caring community member who wants to learn to recognize the warning signs of possible elder abuse and know what to do as a bystander. After all, it is the people closest to the individual who are most likely to recognize when something isn't right. You will learn from scenarios taken from life to facilitate discussion and consider a range of possible responses, and you will become familiar with the resources available to you right here in Cold Lake to help support a senior in need.

WEDNESDAY, SEPTEMBER 16

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

*Everyone welcome!
Celebrate with
friends & family!*

**SATURDAY,
DEC. 5**

5:00 PM - 1:00 AM

REID FIELD HOUSE

*Contact the
Cold Lake Energy Centre
at 780-639-6400.*

18+ EVENT

- CASH BAR RECEPTION
-
- CATERED DINNER
-
- THE GRAND DUELING PIANO SHOW
-
- PRIZE GIVEAWAYS
-
- DJ AND DANCING

SMALL BUSINESS,
BIG
Christmas

GRANDPARENTS RAISING GRANDCHILDREN: CIRCLE OF SUPPORT

Adults

Everyone deserves a circle of support. When grandparents step into the role of primary caregivers, it can feel both deeply meaningful and overwhelmingly complex. You don't have to navigate those unique challenges alone. This group welcomes grandparents who are raising their grandchildren and looking to connect with others who truly understand the unique challenges, and unique joys, that come with this role. Each circle begins with a short presentation on a relevant topic, followed by a gently facilitated sharing circle, and ends with relaxed social time to build community. You're welcome to share as much or as little as feels comfortable; there is no pressure- only support, understanding, and connection. *Because trust grows over time and relationships deepen through consistency, this circle is designed as a series rather than a drop in program. We invite participants to join us for the full set of sessions so the group can grow together.*

THURSDAY, SEPTEMBER 17

You're Not Alone! Statistics, Stories, and Supports

THURSDAY, OCTOBER 15

Children and Teen Development in the Digital Age

THURSDAY, NOVEMBER 19

Helping Children Navigate Complex Family Dynamics

THURSDAY, DECEMBER 17

Caring for the Caregiver - Wellness for Grandparent Caregivers

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, SEPTEMBER 17, OCTOBER 15, NOVEMBER 19 & DECEMBER 17

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

HEARTS & HANDS VOLUNTEER TEAMS (INCLUSIVE VOLUNTEERING PROGRAM)

Adults

Are you interested in volunteering and need adaptations due to disability? FCSS recognizes that there is a pool of eager, friendly, and talented people who want to volunteer, but need adaptations to make this happen.

The Hearts & Hands Volunteer Teams help with volunteer projects, discover volunteer opportunities in the community, and develop transferrable volunteer and life skills.

Hearts & Hands Volunteer Teams meet once a month on either Monday or Thursday. Volunteering may happen at FCSS or off-site at a community organization. Participants must be registered as FCSS volunteers to participate. To register, please contact FCSS at 780-594-4495 or fcss@coldlake.com. **Please note this program does not provide transportation.**

MONDAY TEAM: SEPTEMBER 21, OCTOBER 19, NOVEMBER 16 & DECEMBER 21

THURSDAY TEAM: SEPTEMBER 17, OCTOBER 22, NOVEMBER 19 & DECEMBER 17

10:00 a.m. - 11:30 a.m.

Location will vary

Free, registration required

GROWING THROUGH GRIEF

Ages 8-13

This four-month group provides a safe, supportive space for children to explore grief and loss alongside peers who may be experiencing similar feelings. Through guided conversations, creative activities, and skill-building exercises, participants will learn that grief is a natural response to loss and that there are healthy ways to express emotions and cope with difficult feelings. Each session focuses on a different theme to help children gradually build understanding, resilience, and connection. **A portion of this program is generously sponsored by CIBC Cold Lake Branch.**



MONDAY, SEPTEMBER 21

Understanding Grief

MONDAY, OCTOBER 19

Expressing Feelings

MONDAY, NOVEMBER 30

Coping and Self-Care

MONDAY, DECEMBER 14

Remembering and Moving Forward

5:30 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required

HER NEXT CHAPTER: AN AFTER DIVORCE CIRCLE OF SUPPORT

Women & 2SLGBTQIA+ people who feel supported in a woman-centered space

Everyone deserves a circle of support. After a divorce, it can feel as though the whole world has shifted, but you don't have to navigate those changes on your own. This group welcomes women (and gender diverse 2SLGBTQIA+ people who feel supported in a woman centred space) to connect around the shared experience of life after divorce. Each circle begins with a brief presentation on a relevant topic, followed by a gently facilitated sharing circle, and ends with relaxed social time to connect with others who truly understand. You're welcome to share as much or as little as feels comfortable; there's no pressure- only support, understanding, and connection.

Because trust and connection deepen over time, this group is designed as a series rather than a drop in program. We invite participants to join us for the full set of sessions so the circle can grow together.

MONDAY, SEPTEMBER 21

Self Care, Self Esteem, and Self Love

MONDAY, OCTOBER 19

*Healthy Relationships
(Friends or New Romance)*

MONDAY, NOVEMBER 16

Money After Divorce

MONDAY, DECEMBER 21

Holiday Pressure

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

BARBERSHOP BROTHERHOOD

Men

Mental health conversations should feel as natural as talking about beard styles. Barbershop Brotherhood welcomes all men into a comfortable, down to earth space where you can focus on your mental well being, free from pressure, formality, and stigma. Each session combines practical men's grooming tips from a barber with honest, guided conversations led by a counsellor. Barbershop Brotherhood offers a straightforward, approachable way for men to invest in their mental health while feeling supported, understood, and part of a larger community.



THURSDAY, SEPTEMBER 24

Fine & Thinning Hair

THURSDAY, NOVEMBER 26

"Movember" Moustache & Beard Care

4:30 p.m. - 6:30 p.m.

CrewHaus Barbers & Stylists

(167 Kingsway)

Free, registration not required

FAMILY GAME NIGHT

Families

Regular family interactions foster deep connections and understanding among members, creating a solid foundation of support and trust. From classic board games to modern favorites, there's something for everyone at Family Game Night. Enjoy a spread of tasty snacks and drinks to fuel your fun and keep everyone refreshed throughout the evening.

THURSDAY, SEPTEMBER 24

TUESDAY, NOVEMBER 10

FRIDAY, DECEMBER 11

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

HOME ALONE

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a mandatory half an hour Parent/Caregiver portion that will be held from 9:00 a.m. to 9:30 a.m. at the beginning of the session.

FRIDAY, SEPTEMBER 25

MONDAY, OCTOBER 26

9:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required



INTERAGENCY FALL MEET AND GREET

Community

Interagency meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents. The annual meet and greet features guest speakers and includes lunch; this is a fantastic opportunity to network with others!



MONDAY, SEPTEMBER 25

10:00 a.m. - 1:00 p.m.

Heritage Hall (Cold Lake Seniors' Society)

1301 - 8 Avenue

\$20.00, registration required

COMMUNITY HELPERS COFFEE CATCH-UP

Ages 12-17

If you have been trained as a Community Helper or are simply curious to learn more about the program, please join us for connection and learning. Enjoy some light refreshments, meet other community helpers, discover local resources, and explore new self-care tips that can support and strengthen your helping abilities. Register for one or both sessions.



FRIDAYS, SEPTEMBER 25 & NOVEMBER 20

2:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a learn-to-play chess club for fellow youth ages 10-17. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



MONDAYS, SEPTEMBER 28, OCTOBER 26 & NOVEMBER 23

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration not required

TREATY TALK

Adults

You may have heard during land acknowledgements that the City of Cold Lake is located on Treaty 6 Territory: but what does that really mean? Ahead of the fifth National Day for Truth and Reconciliation, we invite you for a brief educational talk about the history and meaning of Treaty 6. Whether you're new to this treaty territory or have lived here your whole life, this presentation is for you. We are all treaty people.

MONDAY, SEPTEMBER 28

7:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Seniors' Wisdom Panel (P.5)
- Coffee & Collaboration (P.38)

6

- The Parent Handbook (P.30)

7

- Parenting Support - ASQ Screening and Resources (P.39)
- Cold Lake Bully Free Committee (P.38)
- Celebrating Families (P.39)

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12

13

- Feeling Headquarters (P.40-41)

14

- Parenting Support - Learning to Cooperate (P.39)
- IAIM Infant Massage (P.41)
- Ignite the Way (P.41)
- Online Child Sexual Exploitation (P.42)
- CL Youth Council (P.42)

18

19

- Hearts & Hands Volunteer Teams (P.32-33)
- Growing Through Grief (P.33)
- Her Next Chapter (P.33-34)

20

- Feeling Headquarters (P.40-41)

21

- IAIM Infant Massage (P.41)
- Ignite the Way (P.41)
- Community Friends (P.43)
- Bringing Baby Home (P.44)
- Caregiver 101 (P.44)

25

- Kid's Halloween Party (P.40)

26

- Home Alone (P.44)
- Art in the Loft (P.45)
- CL Youth Council Chess Club (P.45)

27

- Feeling Headquarters (P.40-41)
- Meal Stretchers (P.45)

28

- Parenting Support - Managing Nightmares (P.39)
- IAIM Infant Massage (P.41)
- Ignite the Way (P.41)

THURSDAY

1

- North of 55 Walking Group (P.38)

8

- Wills and Personal Directives Info Session (P.39)

15

- Grandparents Raising Grandchildren (P.32)
- Empowered Parenting for Neurodiverse Kids (P.42-43)

22

- Hearts & Hands Volunteer Teams (P.32-33)
- Her Next Chapter (P.33-34)
- The Grub Club (P.44)

29

- Meal Stretchers (P.45)

FRIDAY

2

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- That Bites! (P.40)
- Celebrating Chosen Family (P.40)

16

23

30

SATURDAY

3

10

17

- Ready to Launch (P.43)

24

31

OCTOBER



NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, OCTOBER 1

CNRL Walking/Running Track

THURSDAY, NOVEMBER 5

CNRL Walking/Running Track

THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Cold Lake Energy Centre CNRL walking/running track

Free, registration required

COFFEE & COLLABORATION

Volunteer Coordinators

Do you coordinate volunteers for a sports team, faith organization, school or another community group? Coffee and Collaboration is an opportunity to meet with other volunteer coordinators for learning opportunities, sharing information and the opportunity to collaborate and advocate. Whether volunteer coordination is your full-time role or if it's just one of the many hats you wear, this is sure to be a valuable networking opportunity for you.

MONDAYS, OCTOBER 5 & DECEMBER 7

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE BULLY FREE COMMITTEE

Adults

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives, and to promote learning through school, workplaces, and sport-based presentations. Meetings are held in-person with a virtual option.



WEDNESDAYS, OCTOBER 7 & NOVEMBER 4

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required



PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

WEDNESDAYS, OCTOBER 7 to DECEMBER 30

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, drop-in program

OCTOBER

7 ASQ Screening and Resources

14 Learning to Cooperate

28 Managing Nightmares

NOVEMBER

4 ASQ Screening and Resources

25 Going Shopping

DECEMBER

2 ASQ Screening and Resources

9 Creativity

23 Sharing

30 Self-Esteem

CELEBRATING FAMILIES

Families

Come and celebrate National Family Week with our old-fashioned family dinner. Start your night with a free dinner, followed by crafts, and a slide in Cold Lake Families Connections. Family dinners are an important opportunity to slow down, connect, and strengthen family bonds through conversation, laughter, and shared experiences. This event will be open to all family members, so we encourage all ages to come and play.

WEDNESDAY, OCTOBER 7

5:00 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required

WILLS AND PERSONAL DIRECTIVES INFORMATION SESSION

Adults

It is important for everyone to



have a will and personal directive. Preparing a personal directive gives us a voice in the care we will receive if we cannot make our own decisions at the time. It helps those who will make personal care decisions for us. Join us for an evening presentation with Todd Munday, a lawyer from the law firm of Wood and Munday LLP. Mr. Munday will present valuable information regarding Wills, Personal Directives and Power of Attorney.

THURSDAY, OCTOBER 8

7:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required



THAT BITES!

Ages 13-18

That Bites! is a program focused on teaching how to prepare easy, healthy, and budget-friendly meals. Participants will learn to cook, share meals, and understand the importance of eating balanced on a budget. That Bites! aims to support youth as they transition into adulthood, building their confidence in the kitchen and teaching them how to cook safely. **Register by October 6.**

FRIDAY, OCTOBER 9

Fresh Starts

THURSDAY, NOVEMBER 12

Holiday Snacks

1:00 p.m. - 3:30 p.m.

Cold Lake and District FCSS

\$20.00 per session, registration required

CELEBRATING CHOSEN FAMILY

2SLGBTQIA+ folx and allies, all ages

Join us for a celebration of chosen family to close out National Family Week: because every family matters. Sing your heart out with karaoke favorites, sip on rainbow mocktails, and express yourself however you feel most comfortable. Dress up (or don't) – costumes, drag, and creative self-expression are welcome in this all-ages environment. Fun props will be available to help you step into the spotlight or cheer on others. Whether you come to sing, support, or simply enjoy safe company, everyone is welcome. Come as you are, bring who you love, and celebrate your chosen family.



FRIDAY, OCTOBER 9

6:30 p.m. - 8:30 p.m.

Cold Lake and District FCSS

Free, registration required



FEELINGS HEADQUARTERS

Ages 7-9

Inspired by the movie Inside Out, this group helps children explore Joy, Sadness, Anger, and Fear in a safe and supportive environment. Through games, art, stories, and activities, children will learn that all emotions are important and develop healthy ways to express and manage their feelings. Children will build confidence, communication, and coping skills while connecting with others and learning tools they can use at home, at school, and with friends.

TUESDAY, OCTOBER 13

Joy

TUESDAY, OCTOBER 20
Sadness

TUESDAY, OCTOBER 27
Anger

TUESDAY, NOVEMBER 3
Fear

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections
Free, registration required

IGNITE THE WAY

Ages 9-13

Ignite the Way empowers tweens to build supportive connections with one another and within the community. This group offers opportunities to develop self-confidence, self-awareness, and self-esteem through a variety of activities that align with the 40 Developmental Assets™.



WEDNESDAY, OCTOBER 14

Personal Power & Integrity

WEDNESDAY, OCTOBER 21

Expectations & Boundaries

WEDNESDAY, OCTOBER 28

Responsibility & Caring

WEDNESDAY, NOVEMBER 4

Test Stress & Peer Pressure

4:30 p.m. - 6:30 p.m.

Cold Lake and District FCSS
Free, registration required



IAIM INFANT MASSAGE

Parents, Caregivers and their infants ages 0-12 months



Infant Massage promotes nurturing touch and communication through training, education, and research so that parents, caregivers, and children are loved, valued, and respected. The International Association of Infant Massage (IAIM) five-session program is a wonderful way of strengthening the bonds of love and helps parents, caregivers and infants to connect with each other.

WEDNESDAYS, OCTOBER 14, 21, 28 & NOVEMBER 4, 18

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections
Free, registration required

Remembrance Day CEREMONY

Hosted by The Royal Canadian Legion Branch 211 and 4 Wing Cold Lake

COLD LAKE ENERGY CENTRE
IMPERIAL OIL PLACE ARENA

10:30 am - Spectators seated

10:45 am - Parade Begins

Spectators are encouraged to carpool.



ONLINE CHILD SEXUAL EXPLOITATION: WHAT CAREGIVERS SHOULD KNOW

Parents/Guardians of children aged 5-17



Navigating the online world can feel overwhelming, especially for caregivers with less digital experience. This presentation is designed to build your understanding of common online risks and provide practical guidance on how to support your child's digital safety. We will explore important topics including intimate image sharing, non-consensual photo sharing, sextortion, and the impacts of online sexual exploitation. Participants will also gain tools for having difficult but important conversations with their children, along with an overview of reporting obligations and available supports.

WEDNESDAY, OCTOBER 14

4:30 p.m. - 6:30 p.m.

Cold Lake and District FCSS

Free, registration required

MEALS ON WHEELS

Nutritious meals delivered to seniors and those recovering at home.

To sign up, or to volunteer, contact Cold Lake and District FCSS at 780-594-4495



COLD LAKE YOUTH COUNCIL

Ages 12-17



Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.

WEDNESDAYS, OCTOBER 14, NOVEMBER 18 & DECEMBER 9

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences.

Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

**THURSDAYS, OCTOBER 15,
NOVEMBER 19 & DECEMBER 17**

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

READY TO LAUNCH

Ages 14-18

This group empowers teens to build meaningful connections with one another and within their community. Through a variety of engaging activities aligned with the 40 Developmental Assets™, participants will develop important life skills, strengthen their self-confidence, increase self-awareness, and build positive self-esteem. The group provides a supportive environment where teens can gain the tools they need for the future while fostering a sense of belonging and personal growth.



SATURDAY, OCTOBER 17

DIY Ice Cream and Movie

SATURDAY, NOVEMBER 14

D&D and Games

SATURDAY, DECEMBER 12

Workshop

1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusiveness for adults who require adaptations to lead an active social life due to disability. This program consists of monthly themed interactive social activities like games, crafts, simple cooking, or supported community outings. Participants are welcome to bring their caregivers.

WEDNESDAY, OCTOBER 21

Halloween

WEDNESDAY, NOVEMBER 25

Bowling – Boathouse Bowling

WEDNESDAY, DECEMBER 16

Holiday Celebration

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

Cold Lake and District FCSS offers various training presentations:



LAKELAND SAFE SPACE (Businesses/ Organizations) is a 2-hour training session that provides participants with the basic tools to provide a safe and welcoming environment for the 2SLGBTQIA+ community.

BEYOND THE HURT/ SAFETY PLANNING (Grades 2 – 12) and **HANDS ARE NOT FOR HITTING/ WORDS ARE NOT FOR HURTING (Pre K – Grade 2)** are interactive presentations where students learn about bullying and healthy relationships.

FINANCIAL WELLNESS PRESENTATION (Agency/ Schools) is an interactive presentation with topics such as: the real cost of high interest loans, filing your first income tax return, personal income tax basics, smart shopping, budgeting, living simply, and the good the bad and no credit.

WISE OWLS (Seniors) is a 2-hour presentation aimed at educating seniors about common scams. Supported by RCMP, the Alberta Provincial Rural Crime Watch Association, the Government of Alberta Solicitor General, and Public Security.

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Created for young parents who are expecting or caring for a new baby, this program helps build confidence for the early stages of parenthood. Through open discussion and practical resources, parents will gain the tools and support needed to create a safe, loving start for their child.

WEDNESDAY, OCTOBER 21

Sleep Development

WEDNESDAY, NOVEMBER 18

Home Safety

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

CAREGIVER 101

Adults

When a loved one is newly diagnosed with dementia, it can feel overwhelming. Join



us for a presentation from Age Friendly Cold Lake to learn valuable practical information and discover local supportive resources.

Whether you're caring for a parent, spouse, or another loved one, at home or in the community, you're sure to leave this presentation feeling more prepared and supported in the caregiver's journey.

WEDNESDAY, OCTOBER 21

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

THE GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning! Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or all of the sessions. Food kits will be available for pick-up the day before each class at The Family Connections from 1:00 p.m. to 4:00 p.m. **Register by October 19.**

THURSDAY, OCTOBER 22

Halloween Supper

THURSDAY, NOVEMBER 19

Pasta Meal

THURSDAY, DECEMBER 3

Holiday Meal

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$20.00 per session, registration required

HOME ALONE

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a mandatory half an hour Parent/Caregiver portion that will be held from 9:00 a.m. to 9:30 a.m. at the beginning of the session.

MONDAY, OCTOBER 26

9:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required



ART IN THE LOFT

Ages 11-13

Create awesome art and build new friendships. During our time in the Loft, we will learn new art techniques, express ourselves through creativity, and meet new people. Art can also be a great way to reduce stress, practice mindfulness, and take time to relax and focus on the present moment in a fun and supportive environment.

MONDAY, OCTOBER 26

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a learn-to-play chess club for fellow youth ages 10-17. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



**MONDAYS, OCTOBER 26
& NOVEMBER 23**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration not required

MEAL STRETCHERS: LOVING LENTILS

Adults

Meal stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes.



Lentils: a pantry staple that is making a big comeback. Join us to explore the possibilities of cooking with this little legume that is a powerhouse of nutrition. We will make a yummy dip, tacos, and sloppy joes. *Identical programs are offered on two different dates and times.*

TUESDAY, OCTOBER 27

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

OR

THURSDAY, OCTOBER 29

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE ENERGY CENTRE
BOUNCE HOUSE

Birthday Party

1.5 hrs with bouncers in the Reid Field House
& 2.5 hrs in a birthday party room.

To book or for more info, contact the
Energy Centre front desk (780) 639-6400

SUNDAY

1

MONDAY

2

- Seniors' Wisdom Panel (P.5)

TUESDAY

3

- Feeling Headquarters (P.40-41)

WEDNESDAY

4

- IAIM Infant Massage (P.41)
- Parenting Support - ASQ Screening and Resources (P.48)
- Cold Lake Bully Free Committee (P.48)
- Wise Owls Fraud Prevention (P.48)
- Ignite the Way (P.48)

8

9

- Path to Resilience (P.49)

10

- Path to Resilience (P.49)
- Voices of Albertans with Disabilities (P.50)
- Family Game Night (P.50)

11

- Remembrance Day (P.41)

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- Hearts & Hands Volunteer Teams (P.32-33)
- Her Next Chapter (P.33-34)
- Crossroads of Coparenting (P.52)

17

- The Great Cold Lake Turkey Race (P.52 - starts)
- Design the CL Bully Free Logo Contest (P.52 - starts)
- Emotion Coaching (P.53)

18

- IAIM Infant Massage (P.41)
- Bringing Home Baby (P.53)
- CL Youth Council (P.53)
- Art Therapy for Adults (P.53)

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23

- Art in the Loft (P.45)
- Crossroads of Coparenting (P.52)
- CL Youth Council Chess Club (P.55)

24

- Emotion Coaching (P.53)
- Meal Stretchers (P.55)

25

- Parenting Support - Going Shopping (P.48)
- Community Friends (P.56)

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30

- Growing through Grief (P.33)



NOVEMBER

THURSDAY

5

- North of 55 Walking Group (P.49)

12

- That Bites! (P.50)
- Rainbow Roots (P.51)

19

- Grandparents Raising Grandchildren (P.32)
- Hearts & Hands Volunteer Teams (P.32-33)
- The Grub Club (P.54)
- Empowered Parenting for Neurodiverse Kids (P.54)

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- Meal Stretchers (P.55)
- Interagency Meeting (P.56)
- Barbershop Brotherhood (P.57)

FRIDAY

6

13

- Bright Beginnings Developmental Fair (P.51)

20

- Community Helpers Coffee Catch-Up (P.55)

27

- Santa Parade (P.56)
- Tradition Tree (P.57)

SATURDAY

7

14

- Ready to Launch (P.51)

21

28

- Fill-A-Bus (P.57)



PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

WEDNESDAYS, NOVEMBER 4 to DECEMBER 30

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, drop-in program

NOVEMBER

4 ASQ Screening and Resources

25 Going Shopping

DECEMBER

2 ASQ Screening and Resources

9 Creativity

23 Sharing

30 Self-Esteem

COLD LAKE BULLY FREE COMMITTEE

Adults

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives, and to promote learning through school, workplaces, and sport-based presentations. Meetings are held in-person with a virtual option.



WEDNESDAY, NOVEMBER 4

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

48

WISE OWLS FRAUD PREVENTION

Seniors 55+

The WISE Owls Fraud Prevention Program is a vital initiative aimed at educating seniors about fraud prevention. It covers various scams and frauds, including telemarketing, identity theft, investment fraud, credit or debt fraud, and elder abuse. The program is supported by the R.C.M.P., the Alberta Provincial Rural Crime Watch Association (APRCWA), and the Government of Alberta Solicitor General and Public Security. The program consists of a PowerPoint presentation that acts as a guideline, with presentations conducted by trained presenters who discuss current fraud issues and various means of occurrence.



WEDNESDAY, NOVEMBER 4

2:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

Free, registration required

IGNITE THE WAY

Ages 9-13

Ignite the Way empowers tweens to build supportive connections with one another and within the community. This group offers opportunities to develop self-confidence, self-awareness, and self-esteem through a variety of activities that align with the 40 Developmental Assets™.



WEDNESDAY, NOVEMBER 4

Test Stress & Peer Pressure

4:30 p.m. - 6:30 p.m.

Cold Lake and District FCSS

Free, registration required

NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, NOVEMBER 5

CNRL Walking/Running Track

THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Cold Lake Energy Centre CNRL walking/running track

Free, registration required

PATH TO RESILIENCE

Ages 9-12

Path to Resilience is a prevention-focused program that strengthens self-esteem and builds protective factors in children by fostering self-awareness, confidence, and self-regulation. Participants are supported to identify their strengths and values, develop healthy coping strategies, and build skills to manage stress in positive ways. This program promotes healthy relationships by enhancing communication, conflict resolution, and social skills, while normalizing challenges as part of growth. Through goal setting and skill building, children are encouraged to build resilience, recognize progress, and develop the confidence to navigate setbacks and move forward successfully.

MONDAY, NOVEMBER 9

Building Friendships

TUESDAY, NOVEMBER 10

Building a Stress-Less Toolkit

1:00 p.m. - 2:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE GOLF & WINTER CLUB

CURLING

- Ice rentals available to book throughout the week (Small and large groups welcome)
- Drop-in curling (call to confirm hours)
- Open to all military and non-military members



780-594-5341 ext. 1 | www.coldlake.com/curling



VOICES OF ALBERTANS WITH DISABILITIES: ALL ABOUT ADAP

Adults

If you or someone you care for has a disability, this presentation is for you. Voice of Albertans with Disabilities (VAD) works to advance full inclusion, equality, and participation for Albertans with disabilities. Their services focus on removing barriers, strengthening community connections, and empowering individuals through advocacy, information, and direct support for individuals aged 18-64. This presentation will introduce you to VAD and help you understand the changes in AISH as it relates to the upcoming ADAP initiative. If you are looking for individualized assistance, the VAD facilitator will be available before and after the presentation for support – please contact FCSS at 780-594-4495 or fcss@coldlake.com to book an appointment if you want to have a one-on-one meeting in addition to the presentation.



TUESDAY, NOVEMBER 10

1:30 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY GAME NIGHT

Families

Regular family interactions foster deep connections and understanding among members, creating a solid foundation of support and trust. From classic board games to modern favorites, there's something for everyone at Family Game Night. Enjoy a spread of tasty snacks and drinks to fuel your fun and keep everyone refreshed throughout the evening.

TUESDAY, NOVEMBER 10

FRIDAY, DECEMBER 11

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

THAT BITES!

Ages 13-18

That Bites! is a program focused on teaching how to prepare easy, healthy, and budget-friendly meals. Participants will learn to cook, share meals, and understand the importance of eating balanced on a budget. That Bites! aims to support youth as they transition into adulthood, building their confidence in the kitchen and teaching them how to cook safely. **Register by November 6.**

THURSDAY, NOVEMBER 12

Holiday Snacks

1:00 p.m. - 3:30 p.m.

Cold Lake and District FCSS

\$20.00, registration required

Check out our website today!

www.coldlake.com

RAINBOW ROOTS

Adults

Everyone deserves a support circle. We want you the parents, families, friends, and allies of the 2SLGBTQIA+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms, history, culture. Open discussion to follow.

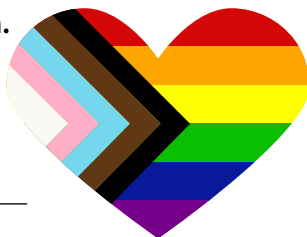


**THURSDAYS, NOVEMBER 12
& DECEMBER 10**

6:00 p.m. - 7:30 p.m.

**Cold Lake and
District FCSS**

**Free. registration
required**



BRIGHT BEGINNINGS DEVELOPMENTAL FAIR

Families

Cold Lake Family Connections welcomes you to join us for an inclusive event designed for all parents, caregivers, and professionals who engage with children with neurodiverse abilities, or have questions about their child's development. This community gathering offers a unique opportunity for parents to engage with professionals, acquire essential parenting tools, engage with other parents, and explore a wide range of resources dedicated to supporting both you and your child's growth journey.

FRIDAY, NOVEMBER 13

11:30 a.m. - 5:30 p.m.

Cold Lake Energy Centre Field House

Free, registration not required

READY TO LAUNCH

Ages 14-18

This group empowers teens to build meaningful connections with one another and within their community. Through a variety of engaging activities aligned with the 40 Developmental Assets™, participants will develop important life skills, strengthen their self-confidence, increase self-awareness, and build positive self-esteem. The group provides a supportive environment where teens can gain the tools they need for the future while fostering a sense of belonging and personal growth.



SATURDAY, NOVEMBER 14

D&D and Games

SATURDAY, DECEMBER 12

Workshop

1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE ENERGY CENTRE

*Drop-in and
check us out!*

WE HAVE DROP-IN PROGRAMMING FOR EVERYONE

**Basketball
Pickleball
Hockey/Shinny
Skating and more!**

For more information contact the
Cold Lake Energy Centre 780-639-6400

Cold Lake
Energy
Centre

CROSSROADS OF COPARENTING

Adults

Coparenting can be challenging, and children often feel the effects of ongoing conflict. *Crossroads of Coparenting: A 5 Step Seminar to Shield Children from Harm* helps parents recognize behaviors that may harm their children and learn practical ways to change. The seminar covers five key steps: keeping your child out of the middle, allowing your child to love both parents, working on your own recovery, improving communication skills, and building a positive coparenting relationship. Parents will leave with tools to manage conflict, communicate effectively, and create a supportive environment for their children.



MONDAYS, NOVEMBER 16 & 23

6:00 p.m. - 8:00 p.m.

Cold Lake Family Connections

Free, drop-in program

THE GREAT COLD LAKE TURKEY RACE

Community

Ruffles is back for the seventh year! Ruffles is running to gather donations equal in value to 400 frozen turkeys for the Cold Lake Food Bank. FCSS is supporting Ruffles in The Great Cold Lake Turkey Race by accepting donations. Drop by between November 17 and December 18, to give a cash or cheque donation and help Ruffles meet his goal.



NOVEMBER 17 to DECEMBER 18

Cold Lake and District FCSS

Free, registration not required

DESIGN THE COLD LAKE BULLY FREE LOGO CONTEST

Community

The purpose of Cold Lake Bully Free is to raise awareness about the serious impact bullying has on individuals, groups and the community, and to explore and share solutions on how bullying can be prevented. As we approach the 18th year of Cold Lake Bully Free, we would like your help to design a Cold Lake Bully Free logo for the year that speaks of kindness and community. Entry forms are available at Cold Lake and District FCSS or online at coldlake.com. Entries will be judged by the Cold Lake Bully Free Committee. The winning entry will be made into stickers to be distributed in the community. Entry deadline is Dec. 8, 2026, and the winner will be notified early in the new year.



NOVEMBER 17 to DECEMBER 8

Cold Lake and District FCSS

Free, registration not required



2025 winning design by Jaxson

EMOTION COACHING

Caregivers of children 0-12 years

The Emotion Coaching Parenting Program, developed by Drs. John and Julie Gottman, is a research-based program designed to strengthen the parent-child relationship, enhance emotional intelligence, and foster healthy social and emotional development in children. Rooted in decades of empirical research, the program equips parents with practical skills to recognize, understand, and effectively respond to their child's emotions in a supportive and structured way.



**TUESDAYS, NOVEMBER 17, 24
& DECEMBER 1**

5:30 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Created for young parents who are expecting or caring for a new baby, this program helps build confidence for the early stages of parenthood. Through open discussion and practical resources, parents will gain the tools and support needed to create a safe, loving start for their child.

WEDNESDAY, NOVEMBER 18

Home Safety

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



**WEDNESDAYS, NOVEMBER 18
& DECEMBER 9**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

ART THERAPY FOR ADULTS

Adults

Lakeland Psychological Services is pleased to present an Art Therapy workshop led by Randi Martin, focusing on stress reduction for adults. This workshop offers a unique opportunity to explore self-expression through art while alleviating stress. Engaging in the repetitive motions of creating art can provide a calming effect on the mind, allowing participants to momentarily escape their daily concerns. Join Randi to slow down, unwind, and unlock your creative potential.



WEDNESDAY, NOVEMBER 18

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required



THE GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning! Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or all of the sessions. Food kits will be available for pick-up the day before each class at The Family Connections from 1:00 p.m. to 4:00 p.m. **Register by November 16.**

THURSDAY, NOVEMBER 19

Pasta Meal

THURSDAY, DECEMBER 3

Holiday Meal

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$20.00 per session, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, NOVEMBER 19 & DECEMBER 17

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

Kids New Year's
PARTY

DECEMBER 31
1:00 - 4:00 PM | COLD LAKE ENERGY CENTRE

\$5.00 per child (Ages 1-12 yrs | Adults required to stay - no charge)
REGISTRATION REQUIRED | MAX. 400 CHILDREN

For more info or to register, call the
Cold Lake Energy Centre at 780-639-6400

Cold Lake Energy Centre logo and City of Cold Lake logo.

COMMUNITY HELPERS COFFEE CATCH-UP

Ages 12-17

If you have been trained as a



Primary Care
Alberta

Community Helper or are simply curious to learn more about the program, please join us for connection and learning. Enjoy some light refreshments, meet other community helpers, discover local resources, and explore new self-care tips that can support and strengthen your helping abilities.

FRIDAY, NOVEMBER 20

4:00 p.m. - 6:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a learn-to-play chess club for fellow youth ages 10-17. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



MONDAY, NOVEMBER 23

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration not required



COUNSELLING SERVICES

Create positive change in your worldview.

For more info, please contact
Cold Lake and District FCSS
at 780-594-4495 or fcss@coldlake.com

ALL INQUIRIES
ARE CONFIDENTIAL.



MEAL STRETCHERS: PEANUT BUTTER – THE SAVORY AND THE SWEET

Adults

Meal stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes.



Go beyond PB & J sandwiches! Join us to explore the versatility of peanut butter in a dip, a Thai-inspired wrap, a Ramen noodle dish, and cookies. *Identical programs are offered on two different dates and times.*

TUESDAY, NOVEMBER 24

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

OR

THURSDAY, NOVEMBER 26

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

CITY OF COLD LAKE
Santa Claus Parade
FRIDAY, NOV. 27
6:00 PM



For more information or to register, visit www.coldlake.com or phone 780-639-6400.

FREE EVENT

Santa's WORKSHOP

FRIDAY NOV. 28 | 7:00-9:00 PM
 COLD LAKE ENERGY CENTRE

JOIN US AFTER THE SANTA CLAUS PARADE FOR:

- PICTURES WITH SANTA
- LETTERS TO SANTA
- VISIT FROM THE GRINCH

Cold Lake Energy Centre 780-639-6400

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusiveness for adults who require adaptations to lead an active social life due to disability. This program consists of monthly themed interactive social activities like games, crafts, simple cooking, or supported community outings. Participants are welcome to bring their caregivers.

WEDNESDAY, NOVEMBER 25

Bowling – Boathouse Bowling

WEDNESDAY, DECEMBER 16

Holiday Celebration

10:00 a.m. - 11:30 a.m.

Boathouse Bowling (904 - 7 Avenue)

Free, registration required

INTERAGENCY MEETINGS

Community



Interagency meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents.

THURSDAYS, NOVEMBER 26, FEBRUARY 25, 2027, APRIL 22, 2027 & JUNE 24, 2027 (AGM)

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

BARBERSHOP BROTHERHOOD

Men

Mental health conversations should feel as natural as talking about beard styles. Barbershop Brotherhood welcomes all men into a comfortable, down to earth space where you can focus on your mental well being, free from pressure, formality, and stigma. Each session combines practical men's grooming tips from a barber with honest, guided conversations led by a counsellor. Barbershop Brotherhood offers a straightforward, approachable way for men to invest in their mental health while feeling supported, understood, and part of a larger community.



THURSDAY, NOVEMBER 26

"Movember" Moustache & Beard Care

4:30 p.m. - 6:30 p.m.

CrewHaus Barbers & Stylists

(167 Kingsway)

Free, registration not required

Snow Angel Volunteers Needed!

Looking for a great individual, family, team or business volunteer opportunity?

To sign up or learn more, visit www.coldlake.com/snowangels or call Cold Lake and District FCSS at 780-594-4495.

TRADITION TREE

Community

Celebrate the season across generations with the 2nd Annual Tradition Tree! This heartwarming event includes a hot chocolate bar, a winter song sing along, holiday card decorating, and a chance to share your favourite family traditions. All generations, from kids to seniors, can create ornaments for our community Tradition Tree, each with a story tucked inside. Returning community members will also find last year's stories on display; your own and others' cherished traditions are there to rediscover and enjoy, offering lovely moments of connection with neighbours. Come with family or come to meet new people. Everyone is welcome around the Tradition Tree!

FRIDAY, NOVEMBER 27

1:30 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

FILL-A-BUS



Community

Calling all volunteers! We need you to support FCSS's most popular volunteer opportunity, Fill-A-Bus! Fill a Bus volunteers collect, and sort non-perishable food donations destined for the Cold Lake Food Bank. This volunteer opportunity is suitable for youth aged 12 and older, adults, seniors and clubs. To volunteer please contact FCSS at 780-594-4495 or fcss@coldlake.com.

SATURDAY, NOVEMBER 28

9:00 a.m. - 3:00 p.m.

Sobeys Cold Lake

Free, registration required

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1

- Emotion Coaching (P.60)

2

- Parenting Support - ASQ Screening and Resources (P.60)

6

7

- Seniors' Wisdom Panel (P.5)
- Coffee & Collaboration (P.61)

8

- Design the Cold Lake Bully Free Logo Contest (P.61 - ends)
- Meal Stretchers (P.62)

9

- Parenting Support - Creativity (P.60)
- CL Youth Council (P.62)

13

14

- Growing through Grief (P.33)

15

16

- Community Friends (P.63)
- Bringing Baby Home (P.63)

20

21

- Hearts & Hands Volunteer Teams (P.32-33)
- Her Next Chapter (P.33)

22

23

- Parenting Support - Sharing (P.60)

27

28

29

- EQ Essentials (P.64)

30

- Parenting Support - Self-Esteem (P.60)
- EQ Essentials (P.64)

DECEMBER

THURSDAY

3

- North of 55 Walking Group (P.60)
- The Grub Club (P.61)

FRIDAY

4

5

- Small Business, Big Christmas (P.31)

10

- Meal Stretchers (P.62)
- Rainbow Roots (P.62)

11

- Family Game Night (P.63)

12

- Ready to Launch (P.63)

17

- Grandparents Raising Grandchildren (P.32)
- Hearts & Hands Volunteer Teams (P.32-33)
- Empowered Parenting for Neurodiverse Kids (P.64)

18

- The Great Cold Lake Turkey Race (P.64 - ends)

19

24

25

26

31

- Kids New Year's Party (P.54)
- EQ Essentials (P.64)





PARENTING SUPPORT

Parents/Caregivers

Join us for simple and practical strategies to help build strong, healthy relationships and confidently manage your child(ren)'s behavior and prevent problems from developing. Join us for this drop-in parent support program every Wednesday from 1:00 p.m. to 2:30 p.m.

WEDNESDAYS, NOVEMBER 4 to DECEMBER 30

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, drop-in program

DECEMBER

- 2 ASQ Screening and Resources
- 9 Creativity
- 23 Sharing
- 30 Self-Esteem

NORTH OF 55 WALKING GROUP

Adults 55+

Stay active, social, and energized. Join our 55+ Walking Group for a welcoming way to connect with others in the community. We'll walk outdoors in the warmer months and move to the CNRL Walking/Running Track at the Energy Centre when the sidewalks get icy. Enjoy a social walk at a comfortable pace, suitable for all mobility levels. This group offers a supportive and enjoyable environment for older adults. Bring a water bottle, wear comfortable footwear (please bring indoor shoes when we are at the CNRL Walking/Running Track), and dress in weather-appropriate clothing to walk rain or shine.



THURSDAY, DECEMBER 3

CNRL Walking/Running Track

10:00 a.m. - 11:00 a.m.

Cold Lake Energy Centre CNRL walking/running track

Free, registration required

Join us for an epic Nerf battle.
We supply the ammo, nerf guns and eye wear.

NERF WARS

Reid Field House
@ Cold Lake Energy Centre
\$5.50 | All ages

For more info, contact
Cold Lake Energy Centre
780-639-6400



THE GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning! Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or all of the sessions. Food kits will be available for pick-up the day before each class at The Family Connections from 1:00 p.m. to 4:00 p.m. **Register by November 30.**

THURSDAY, DECEMBER 3

Holiday Meal

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required

COFFEE & COLLABORATION

Volunteer Coordinators

Do you coordinate volunteers for a sports team, faith organization, school or another community group? Coffee and Collaboration is an opportunity to meet with other volunteer coordinators for learning opportunities, sharing information and the opportunity to collaborate and advocate. Whether volunteer coordination is your full-time role or if it's just one of the many hats you wear, this is sure to be a valuable networking opportunity for you.

MONDAY, DECEMBER 7

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

DESIGN THE COLD LAKE BULLY FREE LOGO CONTEST

Community

The purpose of Cold Lake Bully Free is to raise awareness about the serious impact bullying has on individuals, groups and the community, and to explore and share solutions on how bullying can be prevented. As we approach the 18th year of Cold Lake Bully Free, we would like your help to design a Cold Lake Bully Free logo for the year that speaks of kindness and community. Entry forms are available at Cold Lake and District FCSS or online at coldlake.com. Entries will be judged by the Cold Lake Bully Free Committee. The winning entry will be made into stickers to be distributed in the community. Entry deadline is Dec. 8, 2026, and the winner will be notified early in the new year.



ENDS DECEMBER 8

Cold Lake and District FCSS

Free, registration not required



2025 winning design by Jaxson

MEAL STRETCHERS: RICE IS NICE AND VERSATILE

Adults

Meal stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes.



Move beyond the boring! Rice can be more than a plain side dish. Join us to create a not-so-spicy Cajun-inspired casserole, a stir-fried rice dish, and a dessert. *Identical programs are offered on two different dates and times.*

TUESDAY, DECEMBER 8

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

OR

THURSDAY DECEMBER 10

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

**COLD LAKE
TRANSIT**

"Where's my bus?"

Download the TransLoc app

TransLoc

Search "TransLoc" on the
Apple App Store or Google Play

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy. They act as peer advocates and as a voice for the young people of Cold Lake while promoting youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



WEDNESDAY, DECEMBER 9

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

RAINBOW ROOTS

Adults

Everyone deserves a support circle. We want you the parents, families, friends, and allies of the 2SLGBTQIA+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms, history, culture. Open discussion to follow.



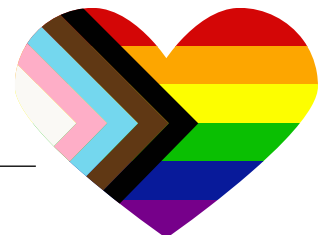
THURSDAY, DECEMBER 10

6:00 p.m. - 7:30 p.m.

Cold Lake and

District FCSS

Free, registration
required





FAMILY GAME NIGHT

Families

Regular family interactions foster deep connections and understanding among members, creating a solid foundation of support and trust. From classic board games to modern favorites, there's something for everyone at Family Game Night. Enjoy a spread of tasty snacks and drinks to fuel your fun and keep everyone refreshed throughout the evening.

FRIDAY, DECEMBER 11

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

READY TO LAUNCH

Ages 14-18

This group empowers teens to build meaningful connections with one another and within their community. Through a variety of engaging activities aligned with the 40 Developmental Assets™, participants will develop important life skills, strengthen their self-confidence, increase self-awareness, and build positive self-esteem. The group provides a supportive environment where teens can gain the tools they need for the future while fostering a sense of belonging and personal growth.



SATURDAY, DECEMBER 12

Workshop

1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusiveness for adults who require adaptations to lead an active social life due to disability. This program consists of monthly themed interactive social activities like games, crafts, simple cooking, or supported community outings. Participants are welcome to bring their caregivers.

WEDNESDAY, DECEMBER 16

Holiday Celebration

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Created for young parents who are expecting or caring for a new baby, this program helps build confidence for the early stages of parenthood. Through open discussion and practical resources, parents will gain the tools and support needed to create a safe, loving start for their child.

WEDNESDAY, DECEMBER 16

Baby's First Christmas

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required



EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our Parent Group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. Our group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives. **Attend virtually or in person**, offering flexibility to connect with others in the way that best suits your needs.

THURSDAY, DECEMBER 17

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

Need to break up your routine?

BOUNCE HOUSE DAYS

***NERF WARS**

***ADULT NIGHTS OUT**

***FAMILY GAME NIGHTS**

**REGISTRATION REQUIRED*

Call the Cold Lake Energy Centre
780-639-6400 or follow on social media




THE GREAT COLD LAKE TURKEY RACE

Community

Ruffles is back for the seventh year! Ruffles is running to gather donations equal in value to 400 frozen turkeys for the Cold Lake Food Bank. FCSS is supporting Ruffles in The Great Cold Lake Turkey Race by accepting donations. Drop by between November 17 and December 18, to give a cash or cheque donation and help Ruffles meet his goal.



ENDS DECEMBER 18

Cold Lake and District FCSS

Free, registration not required

EQ ESSENTIALS: BUILDING EMOTIONAL INTELLIGENCE SERIES

Ages 10-13

EQ Essentials: Building Emotional Intelligence is an interactive workshop series for tweens aged 10–13 that teaches the basics of understanding and managing emotions. Participants will learn how emotional intelligence helps them build strong relationships, make good decisions, and handle tough situations. By developing empathy and social skills, tweens will develop the tools to connect with others and succeed in all areas of life.

TUESDAY, DECEMBER 29

WEDNESDAY, DECEMBER 30

THURSDAY, DECEMBER 31

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

Family Services and Cold Lake Family Connections

We offer a range of supportive services and programs focused on strengthening protective factors for individuals and families. Through education, support, and community connections, programming promotes resilience, healthy relationships, social connection, emotional well-being, and positive child and family development. Services are designed to enhance knowledge, build support networks, and encourage personal growth and life skills development. A variety of programs, workshops and supports are available, with both referrals and drop-in access welcomed!

LIFE COACHING

Coaching provides support and inspiration as individuals are empowered to create and reach their own goals.

VOLUNTEER SERVICES

- *Community Organizations Registry and Opportunities Resource (will be available in print and online for Fall 2026).*
- *Resources to implement best practices for volunteer management for organizations and groups.*
- *FCSS is seeking community partners to develop adaptive volunteering programs for special needs youth and adults. If you are interested in developing an inclusive and welcoming environment, please contact us.*
- *FCSS has volunteer opportunities for adults and youth ages 12+. Volunteer applications may be picked up at our office.*
- *Subsidized First Aid Training for volunteers of \$75 is available* for Standard First Aid Training for volunteers affiliated with a volunteer program. *Limited rebates on a first come first serve basis.*
- *Emergency Social Services training to become a trained and registered volunteer during local emergencies.*

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

We offer income tax filing services at no cost to low-income residents with simple income tax situations who live in Cold Lake and Wards 5 and 6 of the MD of Bonnyville. Please reach out for more information.

OTHER PROGRAMS & SERVICES

Check out our various programs such as Snow Angels program, Lawn Busters program, Neighbourhood Block Party program, Equipment Loan program, and Toy Lending Library. Or ask for information on some services such as FCSS Counselling Program, CREAT (Community Response to Elder Abuse Team), Cold Lake Adaptive Transit Service (CLATS) and the Medical Transportation Grant.





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