

CITY OF COLD LAKE **PROGRAM GUIDE**

JANUARY-JUNE

**20
25**



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 December 2024.

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WINTER BREAK SCIENCE WEEK

Families

Join Cold Lake Family Connections staff from December 30 to January 3, to celebrate Science Week. See schedule for appropriate ages, activities, and times.

Cold Lake Family Connections
Free, registration not required

MONDAY, DECEMBER 30

Weather Science - A Snowy Day

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

TUESDAY, DECEMBER 31

Sensory Science - Ewwy, Goopy Fun

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

THURSDAY, JANUARY 2

Body Science - A Closer Look at How Our Body Works

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

FRIDAY, JANUARY 3

Science in Motion - Homemade Ice Cream

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 2:30 p.m. (ages 7+)

LEGO™ JUNIOR

Ages 5-6

Participants will enjoy LEGO™-themed activities with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

TUESDAY, JANUARY 7

Teamwork Makes the Dream Work

TUESDAY, JANUARY 14

Race Day

TUESDAY, JANUARY 21

Marvelous Mazes

TUESDAY, JANUARY 28

I Spy with My Little Eye

4:30 p.m. - 5:30 p.m.

Cold Lake and District FCSS

\$10.00 per session, 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

Contact Cold Lake and District FCSS at 780-594-4495 for more information



www.coldlake.com



UPCOMING EC EVENTS

MASCOT SKATE January 11

SNOW FEVER February 16

EASTER PARTY April 17

SENIORS' DAY June 6

COLD LAKE FISHING DERBY June 14-15

CANADA DAY July 1

*Watch on social media
for more details!*

Cold Lake Energy Centre (780) 639-6400



PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

Cold Lake Family Connections

Free, drop-in program

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- 15 Bringing Baby Home
- 22 Mealtime Problems
- 29 Caring for a Sick Child

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- 12 Chores
- 19 Bringing Baby Home
- 26 Attachment and Feelings

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- 12 Intro to Circle of Security
- 19 Bringing Baby Home
- 26 Sports

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- 9 Tantrums
- 16 Bringing Baby Home
- 23 Screentime
- 30 Potty Training

MAY

- 7 ASQ Screening and Resources
- 14 Tidying Up
- 21 Bringing Baby Home
- 28 Sharing

JUNE

- 4 Wandering
- 11 Intro to Kids Have Stress Too
- 18 Bringing Baby Home
- 25 Making Reasonable Rules

JR. EMOTION KITS

Ages 7-11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, JANUARY 8

Mindfulness

WEDNESDAY, FEBRUARY 5

Stress / Anxiety

WEDNESDAY, MARCH 5

Self-Esteem

WEDNESDAY, APRIL 2

Anger

WEDNESDAY, MAY 7

Self Care

WEDNESDAY, JUNE 4

Healthy Relationships

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f  www.coldlake.com



Join us on the ice!

Mascot Skate

Come out and skate with mascots from organizations within the Lakeland area!

SATURDAY
JAN. 11
IMPERIAL OIL PLACE
10:15 AM - 11:45 AM

CALLING ALL MASCOTS!

Sign up your group or organization's mascot for this fun, free community event.



To register your mascot, email:
kpankhurst@coldlake.com or contact
Cold Lake Energy Centre 780-639-6400

ADULTING 201

Young adults ages 18+

These sessions will include essential answers to those questions that we all have when we start out in the "real world" as independent adults. **Materials for each session provided.**

FRIDAY, JANUARY 10

Moving out. Rights and responsibilities as a renter.

FRIDAY, JANUARY 17

Managing money and shopping responsibly.

FRIDAY, JANUARY 24

Communication skills for work and play.

FRIDAY, JANUARY 31

Caring for my home. Basic Cooking.

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

Cold Lake and District FCSS

\$5.00 per series, registration required

PINK THE RINK COLOURING CONTEST

Families

Join the Cold Lake Bully Free Committee and



Cold Lake Junior B Ice as we Pink the Rink in support of bringing awareness to bullying in sports. Find our colouring contest at **www.coldlake.com/bullyfree** for a chance to drop the puck centre ice at the Cold Lake Ice home game on Feb. 7, win some Bully Free/ Jr. B Ice merchandise, and a chance to meet the team leaders. Submissions can be e-mailed to fcss@coldlake.com or dropped off in person at the Cold Lake and District FCSS.

MONDAY, JANUARY 13 - FRIDAY, JANUARY 31

Cold Lake and District FCSS

COLD LAKE BULLY FREE COMMITTEE



Community

Become a part of the Cold Lake Bully Free Committee and engage in raising awareness and implementing preventative measures against bullying in our community. This committee convenes regularly to explore ideas, develop meaningful initiatives, and enhance education through presentations in schools. Meetings are held in person with the option to join virtually.

WEDNESDAYS, JANUARY 8, FEBRUARY 5, APRIL 2 & JUNE 4

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

Cold Lake and District FCSS

Free, registration not required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, JANUARY 15

Taxes

WEDNESDAY, FEBRUARY 19

Childcare and Subsidy

WEDNESDAY, MARCH 19

Supporting Your Baby's Development

WEDNESDAY, APRIL 16

Home Safety

WEDNESDAY, MAY 21

Summer Safety

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required

THE GRUB CLUB

Ages 10 -13

Log in and participate with the Grub Club virtually. Youth will gain a deeper understanding of the importance of healthy eating habits and how to maintain them on a budget. They will have the opportunity to create a meal for their family in the comfort of their own home while they build valuable life skills. Food kits will be available for pick up the day prior to the class at Family Connections between 1:00 p.m. - 4:00 p.m. **Register by January 8.**

WEDNESDAY, JANUARY 15

Pizza Party

WEDNESDAY, APRIL 16

Spring Rolls In

WEDNESDAY, JUNE 18

Campsite Charcuterie

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

Cold Lake and District FCSS

\$10.00 per session, registration required

COLD LAKE YOUTH COUNCIL



COLD LAKE
YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group, focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. They promote youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends.

WEDNESDAYS, JANUARY 15, FEBRUARY 19, MARCH 19, APRIL 23 & MAY 14

4:30 p.m. - 7:00 p.m.

Cold Lake and District FCSS

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



BUDGET-FRIENDLY MEALS

Adults 18+

Cooking on a budget is a challenge, especially if you want tasty AND healthy meals. Join us on an adventure in the kitchen! Learn new strategies so that you can eat healthier while giving your wallet a little break. **Register by January 14.**

THURSDAY, JANUARY 16

Homemade Hamburger Helpers

THURSDAY, MARCH 13

For Foods Sake! Making the Most of What You Buy

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

Cold Lake and District FCSS

\$5.00 per session, registration required

TRIPLE P THE POWER OF POSITIVE PARENTING

Caregivers of children 0 - 12 years

Positive parenting is an effective approach to raising children that emphasizes the positive. It involves creating a family environment that is loving, supportive, and predictable. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable.



FRIDAY, JANUARY 17

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

Cold Lake Family Connections

Free, registration required

SNOW FEVER

SUNDAY, FEB. 16
1:00 PM - 4:00 PM
Thomas Varughese Field

Cold Lake Energy Centre 780-639-6400

\$OUP AND \$AVVY, FREE LUNCH AND LEARN MONEY MANAGEMENT BASICS

Adults 18+

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

MONDAY, JANUARY 20

Food Bank Basics

MONDAY, FEBRUARY 10

Preparing for Income Tax Filing

MONDAY, MARCH 17

Living Simply

MONDAY, APRIL 14

Understanding Loans and Credit

MONDAY, MAY 12

Credit Scores and Credit Reports

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com



**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.




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Download the TransLoc app



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

PARENT/CAREGIVER WELLNESS KIT

Caregivers of children 0 - 18 years

Parenting necessitates self-care as a fundamental component. When fatigue, stress, or exhaustion take hold, it becomes challenging to fulfill your role as a parent effectively. When you are in a state of well-being and contentment, you are better poised to manage stress, sustain relationships, and fully embrace the joys of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.

WEDNESDAY, JANUARY 22

Routines and Meal Planning

WEDNESDAY, FEBRUARY 19

Supporting your Partner

WEDNESDAY, MARCH 19

Being a Parent

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

Cold Lake Family Connections

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** **www.coldlake.com**



COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, JANUARY 22

Movement for Health

WEDNESDAY, FEBRUARY 12

Spring Break Escape

WEDNESDAY, MARCH 12

Movie Day

WEDNESDAY, APRIL 9

Egg-cellent Fun!

WEDNESDAY, MAY 14

Spring Friends

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Cold Lake and District FCSS

Free, registration required

FUNCTION JUNCTION

Ages 2-5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

**MONDAYS, JANUARY 27,
FEBRUARY 24, MARCH 31, APRIL 28,
MAY 26 & JUNE 30**

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

Cold Lake Family Connections

Free, registration not required

CELEBRATING KINDNESS

Families

Join us at our Celebrating Kindness event! This wonderful evening is filled with engaging indoor and outdoor crafts and games, a delightful light meal, and hot chocolate to warm your heart. The activities are centered around being kind to ourselves and others, creating a positive and uplifting atmosphere for all. Remember to bring snow pants, mittens, hats, and winter boots to ensure your comfort, activities will move indoors in the case of inclement weather.

WEDNESDAY, JANUARY 29

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SCIENCE ON THE GO

Ages 7-12

This program is designed to support the connection between the caregiver and the child, while focusing on STEM education. Each kit will provide your child with the tools to observe, build, engineer, and practise their skills, while providing a fun activity to build together in your home. Mindful activities reduce screen time and supports executive functioning in children and youth. **Register for one or all kits.**

THURSDAY, JANUARY 30

Balloon Power

THURSDAY, MARCH 13

Dino Adventure

THURSDAY, MAY 1

Sensory Adventures

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

Cold Lake and District FCSS

\$5.00 per session, registration required

FAMILY ADVENTURE: SWIMMING

Families

The perfect way to brighten up those winter days – a fun afternoon at JJ Par Aquatic Centre with family can really lift spirits. You can splash around, relax, and enjoy some family time together. Being a No School Friday makes it even better! **All family members who will be joining us on this day need to be registered.**

FRIDAY, JANUARY 31

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

JJ Par Aquatic Centre

Free, registration required



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





COLD LAKE FAMILY CONNECTIONS

Winter & Spring 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.

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.

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.

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.

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 at Cold Lake Family Connections

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+.

Winter & Spring 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)	Sensory Play (9:00 am - 11:30 am)	Nature 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)					
Kick Start to Kindergarten (1:00 pm - 2:30 pm)	Baby Connections (1:00 pm - 2:30 pm)	Parenting Support Programs (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



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WORD WIZARDS

Ages 6 - 8

Four fun-filled afternoons of literacy-based games and crafts with teen volunteers and FCSS staff. Let's have some fun with literacy!

TUESDAYS, FEBRUARY 4, 11, 18 & 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

FAMILY GAME NIGHT

Families

Consistent, positive interactions foster deep connections and understanding among family members, creating a solid foundation for support and trust building. From classic board games to modern favourites, there's something for everyone at Family Game Night. Enjoy a spread of light snacks and refreshments to fuel your fun throughout the evening.

TUESDAY, FEBRUARY 4

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

Cold Lake Family Connections

Free, registration required



PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

Cold Lake Family Connections

Free, drop-in program

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5 Self-esteem

12 Chores

19 Bringing Baby Home

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5 ASQ Screening and Resources

12 Intro to Circle of Security

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28 Sharing

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f  www.coldlake.com

JUNE

- 4 Wandering
 11 Intro to Kids Have Stress Too
 18 Bringing Baby Home
 25 Making Reasonable Rules

JR.
EMOTION
KITS

Ages 7-11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, FEBRUARY 5

Stress / Anxiety

WEDNESDAY, MARCH 5

Self-Esteem

WEDNESDAY, APRIL 2

Anger

WEDNESDAY, MAY 7

Self Care

WEDNESDAY, JUNE 4

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.
 Cold Lake Family Connections
 Free, registration required

COLD LAKE BULLY
FREE COMMITTEE

Community

Become a part of the Cold Lake Bully Free Committee and engage in raising awareness and implementing preventative measures against bullying in our community. This committee convenes regularly to explore ideas, develop meaningful initiatives, and enhance education through presentations in schools. Meetings are held in person with the option to join virtually.

WEDNESDAYS, FEBRUARY 5,
APRIL 2 & JUNE 4

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

Cold Lake and District FCSS

Free, registration not required

SAVVY SENIORS

Ages 60+

Join us for a light lunch and conversation. Learn more about financial matters, keeping your finances safe, online banking, taxes, benefits, fraud awareness, and more.

WEDNESDAY, FEBRUARY 5

Utilities Consumer Advocate Presentation

WEDNESDAY, MARCH 5

Safety Online

WEDNESDAY, APRIL 2

Taxes and Benefits

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com f i



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



COUPLES COMMUNICATION REFRESHER

Adults 18+



Are you interested in improving communication in your relationship? Lakeland Psychological Services presents an evening of communication strategies for couples. Learn communication skills to restore trust and enhance respect in your relationship. Develop conflict resolution strategies to navigate the demands of life and improve problem solving while rediscovering the strengths in your relationship.

THURSDAY, FEBRUARY 6

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

Cold Lake and District FCSS

\$10.00, registration required

PINK THE RINK - COLD LAKE JUNIOR B ICE

Families

Wear pink and join the Cold Lake Bully Free



Committee and Cold Lake Junior B Ice as we Pink the Rink to bring awareness to bullying in sports. Find our colouring contest at www.coldlake.com/bullyfree for a chance to drop the puck centre ice and win some bully free swag, photo with the team, snack for the concession, and tickets for your family to attend the home game.

FRIDAY, FEBRUARY 7

8:00 p.m.

Cold Lake and District FCSS

\$10.00, at game entry for adults

\$5.00 Youth / Under 4 Free



MEALS ON WHEELS

Nutritious meal delivered to seniors and those recovering at home.

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



\$OUP AND \$AVVY, FREE LUNCH AND LEARN MONEY MANAGEMENT BASICS

Adults 18+

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

MONDAY, FEBRUARY 10

Preparing for Income Tax Filing

MONDAY, MARCH 17

Living Simply

MONDAY, APRIL 14

Understanding Loans and Credit

MONDAY, MAY 12

Credit Scores and Credit Reports

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

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 half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

**WEDNESDAY, FEBRUARY 12,
WEDNESDAY, APRIL 16
OR FRIDAY, JUNE 6**

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

Cold Lake Family Connections

Free, registration required

COLOURFUL EXPERIENCES

Ages 10-13

While children transition into their youth, they may face challenges in expressing their feelings in a positive way. Art can reduce stress and empower youth to manage their emotions, build resiliency and reinforce self-esteem. Participants will be encouraged and supported to safely express their feelings when creating their projects. **Register for one or both sessions.**

**WEDNESDAY, FEBRUARY 12
& FRIDAY, MAY 16**

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

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, FEBRUARY 12

Spring Break Escape

WEDNESDAY, MARCH 12

Movie Day

WEDNESDAY, APRIL 9

Egg-cellent Fun!

WEDNESDAY, MAY 14

Spring Friends

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Cold Lake and District FCSS

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information



www.coldlake.com

ART ATTACK

Ages 7- 9

Expressing yourself in a safe and healthy way can be a challenge no matter the age. Join us as we get messy, creative, and learn to express our feelings through art. Participants will be encouraged to think spontaneously and use original thinking and imagination to create their projects.

THURSDAY, FEBRUARY 13

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

Cold Lake and District FCSS

\$10.00, registration required

YOUTH EMPOWERMENT AND ENGAGING TWEEN Y.E.E.T

Ages 9 -13

The Youth Empowerment and Engaging Tween group was created to champion young tweens to build supportive connections among each other and within the community. This group provides opportunities to build self-confidence, self-awareness, and self-esteem through a variety of activities that reflect the 40 developmental assets.

THURSDAY, FEBRUARY 13

Test Stress and Peer Pressure

THURSDAY, APRIL 17

Neighbourhood Safety and Community

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

Cold Lake and District FCSS

Free, registration required

BOOKS OF LOVE

Ages 12+

Celebrate the day of love with a special take home kit. Each kit contains a journal to build positive affirmations, self-care items, and a special treat to enjoy. It's not selfish to love yourself, take care of yourself, and to make your happiness a priority – it's necessary.

THURSDAY, FEBRUARY 13

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

Cold Lake Family Connections

Free, registration required

PIZZA DOUGH: KIDS & MONEY

Ages 8-10

Our attitudes and habits regarding money begin to form when we are young. Give the young person in your life the opportunity to explore personal finances in this fun, interactive program. We will cover the basics of safe banking, needs versus wants, financial goal setting, budgeting, and exploring our relationship with money. Participants will also receive a basic cooking lesson and prepare their own pizza. **Register by February 10.**

FRIDAY, FEBRUARY 14

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

Cold Lake and District FCSS

\$10.00, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, FEBRUARY 19

Childcare and Subsidy

WEDNESDAY, MARCH 19

Supporting Your Baby's Development

WEDNESDAY, APRIL 16

Home Safety

WEDNESDAY, MAY 21

Summer Safety

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required



PARENT/CAREGIVER WELLNESS KIT

Caregivers of children 0-18 years

Parenting necessitates self-care as a fundamental component. When fatigue, stress, or exhaustion take hold, it becomes challenging to fulfill your role as a parent effectively. When you are in a state of well-being and contentment, you are better poised to manage stress, sustain relationships, and fully embrace the joys of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.

WEDNESDAY, FEBRUARY 19

Supporting your Partner

WEDNESDAY, MARCH 19

Being a Parent

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

Cold Lake Family Connections

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** **www.coldlake.com**

FEAR-LESS TRIPLE P

Parents and Caregivers of children aged 6-14



Triple P Fear-Less is a five-week program that aims to support parents of young people ages 6 to 14 years. It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of youth with anxiety. The series will provide an understanding of how anxiety develops in young people; how to support your child to express and manage upsetting emotions more effectively; how to help your child develop coping skills and face feared situations; and how to manage children's anxious behaviour effectively. To receive full benefits of the program, please plan to attend all five sessions.

WEDNESDAYS, FEBRUARY 19, 26, MARCH 5, 12 & 19

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

Cold Lake Family Connections

Free, registration 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.

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com

COLD LAKE YOUTH COUNCIL



Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group, focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. They promote youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends.

WEDNESDAYS, FEBRUARY 19, MARCH 19, APRIL 23 & MAY 14

4:30 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

TRIPLE P RAISING RESILIENT CHILDREN

Caregivers of children 0-12 years



One of the most important tasks of parenthood is helping children learn to deal with 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.

FRIDAY, FEBRUARY 21

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

Cold Lake Family Connections

Free, registration required

FUNCTION JUNCTION

Ages 2-5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

**MONDAYS, FEBRUARY 24,
MARCH 31, APRIL 28, MAY 26
& JUNE 30**

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

Cold Lake Family Connections
Free, registration not required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the privacy of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household; please only register one person to sign up for your household kit. ***Pick up the day of is between 3:00 p.m. - 5:00 p.m. on the scheduled dates.***

WEDNESDAY, FEBRUARY 26

Winter Wonderland

WEDNESDAY, APRIL 30

Bring on Spring

WEDNESDAY, JUNE 25

Get Ready for Summer

3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections
Free, registration required



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



2025 GOLF TOURNAMENTS

Ladies Scramble - June 21

Men's Open - July 5 & 6

Seniors' Open - July 23

Club Champ - Aug 23 & 24

Swing/Sweep - Sept 19, 20, & 21



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

COUPLE'S COOKING DATE NIGHT

Adults 18+

Date night with a twist! Cook a great meal together and practice your communication skills at the same time. Ingredients will be provided. Please let us know if you have any special dietary requirements when you register. **Register by February 24.**

THURSDAY, FEBRUARY 27

Gourmet Pizza

THURSDAY, APRIL 24

Crazy Maple Bacon Chicken

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

Cold Lake and District FCSS

\$17.00 per participant, per session,
registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

2

3

- Triple P Developing Good Bedtime Routines (P.28)
- National Volunteer Week Coffee Cards for Volunteers (starts - P.28)

4

- Mathemagicians Club (P.29)

5

- Fear-Less Triple P (P.23)
- Parenting Support: ASQ Screening and Resources (P.29)
- Jr. Emotion Kits (P.29)
- Savvy Seniors (P.30)

9

10

11

- Mathemagicians Club (P.29)

12

- Fear-Less Triple P (P.23)
- Parenting Support: Intro to Circle of Security (P.29)
- Community Friends (P.30)

16

17

- Soup and Savvy (P.32)

18

- Mathemagicians Club (P.29)

19

- Fear-Less Triple P (P.23)
- Parenting Support: Bringing Baby Home (P.29)
- Bringing Baby Home (P.32)
- Parent/Caregiver Wellness Kits (P.33)
- DIY Income Tax Filing (P.33)
- Cold Lake Youth Council (P.34)

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- Mathemagicians Club (P.29)

26

- Parenting Support: Sports (P.29)
- DIY Income Tax Filing (P.33)
- Dino Adventure (P.34)

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31

- Function Junction (P.35)

THURSDAY

FRIDAY

SATURDAY

MARCH

1

6

- Emotion Coaching (P.30)

7

8

13

- Emotion Coaching (P.30)
- Science on the Go (P.31)
- Budget-Friendly Meals (P.31)
- Art Therapy for Adults (P.31)

14

- Parent and Teen Night (P.31)

15

20

- Emotion Coaching (P.30)
- That Bites (P.34)

21

- National Volunteer Week
Coffee Cards for Volunteers
(ends - P.28)

22

27

28

- The Science Lab (P.34)
- Babysit Tool Kit Workshop (P.35)

29



Go for the Green

2025 GOLF MEMBERSHIPS ARE AVAILABLE NOW!

PRO-RATED MEMBERSHIPS ARE AVAILABLE AS THE SEASON GOES ON

Fully Stocked Pro Shop, Weekly and Monthly Club Events

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

TRIPLE P DEVELOPING GOOD BEDTIME ROUTINES

Caregivers of children 0-12 years

Children need a restful night's sleep to recharge for the next day's activities, while parents also require sufficient sleep and some child-free time to meet their own needs. The goal is for children to cultivate healthy, independent sleep patterns. This discussion group will offer practical suggestions for establishing an effective bedtime routine that supports both your child's well-being and your own.



MONDAY, MARCH 3

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

Cold Lake Family Connections

Free, registration required

NATIONAL VOLUNTEER WEEK COFFEE CARDS FOR VOLUNTEERS

If your organization has a volunteer program, you are eligible to apply for up to twelve \$5.00 coffee gift cards to give to your volunteers to show your appreciation. The coffee gift cards will be from a local restaurant. To apply for coffee gift cards for your organization, please complete the application form, available online or at the FCSS office by March 3 and return it to FCSS by March 21. Apply early, as there are a limited number of coffee cards available. Coffee cards are available for pick-up on Thursday, March 27.

MARCH 3-21

Pick-up on March 27

8:30 a.m. - 4:30 p.m.

Cold Lake and District FCSS

Free, organizations must register

Contact Cold Lake and District FCSS at 780-594-4495 for more information

  www.coldlake.com

MATHEMAGICIANS CLUB

Ages 6-8

Four fun-filled afternoons of numeracy based activities with teen volunteers and FCSS staff.

Register by February 27.

TUESDAYS, MARCH 4, 11, 18 & 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

PARENTING SUPPORT

Caregivers of children 0-6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

Cold Lake Family Connections

Free, drop-in program

MARCH

5 ASQ Screening and Resources

12 Intro to Circle of Security

19 Bringing Baby Home

26 Sports

APRIL

2 Play is The Way Your Child Learns

9 Tantrums

16 Bringing Baby Home

23 Screentime

30 Potty Training

MAY

7 ASQ Screening and Resources

14 Tidying Up

21 Bringing Baby Home

28 Sharing

JUNE

4 Wandering

11 Intro to Kids Have Stress Too

18 Bringing Baby Home

25 Making Reasonable Rules

JR. EMOTION KITS

Ages 7-11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, MARCH 5

Self-Esteem

WEDNESDAY, APRIL 2

Anger

WEDNESDAY, MAY 7

Self Care

WEDNESDAY, JUNE 4

Healthy Relationships

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SAVVY SENIORS

Ages 60+

Join us for a light lunch and conversation. Learn more about financial matters, keeping your finances safe, online banking, taxes, benefits, fraud awareness, and more.

WEDNESDAY, MARCH 5

Safety Online

WEDNESDAY, APRIL 2

Taxes and Benefits

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

EMOTION COACHING

Caregivers of children 0-12 years

Are you ready to transform your parenting approach and foster a deeper emotional connection with your child? Join us for our comprehensive Emotion Coaching series and discover the keys to raising emotionally intelligent and resilient children.

THURSDAYS, MARCH 6, 13 & 20

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

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, MARCH 12

Movie Day

WEDNESDAY, APRIL 9

Egg-cellent Fun!

WEDNESDAY, MAY 14

Spring Friends

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Cold Lake and District FCSS

Free, registration required

COLD LAKE GOLF & WINTER CLUB



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



SCIENCE ON THE GO

Ages 7-12

This program is designed to support the connection between the caregiver and the child, while focusing on STEM education. Each kit will provide your child with the tools to observe, build, engineer, and practise their skills, while providing a fun activity to build together in your home. Mindful activities reduce screen time and supports executive functioning in children and youth. **Register for one or all kits.**

THURSDAY, MARCH 13

Dino Adventure

THURSDAY, MAY 1

Sensory Adventures

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

Cold Lake and District FCSS

\$5.00 per session, registration required

BUDGET-FRIENDLY MEALS

Adults 18+

Cooking on a budget is a challenge, especially if you want tasty AND healthy meals. Join us on an adventure in the kitchen! Learn new strategies so that you can eat healthier while giving your wallet a little break. **Register by March 11.**

THURSDAY, MARCH 13

For Foods Sake! Making the Most of What You Buy

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

Cold Lake and District FCSS

\$5.00 per session, registration required

ART THERAPY FOR ADULTS

Adults 18+



Lakeland
Psychological
Services

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.

THURSDAY, MARCH 13

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

Cold Lake and District FCSS

\$20.00, registration required

PARENT AND TEEN NIGHT

Ages 13-18 and Caregivers

Spend some quality time with the teen in your life. Learn about effective ways to listen and communicate with each other while spending the evening snacking and participating in a fun activity you can both enjoy. Create memories and foster a stronger relationship at one or both evenings, together. All family members who will be joining us will need to be registered. **Register by March 7.**

FRIDAY, MARCH 14

Bowling

FRIDAY, JUNE 27

Arcade Games

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

Marina Bowling Centre

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

\$OUP AND \$AVVY, FREE LUNCH AND LEARN MONEY MANAGEMENT BASICS

Adults 18+

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

MONDAY, MARCH 17

Living Simply

MONDAY, APRIL 14

Understanding Loans and Credit

MONDAY, MAY 12

Credit Scores and Credit Reports

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, MARCH 19

Supporting Your Baby's Development

WEDNESDAY, APRIL 16

Home Safety

WEDNESDAY, MAY 21

Summer Safety

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required

Large Games AND Activities

*Do you have a not-for-profit
public event or celebration?*

Contact Cold Lake and District FCSS to find out which large games and activities are available to borrow at no cost. Some of the items offered for loan include:

*Chuck-a-Duck, themed photo props, Large Jenga,
Mega Connect 4, Giant Lawn Checkers, and Snakes and Ladders.*



Cold Lake and District FCSS
780-594-4495



MUNICIPAL DISTRICT
BONNYVILLE NO. 87

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f i www.coldlake.com

PARENT/CAREGIVER WELLNESS KIT

Caregivers of children 0-18 years

Parenting necessitates self-care as a fundamental component. When fatigue, stress, or exhaustion take hold, it becomes challenging to fulfill your role as a parent effectively. When you are in a state of well-being and contentment, you are better poised to manage stress, sustain relationships, and fully embrace the joys of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.

WEDNESDAY, MARCH 19

Being a Parent

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

Cold Lake Family Connections

Free, registration required

DIY INCOME TAX FILING

Adults 18+

Do you have a simple tax return and would like to learn how to file it yourself? FCSS is launching supported, self-filing income tax clinics. Participants will file their own income tax returns using the provided laptops and income tax software. FCSS staff will be available for support.

This program is ideal for people with simple tax situations, such as, those who receive AISH benefits, low-income working adults, students, and seniors.

Please note, participants will be screened for eligibility by FCSS staff prior to the clinic.

Participants will be in a small classroom setting with other participants. This is not an individual tutorial.

To be eligible for the supported, self-filing tax clinic:

- You must have your tax slips and expense/deduction information on hand. We will be unable to look up your tax slips. Please organize your expense slips before attending the clinic.
- If relevant, provide information about your dependents.
- Have a simple tax situation. This excludes self-employment, business income, commission work, rental income, farm or fishing income, no disposing of property, including the sale of a home.
- Have low income (\$35,000 single person without dependents; couple no children \$45,000, Single with one dependent \$40,000, couple with one dependent \$50,000).
- Do not need to update any of the following information with Canada Revenue Agency: your name, marital status, number of dependents in your care, address, or banking information.
- Be comfortable using a computer. For example, you shop or bank online.
- Provide a new, **unused** USB stick to save your income tax return.

There are limited spots for this program.

To register and for more information, please contact FCSS.

**WEDNESDAY, MARCH 19 & 26,
THURSDAY, APRIL 3 & 10,
THURSDAY, MAY 1**

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

Cold Lake and District FCSS

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 that acts as a voice and as peer advocates for the young people of Cold Lake. They promote youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends.

**WEDNESDAYS, MARCH 19,
APRIL 23 & MAY 14**

4:30 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

THAT BITES!

Ages 13-18

That Bites! aims to teach youth how to make easy, healthy, and budget-friendly foods. This program is suitable for an individual or a pair to create together, dine together, and understand the importance of eating balanced on a budget. That Bites! will support youth transitioning into adulthood and help them gain the confidence to be in the kitchen safely.

Register by March 18.

**THURSDAY,
MARCH 20**

Fresh Starts

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

**Cold Lake and
District FCSS**

**\$10.00 per session,
registration required**



DINO ADVENTURE

Families

Come and join us, Dino Explorers! Cold Lake Family Connections is hosting an exciting event filled with digging, hunting, and thrilling adventures. This evening will be packed with indoor crafts and games, a delicious light meal, and a variety of activities centered around the captivating world of Dinosaurs.

WEDNESDAY, MARCH 26

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

Cold Lake Family Connections

Free, registration required

THE SCIENCE LAB

Ages 9-12

The Science Lab is a must for curious youth. Experience classic science experiments and other wild and wacky science-based activities that propel children's interests in STEM fields, while making lasting friendships along the way.

FRIDAY, MARCH 28

Science in Motion

FRIDAY, MAY 16

Robotics

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

Cold Lake and District FCSS

\$10.00 per session, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** **www.coldlake.com**

BABYSIT TOOL KIT WORKSHOP

Ages 12+



Have you taken a babysitting course? Are you looking for additional tools and activities to keep children entertained while supporting their development? This two-hour workshop is for babysitters 12 years old and up. Learn fun activities and take-home projects for infants, toddlers, preschoolers, and school age children. You will also leave with ideas of how to make your babysitting dollars stretch and how to make the most of your babysitting business. Additionally, you will be introduced to signs that will be helpful when babysitting to communicate and support the development of children.

FRIDAY, MARCH 28

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

Cold Lake Family Connections

Free, registration required

FUNCTION JUNCTION

Ages 2-5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

MONDAYS, MARCH 31, APRIL 28, MAY 26 & JUNE 30

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

Cold Lake Family Connections

Free, registration not required



NATIONAL Volunteer Week

April 27 - May 3, 2025

National Volunteer Week provides an opportunity for our community to thank volunteers who enrich our lives and our community. Cold Lake and District FCSS is grateful for the volunteers who selflessly give their time and talents to create a caring, compassionate and engaged community.

Please visit Volunteer Canada's website to access free resources to support your organization's National Volunteer Week activities,
www.volunteer.ca



Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Parenting Support: Play is the Way Your Child Learns (P.38)
- Jr. Emotion Kits (P.38)
- Cold Lake Bully Free Committee (P.38)
- Savvy Seniors (P.39)

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- Ages and Stages Train the Trainer (P.40)

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- Parenting Support: Tantrums (P.38)
- Community Friends (P.41)

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- Soup and Savvy (P.41)

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- LEGO™ Legacy (P.43)

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- Parenting Support: Bringing Baby Home (P.38)
- Bringing Baby Home (P.43)
- The Grub Club (P.43)
- Home Alone (P.43)

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- Basic First Aid for Infant and Tots (P.44)

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- Parenting Support: Screentime (P.38)
- Dealing with Difficult People (P.45)
- Cold Lake Youth Council (P.45)

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- Function Junction (P.46)

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- LEGO™ Mania (P.47)

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- Parenting Support: Potty Training (P.38)
- Family Fun Night in a Box (P.47)

APRIL

THURSDAY

3

- Active Parenting: The First Five Years (P.39)
- DIY Income Tax Filing (P.40)

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- DIY Income Tax Filing (P.40)
- Triple P Dealing with Disobedience (P.41)

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- Easter Party (P.5)
- Garden Gnomes (P.44)
- Y.E.E.T. (P.44)

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- Active Parenting 4th Edition (P.45)
- Couple's Cooking Date Night (P.45)

FRIDAY

4

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18

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- Triple P Raising Confident Competent Children (P.46)

SATURDAY

5

12

19

26

- Free Community Breakfast and Volunteer Fair (P.46)



PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

Cold Lake Family Connections

Free, drop-in program

APRIL

- 2 *Play is the Way Your Child Learns*
- 9 *Tantrums*
- 16 *Bringing Baby Home*
- 23 *Screentime*
- 30 *Potty Training*

MAY

- 7 *ASQ Screening and Resources*
- 14 *Tidying Up*
- 21 *Bringing Baby Home*
- 28 *Sharing*

JUNE

- 4 *Wandering*
- 11 *Intro to Kids Have Stress Too*
- 18 *Bringing Baby Home*
- 25 *Making Reasonable Rules*

JR. EMOTION KITS

Ages 7-11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, APRIL 2

Anger

WEDNESDAY, MAY 7

Self Care

WEDNESDAY, JUNE 4

Healthy Relationships

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

Cold Lake Family Connections

Free, registration required

COLD LAKE BULLY FREE COMMITTEE



Community

Become a part of the Cold Lake Bully Free Committee and engage in raising awareness and implementing preventative measures against bullying in our community. This committee convenes regularly to explore ideas, develop meaningful initiatives, and enhance education through presentations in schools. Meetings are held in person with the option to join virtually.

WEDNESDAYS, APRIL 2 & JUNE 4

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

Cold Lake and District FCSS

Free, registration not required

SAVVY SENIORS

Ages 60+

Join us for a light lunch and conversation. Learn more about financial matters, keeping your finances safe, online banking, taxes, benefits, fraud awareness, and more.

WEDNESDAY, APRIL 2

Taxes and Benefits

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

ACTIVE PARENTING: THE FIRST FIVE YEARS

Caregivers of children aged 0-5 years

The first five years of a child's life are critical to their development. There are many influences that may impact your child's attitude, personality, and care during these early years, which are fundamental to your child's development. Learn how to encourage positive behaviours and avoid power struggles while supporting the growth of your resilient child. Over three hours, we will cover the stages of development and building a loving bond, preventing tantrums, choices and consequences, discipline methods, and the power of encouragement.

ACTIVE PARENTING
First Five Years

THURSDAY, APRIL 3

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

**Contact the Energy Centre or book your
climbing wall session online today!**

780-639-6400



Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

DIY INCOME TAX FILING

Adults 18+

Do you have a simple tax return and would like to learn how to file it yourself?

FCSS is launching supported, self-filing income tax clinics. Participants will file their own income tax returns using the provided laptops and income tax software. FCSS staff will be available for support.

This program is ideal for people with simple tax situations, such as, those who receive AISH benefits, low-income working adults, students, and seniors.

Please note, participants will be screened for eligibility by FCSS staff prior to the clinic. Participants will be in a small classroom setting with other participants. This is not an individual tutorial.

To be eligible for the supported, self-filing tax clinic:

- You must have your tax slips and expense/deduction information on hand. We will be unable to look up your tax slips. Please organize your expense slips before attending the clinic.
- If relevant, provide information about your dependents.
- Have a simple tax situation. This excludes self-employment, business income, commission work, rental income, farm or fishing income, no disposing of property, including the sale of a home.
- Have low income (\$35,000 single person without dependents; couple no children \$45,000, Single with one dependent \$40,000, couple with one dependent \$50,000).

- Do not need to update any of the following information with Canada Revenue Agency: your name, marital status, number of dependents in your care, address, or banking information.
- Be comfortable using a computer. For example, you shop or bank online.
- Provide a new, **unused** USB stick to save your income tax return.

There are limited spots for this program. To register and for more information, please contact FCSS.

**THURSDAY, APRIL 3 & 10,
THURSDAY, MAY 1**

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

Cold Lake and District FCSS

Free, registration required

AGES AND STAGES TRAIN THE TRAINER

Adults 18+

Are you a professional working with young children?

Enhance your skills and make a profound impact on child development with the Ages and Stages training. Master the use of the Ages & Stages Questionnaires® (ASQ 3) and ASQ Social-Emotional® (ASQ SE 2) to assess developmental milestones and social-emotional growth in children from birth to six years. Gain practical knowledge on how to use these essential tools to accurately screen and monitor developmental progress. Learn how to interpret screening results and make timely, appropriate referrals to community resources and services, ensuring children receive the support they need.



TUESDAY, APRIL 8

9:00 a.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required



TRIPLE P DEALING WITH DISOBEDIENCE

*Caregivers of children
0-12 years*



Struggling with your child's behavior? Discover effective strategies and insights with our Triple P Parenting Program designed to help you understand and address disobedience. Master practical, evidence-based techniques to manage and redirect disobedient behavior effectively. Learn how to foster positive behaviour, enhance communication, and set clear, consistent expectations for your child.

THURSDAY, APRIL 10

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

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, APRIL 9

Egg-cellent Fun!

WEDNESDAY, MAY 14

Spring Friends

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Cold Lake and District FCSS

Free, registration required

\$OUP AND \$AVVY, FREE LUNCH AND LEARN MONEY MANAGEMENT BASICS

Adults 18+

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

MONDAY, APRIL 14

Understanding Loans and Credit

MONDAY, MAY 12

Credit Scores and Credit Reports

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

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





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, APRIL 15

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

Cold Lake and District FCSS

\$10.00, 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 half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

**WEDNESDAY, APRIL 16
OR FRIDAY, JUNE 6**

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

Cold Lake Family Connections

Free, registration required

BRINGING BABY HOME

***Expecting Parents, New Parents and
Caregivers of Infants***

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, APRIL 16

Home Safety

WEDNESDAY, MAY 21

Summer Safety

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required

THE GRUB CLUB

Ages 10-13

Log in and participate with the Grub Club virtually. Youth will gain a deeper understanding of the importance of healthy eating habits and how to maintain them on a budget. They will have the opportunity to create a meal for their family in the comfort of their own home while they build valuable life skills. Food kits will be available for pick up the day prior to the class at Family Connections between 1:00 p.m. - 4:00 p.m. **Register by April 14.**

WEDNESDAY, APRIL 16

Spring Rolls In

WEDNESDAY, JUNE 18

Campsite Charcuterie

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

Cold Lake and District FCSS

\$10.00 per session, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

GARDEN GNOMES

Ages 7-9

This program aims to improve fine motor, physical, emotional and social skills, which support curiosity and critical thinking. Through planting, digging, and watering, participants will engage all five of their senses while working in the Wellness Garden at FCSS and in their own garden at home.

THURSDAY, APRIL 17

How Does Your Garden Grow?

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

Cold Lake and District FCSS

\$10.00, registration required



YOUTH EMPOWERMENT AND ENGAGING TWEEN Y.E.E.T

Ages 9-13

The Youth Empowerment and Engaging Tween group was created to champion young tweens to build supportive connections among each other and within the community. This group provides opportunities to build self-confidence, self-awareness, and self-esteem through a variety of activities that reflect the 40 developmental assets.

THURSDAY, APRIL 17

Neighbourhood Safety and Community

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

Cold Lake and District FCSS

Free, registration required

BASIC FIRST AID FOR INFANT AND TOTS

Parents and Caregivers of Infants and Toddlers

Join us for an informative session on how to handle choking in infants and children, along with essential first aid for burns, cuts, scratches, fever, and medical emergencies. This is a great opportunity to learn valuable skills in a supportive environment.

TUESDAY, APRIL 22

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

Cold Lake Family Connections

Free, registration required



Check out our
website today!
www.coldlake.com

DEALING WITH DIFFICULT PEOPLE

Adults 18+

Acquire the skills and techniques needed to deal with people in difficult situations. Numerous topics will be discussed, including positive thinking, confidence building and conflict de-escalation.

WEDNESDAY, APRIL 23

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

Cold Lake and District FCSS

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 that acts as a voice and as peer advocates for the young people of Cold Lake. They promote youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends.

WEDNESDAYS, APRIL 23 & MAY 14

4:30 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

ACTIVE PARENTING 4TH EDITION



**Caregivers of
children aged 5-12**

This program teaches proven techniques to assist parents to communicate with children ages 5 to 12 years old. Learn how to achieve cooperation and solve problems together. Topics covered include the active parent, courage and self-esteem, routines and problem solving, responsibility and discipline, and cooperation and communication.

THURSDAY, APRIL 24

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

Cold Lake Family Connections

Free, registration required

Workbook can be purchased for \$15.00

COUPLE'S COOKING DATE NIGHT

Adults 18+

Date night with a twist! Cook a great meal together and practice your communication skills at the same time. Ingredients will be provided. Please let us know if you have any special dietary requirements when you register. **Register by April 21.**

THURSDAY, APRIL 24

Crazy Maple Bacon Chicken

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

Cold Lake and District FCSS

**\$17.00 per participant, per session,
registration required**

TRIPLE P RAISING CONFIDENT COMPETENT CHILDREN

**Caregivers of children
0-12 years**

Every parent has their own vision for the values and behaviours 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.



FRIDAY, APRIL 25

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

Cold Lake Family Connections

Free, registration required



WEDNESDAYS

ENERGY CENTRE

KIDS ZONE

10:00 am - 12:00 pm
September to May

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

FREE COMMUNITY BREAKFAST AND VOLUNTEER FAIR

Community

Join us for a fun, free community breakfast and volunteer fair to celebrate National Volunteer Week. If you are interested in volunteering, drop by and visit the exhibits of the various organizations that are seeking volunteers.

If you are a community organization looking to recruit volunteers and would like to register for a table, please contact FCSS, by Thursday, April 17.

To attend the breakfast portion of the fair, registration is required.

SATURDAY, APRIL 26

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

Cold Lake Seniors Society 1301 8th Ave.

Free, registration required

FUNCTION JUNCTION

Ages 2-5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

**MONDAYS, APRIL 28, MAY 26
& JUNE 30**

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

Cold Lake Family Connections

Free, registration not required



Bouncy House
BIRTHDAY PARTIES

Cold Lake Energy Centre

City of Cold Lake

For details, contact the Energy Centre (780) 639-6400 or follow on social media

LEGO™ MANIA

Ages 7-9

Participants will enjoy LEGO™-themed challenges that focus on problem solving as both an individual and a team. The challenges will allow youth to work on building a resiliency mindset, while also developing social skills and creativity. We provide the building blocks to social skills, disguised as a fun evening making new friends.

TUESDAY, APRIL 29

Copycat Challenge

TUESDAY, MAY 6

Battle Builds

TUESDAY, MAY 13

Stretch Your Imagination

TUESDAY, MAY 20

The Great Race

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

Cold Lake and District FCSS

\$10.00 per session, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the privacy of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household; please only register one person to sign up for your household kit. **Pick up the day of is between 3:00 p.m. - 5:00 p.m. on the scheduled dates.**

WEDNESDAY, APRIL 30

Bring on Spring

WEDNESDAY, JUNE 25

Get Ready for Summer

3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4

5

- Emergency Preparedness for Seniors (P.51)

6

- LEGO™ Mania (P.51)

7

- Parenting Support: ASQ Screening and Resources (P.52)
- Emergency Preparedness Barbeque (P.52)
- Jr. Emotion Kits (P.52)

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12

- Soup and Savvy (P.53)

13

- LEGO™ Mania (P.51)

14

- Parenting Support: Tidying Up (P.52)
- Community Friends (P.53)
- Cold Lake Youth Council (P.53)

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19

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- LEGO™ Mania (P.51)
- Family Law Information Session (P.55)

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- Parenting Support: Bringing Baby Home (P.52)
- Bringing Baby Home (P.55)
- Intergenerational Garden Tea Party (P.55)

25

26

- Function Junction (P.56)

27

28

- Parenting Support: Sharing (P.52)
- Nobody's Perfect Parenting (P.56)
- Grow With Me (P.56)

MAY

THURSDAY

1

- IAIM Infant Massage (P.50)
- Science on the Go (P.50)
- DIY Income Tax Filing (P.50-51)

FRIDAY

2

SATURDAY

3

8

- IAIM Infant Massage (P.50)

9

10

- Snack Attack: Summer Food Drive for the Cold Lake Food Bank (P.53)

15

- IAIM Infant Massage (P.50)
- Bee-Awareness Kit (P.54)

16

- The Science Lab (P.54)
- Colourful Experiences (P.54)

17

22

- IAIM Infant Massage (P.50)
- Adulting 101 (P.55)
- Triple P Managing Fighting and Aggression (P.56)

23

24

29

- IAIM Infant Massage (P.50)

30

- Raise the Flag (P.57)

31

IAIM INFANT MASSAGE

**Parents, Caregiver 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.



THURSDAYS, MAY 1, 8, 15, 22 & 29

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

Cold Lake Family Connections

Free, registration required

SCIENCE ON THE GO

Ages 7 - 12

This program is designed to support the connection between the caregiver and the child, while focusing on STEM education. Each kit will provide your child with the tools to observe, build, engineer, and practise their skills, while providing a fun activity to build together in your home. Mindful activities reduce screen time and supports executive functioning in children and youth. **Register for one or all kits.**

THURSDAY, MAY 1

Sensory Adventures

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

Cold Lake and District FCSS

\$5.00 per session, registration required

DIY INCOME TAX FILING

Adults 18+

Do you have a simple tax return and would like to learn how to file it yourself?

FCSS is launching supported, self-filing income tax clinics. Participants will file their own income tax returns using the provided laptops and income tax software. FCSS staff will be available for support.

This program is ideal for people with simple tax situations, such as, those who receive AISH benefits, low-income working adults, students, and seniors.

Please note, participants will be screened for eligibility by FCSS staff prior to the clinic. Participants will be in a small classroom setting with other participants. This is not an individual tutorial.

To be eligible for the supported, self-filing tax clinic:

- You must have your tax slips and expense/deduction information on hand. We will be unable to look up your tax slips. Please organize your expense slips before attending the clinic.
- If relevant, provide information about your dependents.
- Have a simple tax situation. This excludes self-employment, business income, commission work, rental income, farm or fishing income, no disposing of property, including the sale of a home.
- Have low income (\$35,000 single person without dependents; couple no children \$45,000, Single with one dependent \$40,000, couple with one dependent \$50,000).

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **www.coldlake.com**

- Do not need to update any of the following information with Canada Revenue Agency: your name, marital status, number of dependents in your care, address, or banking information.
- Be comfortable using a computer. For example, you shop or bank online.
- Provide a new, **unused** USB stick to save your income tax return.

There are limited spots for this program. To register and for more information, please contact FCSS.

THURSDAY, MAY 1

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

Cold Lake and District FCSS

Free, registration required



EMERGENCY PREPAREDNESS FOR SENIORS

Adults 60+

Join us for coffee and snack while learning how to be prepared for emergency events. Staff will show how to use the My Alberta Emergency Registration System (MAERS) and help you register in the system.

MONDAY, MAY 5

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

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

LEGO™ MANIA

Ages 7-9

Participants will enjoy LEGO™-themed challenges that focus on problem solving as both an individual and a team. The challenges will allow youth to work on building a resiliency mindset, while also developing social skills and creativity. We provide the building blocks to social skills, disguised as a fun evening making new friends.

TUESDAY, MAY 6

Battle Builds

TUESDAY, MAY 13

Stretch Your Imagination

TUESDAY, MAY 20

The Great Race

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

Cold Lake and District FCSS

\$10.00 per session, registration required

Need to break up your routine?

BOUNCE HOUSE DAYS

*NERF WARS

*ADULT NIGHTS OUT

*TEENS' NIGHT OUT

*REGISTRATION REQUIRED

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




PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

Cold Lake Family Connections

Free, drop-in program

MAY

7 ASQ Screening and Resources

14 Tidying Up

21 Bringing Baby Home

28 Sharing

JUNE

4 Wandering

11 Intro to Kids Have Stress Too

18 Bringing Baby Home

25 Making Reasonable Rules

EMERGENCY PREPAREDNESS BARBEQUE

Families

Join us for a light BBQ, meet some of our community's Emergency Services team and learn how to be prepared for emergency events.

WEDNESDAY, MAY 7

11:30 a.m. - 1:30 p.m.

Cold Lake and District FCSS

Free, registration not required



JR. EMOTION KITS

Ages 7 - 11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, MAY 7

Self Care

WEDNESDAY, JUNE 4

Healthy Relationships

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f i www.coldlake.com

SNACK ATTACK: SUMMER FOOD DRIVE FOR THE COLD LAKE FOOD BANK



Ages 12+

Hunger doesn't take a summer vacation. Volunteer to help us collect healthy snack foods and kid-friendly, non-perishable food items to fill the shelves of the Cold Lake Food Bank. Volunteers must be age 12 and older; seniors and adults are also welcome to volunteer.

SATURDAY, MAY 10

9:00 a.m. - 2:00 p.m.

Rob and Kathy's No Frills, Cold Lake

Free, registration required

\$OUP AND \$AVVY, FREE LUNCH AND LEARN MONEY MANAGEMENT BASICS

Adults 18+

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

MONDAY, MAY 12

Credit Scores and Credit Reports

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, MAY 14

Spring Friends

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL



**COLD LAKE
YOUTH COUNCIL**

Ages 12 - 17

Cold Lake Youth Council is a youth-led, volunteer-based group, focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. They promote youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends.

WEDNESDAY, MAY 14

4:30 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

BEE-AWARENESS KIT

Ages 7-12

Celebrate World Bee Day with our Bee-Awareness kit. Being kind to bees is something that every person can help do, while helping the environment at the same time. Each kit will contain valuable information on honeybees, a craft, and some activities that you can do at home to support bees.

THURSDAY, MAY 15

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

Cold Lake Family Connections

Free, registration required

THE SCIENCE LAB

Ages 9-12

The Science Lab is a must for curious youth. Experience classic science experiments and other wild and wacky science-based activities that propel children's interests in STEM fields, while making lasting friendships along the way.

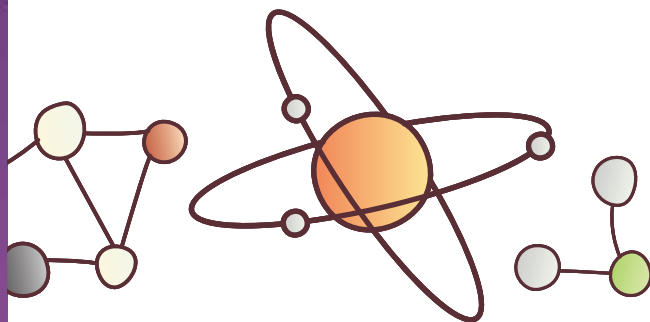
FRIDAY, MAY 16

Robotics

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

Cold Lake and District FCSS

\$10.00 per session, registration required



COLOURFUL EXPERIENCES

Ages 10-13

While children transition into their youth, they may face challenges in expressing their feelings in a positive way. Art can reduce stress and empower youth to manage their emotions, build resiliency and reinforce self-esteem. Participants will be encouraged and supported to safely express their feelings when creating their projects. Register for one or both sessions.

FRIDAY, MAY 16

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

Cold Lake Family Connections

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** **www.coldlake.com**

FAMILY LAW INFORMATION SESSION: WHAT HAPPENS WHEN THE RELATIONSHIP ENDS

Adults 18+

Knowing what happens after a relationship ends helps those in this situation to be prepared. Join us in an information session with our partners from Public Legal Education and lawyer, Linnee Peters from Peregrine Legal Services. Linnee will be giving general information on the process and will not be addressing individual situations.

TUESDAY, MAY 20

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

Cold Lake and District FCSS

Free, registration required

BRINGING BABY HOME

Expecting Parents, New Parents and Caregivers of Infants

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, MAY 21

Summer Safety

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required

INTERGENERATIONAL GARDEN TEA PARTY

Grandparents, Parents, Caregivers and Children

Celebrate the most important people in our lives with a Garden Tea Party and some quality time. Come and join Family Connections staff as we celebrate grandparents and seniors during International Tea Day with drinks, sweet treats, and crafts.

WEDNESDAY, MAY 21

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

Cold Lake Family Connections

Free, registration not required

ADULTING 101

Ages 14-18

This program helps youth prepare for life after high school by empowering them with practical knowledge and skills. They will learn about renters' and workers' rights and how to survive on a small budget. They will leave with a toolbox filled with valuable information to be able to advocate for themselves with confidence.

THURSDAY, MAY 22

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

TRIPLE P MANAGING FIGHTING AND AGGRESSION



Caregivers of children 0-12 years

Are you struggling with your child's aggressive behaviour or frequent conflicts? Discover effective strategies with our Triple P Parenting Program, designed to help you understand and manage fighting and aggression in children. Gain practical, evidence-based strategies to address and reduce aggressive behaviour. Discover how to set clear expectations and implement consistent consequences.

THURSDAY, MAY 22

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

Cold Lake Family Connections

Free, registration required

FUNCTION JUNCTION

Ages 2-5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

MONDAYS, MAY 26 & JUNE 30

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

Cold Lake Family Connections

Free, registration not required

NOBODY'S PERFECT PARENTING

Caregivers of children aged 0-5 years

Nobody's Perfect sessions are designed for parents and caregivers of young children to come together and discuss parenting. The topics include understanding your child's feelings and behaviours, keeping your child safe, and sharing your own personal experiences with other parents to learn from each other. Each Nobody's Perfect session is led by a trained facilitator in a supportive environment, where parents and caregivers can learn from each other and discover positive ways to parent.



WEDNESDAYS, MAY 28, JUNE 4, 11, 18 & 25

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

Cold Lake Family Connections

Free, registration required

GROW WITH ME

Families

Join Cold Lake Family Connections for the Grow with Me Event, featuring spring-themed activities and a delightful meal. It's the perfect setting to connect with others within the community, forge new friendships, and commemorate the arrival of spring. Don't miss out on this wonderful opportunity to celebrate spring and embrace your little as they grow.

WEDNESDAY, MAY 28

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f www.coldlake.com

RAISE THE FLAG

Community

Join us at City Hall to read the 2025 Pride Proclamation and Raise the Progressive Pride Flag in honouring the 2SLGBTQ+ community during pride month. Come dressed in your favourite rainbow gear.



FRIDAY, MAY 30

12:15 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration not required

Seniors' Week Activities

ADULTS 60+

MONDAY, JUNE 2

FCSS's Seniors Pancake Breakfast from 9:00 a.m. - 10:30 a.m.

Register for your breakfast by calling 780-594-4495 by May 29th.

The "Just in Case" File and Emergency Medical Pouch are available for registrants.

TUESDAY, JUNE 3

Long Term Care Ice Cream Social

Ice Cream and supplies will be distributed to residents, along with an ice cream card of well wishes from volunteers. If you wish to make a card, please call us at 780-594-4495 and we will send you the template.

THURSDAY, JUNE 5

Seniors First Aid

Learn techniques to assist in emergencies.

This is not a certificate program. This course runs from 9:00 a.m. to 12:00 p.m. Registration is required.

Seniors' Week is a great opportunity to honour and recognize all that seniors have contributed to making our families and communities stronger. Watch for more community events!



Cold Lake and District
FCSS 780-594-4495



Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com

SUNDAY

1

- Lawn Busters Volunteer Recruitment (starts - P.60)

MONDAY

2

- Seniors' Week Activities (FCSS - P.57)

TUESDAY

3

- Seniors' Week Activities (FCSS - P.57)

WEDNESDAY

4

- Nobody's Perfect Parenting (P.56)
- Parenting Support: Wandering (P.60)
- Jr. Emotion Kits (P.60)
- Cold Lake Bully Free Committee (P.60)
- Seniors' Safety and Security (P.61)

8

9

10

- Family Game Night (P.61)

11

- Nobody's Perfect Parenting (P.56)
- Parenting Support: Intro to Kids Have Stress Too (P.60)

15

- Cold Lake Fishing Derby (P.5)
- World Elder Abuse Awareness Day (P.62)

16

- Taking Action Against Elder Abuse Community Training (P.62)

17

18

- Nobody's Perfect Parenting (P.56)
- Parenting Support: Bringing Baby Home (P.60)
- Bringing Baby Home (P.63)
- The Grub Club (P.63)
- Community Friends (P.63)

22

23

24

25

- Nobody's Perfect Parenting (P.56)
- Parenting Support: Making Reasonable Rules (P.60)
- Family Fun Night in a Box (P.63)

29

30

- Function Junction (P.64)

THURSDAY

5

- Seniors' Week Activities (FCSS - P.57)

FRIDAY

6

- Seniors' Week Activities (Energy Centre - P.5)
- Home Alone (P.61)
- Art in the Park (P.61)

SATURDAY

7

JUNE

12

- Cold Lake Rainbow Run (P.62)

13

14

- Cold Lake Fishing Derby (P.5)

19

20

21

- Ladies Scramble (P.25)

26

- Kinosoo Connection (P.64)

27

- Parent and Teen Night (P.64)

28

LAWN BUSTERS VOLUNTEER RECRUITMENT

18+, minors with adult supervision

FCSS is recruiting volunteers for the Lawn Busters Program. This program connects neighbourhood volunteers with residents who need extra help with minor lawn maintenance due to medical or mobility issues. To participate, please contact FCSS to register as a volunteer.

STARTING JUNE 1

**Within City of Cold Lake
Cold Lake and District FCSS
Free, registration required**

PARENTING SUPPORT

Caregivers of children 0-6 years

Explore a variety of parenting topics, including evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

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

**Cold Lake Family Connections
Free, drop-in program**

JUNE

4 *Wandering*

11 *Intro to Kids Have Stress Too*

18 *Bringing Baby Home*

25 *Making Reasonable Rules*

JR. EMOTION KITS

Ages 7-11

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. **Register for one or all kits.**

WEDNESDAY, JUNE 4

Healthy Relationships

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

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

COLD LAKE BULLY FREE COMMITTEE



Community

Become a part of the Cold Lake Bully Free Committee and engage in raising awareness and implementing preventative measures against bullying in our community. This committee convenes regularly to explore ideas, develop meaningful initiatives, and enhance education through presentations in schools. Meetings are held in person with the option to join virtually.

WEDNESDAY, JUNE 4

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

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

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f i www.coldlake.com

SENIORS' SAFETY AND SECURITY

Adults 60+

Personal Safety is important, no matter what your age. How do I know how to keep myself safe in my home? How do I keep from being scammed? In addition, how do I access help if these things happen to me? Join us for this informative session.

WEDNESDAY, JUNE 4

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

Cold Lake and District FCSS

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 half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

FRIDAY, JUNE 6

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

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



ART IN THE PARK

Ages 12-17

Join us in the park to enjoy the summer weather and create some awesome art. During our time at the park, we will take time to appreciate nature, practice mindfulness, and learn how to express ourselves through creativity.

FRIDAY, JUNE 6

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

Lions Park

Free, registration required

FAMILY GAME NIGHT

Families

Consistent, positive interactions foster deep connections and understanding among family members, creating a solid foundation for support and trust building. From classic board games to modern favourites, there's something for everyone at Family Game Night. Enjoy a spread of light snacks and refreshments to fuel your fun throughout the evening.

TUESDAY, JUNE 10

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

Cold Lake Family Connections

Free, registration required

COLD LAKE RAINBOW RUN



Families

Register yourself or your family to join our Cold Lake Rainbow Run. By registering, you are participating in the run, BBQ, and family-fun activities. This is an opportunity to be authentically you! **Registration required by June 10.**

THURSDAY, JUNE 12

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

Lions Park

\$5.00/individual or family fee of \$20.00

WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day is June 15.

Elder abuse is any action or inaction by self or others that puts at risk the health or well-being of a senior. Common forms of elder abuse include financial, emotional, physical, sexual, neglect, or over-medicating or withholding medication. Any senior can become a victim of elder abuse regardless of gender, sexual identity, race, ethnicity, income, or education.

Elder abuse is often committed by someone known to the victim who is in a position of power, trust or authority; commonly a family member. Social isolation is a risk factor in elder abuse.

Common signs of elder abuse:

- confusion
- depression or anxiety
- unexplained injuries
- changes in hygiene

- seeming fearful around certain people
- fear or worry when talking about money

If you or someone you know is experiencing elder abuse, help is available. Please call 911 for emergencies or the crisis line at 1-866-594-0533.

TAKING ACTION AGAINST ELDER ABUSE COMMUNITY TRAINING

Adults 18+

This workshop examines the issue of elder abuse in Alberta and outlines the various ways in which front-line staff may respond to suspected cases of abuse. We will clarify the expectations of front-line staff and discuss how to recognize and respond to potential and ongoing situations of abuse. We will also acknowledge the complexities surrounding elder abuse and approaches to risk assessment, in order to ensure consistent, effective, and professional responses to specific incidences of abuse.

MONDAY, JUNE 16

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

Cold Lake and District FCSS

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f i www.coldlake.com

COMMUNITY FRIENDS

Adults 18+

This program is designed for adults requiring adaptations to lead active social lives due to disability, and community members who are interested in fostering community inclusivity. This program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program, there will be a short presentation on social skills development, such as setting personal boundaries, conflict resolution or expressing your needs. Participants are welcome to bring their caregivers, as this is not a drop off program.

WEDNESDAY, JUNE 18

Celebrate National Indigenous Peoples Day

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

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

WEDNESDAY, JUNE 18

Just Dads

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

Cold Lake Family Connections

Free, registration not required

THE GRUB CLUB

Ages 10-13

Log in and participate with the Grub Club virtually. Youth will gain a deeper understanding of the importance of healthy eating habits and how to maintain them on a budget. They will have the opportunity to create a meal for their family in the comfort of their own home while they build valuable life skills. Food kits will be available for pick up the day prior to the class at Family Connections between 1:00 p.m. - 4:00 p.m. **Register by June 11.**

WEDNESDAY, JUNE 18

Campsite Charcuterie

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

Cold Lake and District FCSS

\$10.00 per session, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the privacy of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household; please only register one person to sign up for your household kit. **Pick up the day of is between 3:00 p.m. - 5:00 p.m. on the scheduled dates.**

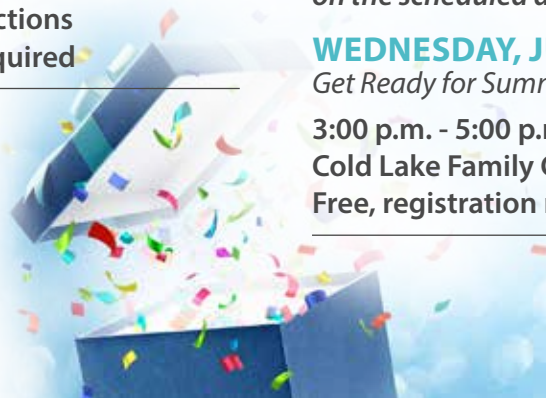
WEDNESDAY, JUNE 25

Get Ready for Summer

3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required



KINOSOO CONNECTION

Families

Bring your family to experience Cold Lake's vibrant community in a family-friendly gathering that celebrates the rich tapestry of cultures. The event features cultural exhibits, interactive activities, and opportunities to connect with community members, showcasing the diverse threads that make up our community.

THURSDAY, JUNE 26

4:00 p.m. - 7:00 p.m.

Veterans Memorial Park

Free, registration not required

PARENT AND TEEN NIGHT

Ages 13 - 18 and Caregivers

Spend some quality time with the teen in your life. Learn about effective ways to listen and communicate with each other while spending the evening snacking and participating in a fun activity you can both enjoy. Create memories and foster a stronger relationship together. All family members who will be joining us will need to be registered. **Register by June 20.**

FRIDAY, JUNE 27

Arcade Games

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

The Hard Deck Smokehouse & Rec Room

Free, registration required



FUNCTION JUNCTION

Ages 2 - 5

Join us in Family Connections as we provide parents with information to help teach their children the foundations to executive functioning skills like self-regulation, attention, and working memory. Executive functioning skills require teaching and modelling rather than using words like "STOP" and "DON'T". This is an opportunity for parents to add to their parenting tool kit by learning how to teach the concepts of executive functioning through fun songs, games, and activities.

MONDAY, JUNE 30

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

Cold Lake Family Connections

Free, registration not required

BACKSTAGE PASS



Be the first to get the latest details on upcoming community events, concerts, family shows and more at the Cold Lake Energy Centre.

VISIT

coldlake.com/energycentre

TO SIGN UP TODAY.



ticketmaster®

Family Services and Cold Lake Family Connections

At Cold Lake and District FCSS, we recognize and value the diversity of individuals and families. Life experiences, culture, values, and a variety of circumstances contribute to what makes us unique.

We offer a variety of services, such as advocacy, education, support, and referrals, which take place through workshops, support groups, public education, and individual sessions. We provide a range of information on topics such as child development, parenting education, crisis management, life transitions, communication issues, and problem-solving skills. We welcome both referrals and drop-ins.

LIFE COACHING

Through coaching services, we aim to support, inspire, and empower individuals to create and reach their own goals.

SERVICES FOR VOLUNTEER ORGANIZATIONS

Providing organizations with resources to implement best practices for volunteer management, including writing volunteer role descriptions, recruiting, screening, training, evaluating volunteers, and more.

ADULT VOLUNTEER OPPORTUNITIES

Contribute to our community, meet new people, and have the opportunity for new experiences through volunteering. More info at www.coldlake.com/volunteer

YOUTH VOLUNTEER OPPORTUNITIES

Need volunteer hours for school credit or scholarship applications? We can match youth ages 12 and older with volunteer opportunities that best meet their needs and interests. More info at www.coldlake.com/volunteer or the FCSS office.

EMERGENCY SOCIAL SERVICES VOLUNTEERS

Only trained and registered volunteers can work alongside Emergency Social Services (ESS) staff. Register and receive training from the Alberta Emergency Management Agency to respond to local emergencies and disasters.

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 Municipal Districts 5 (Cherry Grove) and 6 (Riverhurst).

TAX CLINICS

Eligible, low-income clients can access free income tax assistance. Please book an in-person or telephone appointment after February 28, 2025. Limited number of tax appointments available.

OTHER PROGRAMS & SERVICES

Check out Volunteer Connector Cold Lake, Snow Angels Program, Lawn Busters Program, Neighbourhood Block Parties, Hands Are Not For Hitting/Words Are Not For Hurting Presentations, Healthy Youth Relationships Presentations, Lakeland Safe Space, Large Games and Activities, Popcorn Machine Rentals, and more!





www.coldlake.com