

CITY OF COLD LAKE  
**PROGRAM  
GUIDE**

**JULY - DECEMBER 2025**

# CITY FACILITIES

## **CITY HALL**

5513 48 AVENUE | PHONE: 780-594-4494

## **COLD LAKE AND DISTRICT FCSS**

5220 54 STREET | PHONE: 780-594-4495

## **COLD LAKE ENERGY CENTRE**

7825 51 STREET | PHONE: 780-639-6400

## **COLD LAKE FAMILY CONNECTIONS**

5220 54 STREET | PHONE: 780-594-4495

## **COLD LAKE FIRE-RESCUE**

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

## **COLD LAKE GOLF & WINTER CLUB**

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

## **COLD LAKE MARINA**

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

## **COLD LAKE MUNICIPAL ENFORCEMENT**

5201 55 STREET | PHONE: 780-594-1345

## **COLD LAKE RCMP**

4710 55 STREET | PHONE: 780-594-3302

## **COLD LAKE TRANSFER STATION**

TOWNSHIP RD 624 | PHONE: 780-594-4496

## **PUBLIC WORKS SHOP**

1515 16 STREET | PHONE: 780-594-4496

## **COLD LAKE ADAPTIVE TRANSIT SERVICE**

5220 54 STREET | PHONE: 780-594-4495

## **WATER TREATMENT PLANT**

102 10 STREET | PHONE: 780-594-4498



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*Printed June 2025. For the most up-to-date information, please visit [www.coldlake.com](http://www.coldlake.com)*

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**Canada Day**

**JULY 1, 2025**  
**FREE · ALL AGES**  
**STARTING AT 10:00 AM**  
**KINOSOO BEACH · COLD LAKE, ALBERTA**

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




**FREE**

**Aqua Days**

**SATURDAY,  
 AUGUST 2**  
**11:00 AM - 4:00 PM**  
**KINOSOO BEACH  
 COLD LAKE**

Cold Lake Energy Centre  
 780-639-6400  
[www.coldlake.com/aquadays](http://www.coldlake.com/aquadays)



## PARENTING SUPPORT

### Caregivers of children 0 - 6

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required**

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



[www.coldlake.com](http://www.coldlake.com)



**DECEMBER****3** Tantrums**10** Sharing**JR. EMOTION KITS****Ages 7-11**

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

**WEDNESDAY, JULY 2***Self-improvement***WEDNESDAY, JULY 16***Family***WEDNESDAY, AUGUST 6***Growth Mindset***WEDNESDAY, AUGUST 20***Resilience***WEDNESDAY, SEPTEMBER 3***Assertiveness / Courage***WEDNESDAY, OCTOBER 1***Setting Goals***WEDNESDAY, NOVEMBER 5***Self-care***WEDNESDAY, DECEMBER 3***Kindness***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  

**YOUTH EMPOWERMENT  
AND ENGAGING TWEEN  
Y.E.E.T****Ages 9-13**

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

**THURSDAY, JULY 3***Time at Home & Family***MONDAY, SEPTEMBER 29***Expectations & Boundaries***MONDAY, NOVEMBER 10***Positive View of Personal Future***1:00 p.m. - 4:00 p.m.****Cold Lake and District FCSS****Free, registration required****TEDDY BEAR PICNIC****Families**

Ted has woken from hibernation and is looking to meet some new cubs! Ted will be visiting Family Connections for a story, craft, and themed snack. Ted will be available for photos and will be bringing his friends from the Cold Lake Bully Free Committee to talk about bullying awareness in our community. Bring your favorite Teddy Bear for a check-up at the Teddy Bear Clinic.

**MONDAY, JULY 7****10:00 a.m. - 11:30 a.m.****Cold Lake Family Connections****Free, registration not required**

## SEVEN SACRED TEACHINGS



### Ages 0 - 6

Family Connections, in partnership with Successful Families, Successful Kids, presents a special series exploring the "Seven Sacred Teachings" of the Anishinaabe. Through storytelling and engaging activities, children will explore the powerful teachings of love, wisdom, humility, courage, respect, honesty, and truth. Participants will also learn about the animals connected to these teachings and how to say them in Cree, deepening our cultural connection and understanding.

**MONDAYS, JULY 7, 14, 21, 28  
& AUGUST 11, 25**

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

**Cold Lake Family Connections**

**Free, registration not required**

## 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 helpful signs to communicate and support the development of children while babysitting.

**TUESDAY, JULY 8**

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

**Cold Lake Family Connections**

**Free, registration required**

## UPCOMING EC EVENTS

CANADA DAY PARADE, ACTIVITIES & CONCERT **JUL. 1**

AQUA DAYS **AUG. 2**

COMMUNITY REGISTRATION NIGHT **AUG. 28**

TERRY FOX RUN **SEPT. 14**

U of A vs. U of S HOCKEY GAME **SEPT. 26-27**

KIDS' HALLOWEEN PARTY **OCT. 26**

REMEMBRANCE DAY CEREMONY **NOV. 11**

SANTA PARADE & KICK OFF PARTY **NOV. 28**

SMALL BUSINESS BIG CHRISTMAS **DEC. 6**

KIDS NEW YEAR'S PARTY **NOV. 28**

*Watch on social media for more details!*

Cold Lake Energy Centre  
(780) 639-6400



## MAD SCIENCE: NUTS FOR NATURE



### Ages 0 - 6

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

**WEDNESDAY, JULY 9**

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

**Cold Lake Family Connections**

**Free, registration not required**



# EASEL DOES IT!

## Families

Tap into your inner young Da Vinci and create your own masterpiece on a canvas. This program invites the whole family to express themselves individually while still enjoying the experience together. Art is a great way to enhance fine motor skills and encourage decision-making in young children. A light meal will be provided. Please bring a picnic blanket to relax and enjoy. **Register by July 4.**

**WEDNESDAY, JULY 9**

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

**Cold Lake Family Connections**

**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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).

**WEDNESDAYS, JULY 9, AUGUST 6,  
SEPTEMBER 10, OCTOBER 8,  
NOVEMBER 12 & DECEMBER 10**

**6:00 p.m. - 8:00 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](http://www.coldlake.com)  

# GARDEN GNOMES

## Ages 7-9

This program aims to improve fine motor, physical, emotional, and social skills that 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, JULY 10**

*How Does Your Garden Grow?*

**THURSDAY, JULY 17**

*Super Pollinators*

**THURSDAY, JULY 24**

*Birds of a Feather*

**THURSDAY, JULY 31**

*Good Bugs vs Bad Bugs*

**THURSDAY, AUGUST 14**

*The Dirt on Worms*

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

**Cold Lake and District FCSS**

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

# COLOURFUL EXPERIENCES

## Ages 10-13

As children transition into adolescence, they may face challenges in expressing their feelings in a positive way. Art has the power to reduce stress and empower youth to manage their emotions, build resiliency, and reinforce self-esteem. Participants will be encouraged and supported in safely expressing their feelings while creating their projects.

**THURSDAY, JULY 10 &  
FRIDAY, OCTOBER 10**

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

**Cold Lake Family Connections**

**Free, registration required**



**COLD LAKE GOLF & WINTER CLUB**

# *Open Year Round*

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

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



For more info, call the Pro Shop  
at 780-594-5341 ext. 1  
[www.coldlake.com/golf](http://www.coldlake.com/golf)



# CREATING CLARITY: YOUTH MENTAL WELLNESS

**Ages 12-17**

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

**MONDAYS, JULY 14, AUGUST 18,  
SEPTEMBER 22, OCTOBER 20,  
NOVEMBER 17 & DECEMBER 15**

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

**Cold Lake and District FCSS**

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

# TRIPLE P IN THE PARK - THE POWER OF POSITIVE PARENTING

**Caregivers of children  
0 - 12**



Positive parenting is an effective approach to raising children that emphasises 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. This Triple P Seminar will give suggestions about how to use positive parenting in raising children. Join us at Lion's Park for this outdoor parenting session.

**TUESDAY, JULY 15**

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

**Lion's Park, 6016 - 50 Avenue**

**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

# 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, JULY 16**

**TUESDAY, AUGUST 26**

**MONDAY, SEPTEMBER 29**

**OR FRIDAY, DECEMBER 5**

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

**Cold Lake Family Connections**

**Free, registration required**



## COMMUNITY FRIENDS

### Adults 18+

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

#### WEDNESDAY, JULY 16

*Fire Hall Visit*

#### WEDNESDAY, AUGUST 20

*Museum Tour*

#### WEDNESDAY, SEPTEMBER 17

*Volunteering in Our Community*

#### WEDNESDAY, OCTOBER 15

*Halloween*

#### WEDNESDAY, NOVEMBER 19

*Savings Savvy*

#### WEDNESDAY, DECEMBER 17

*Celebrate Around the World*

**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***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

#### WEDNESDAY, JULY 16

*Sun Safety*

#### WEDNESDAY, AUGUST 20

*Promoting Development*

#### WEDNESDAY, SEPTEMBER 17

*Car Seat Checks*

#### WEDNESDAY, OCTOBER 15

*Preparing Your Child for a New Baby*

#### WEDNESDAY, NOVEMBER 19

*Babies 101*

#### WEDNESDAY, DECEMBER 17

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not 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](http://www.coldlake.com/golf)**





## NEIGHBOURHOOD BLOCK PARTIES: BUILDING ENGAGED AND EMPOWERED COMMUNITIES

### *All ages*

Cold Lake and District FCSS, along with their community partners, are building compassionate communities of engaged and empowered people by hosting Neighbourhood Block Parties. Neighbourhood Block Parties provide opportunities for residents to meet and work together to address community issues and encourage citizens to be active participants in their community. Neighbours knowing neighbours increases community safety and fosters positive neighbourhood relationships. Bring a picnic blanket or lawn chairs to sit on.

### **THURSDAY, JULY 17**

**Lefebvre Heights Park, 1900-6 Street**

### **THURSDAY, SEPTEMBER 18**

**Cold Lake and District FCSS**

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

**Free, registration not required**

## ART IN THE PARK

### **Ages 12-18**

Join us at the park to enjoy the summer weather and create some amazing art. We'll take time to appreciate nature and use it as inspiration for our creative projects. Whether you're experienced or new to art, this is a great opportunity to express yourself, relax, and have fun in the outdoors. Don't miss out on this creative experience.

### **FRIDAY, JULY 18**

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

**Cold Lake and District FCSS Park**

**Free, registration required**



## FCSS DAY TREKKERS

### **Ages 10-14**

Join FCSS staff in learning to navigate our local transit system and exploring some fun sites in Cold Lake. This is an opportunity to learn resilience strategies, make new friends, and encourage the use of a free service in our community. We will learn skills like reading a map, bus etiquette, and what to do if we miss the bus or if it doesn't arrive!

**Register by July 15.**

### **JULY 21, 22, 23, 24 & 25**

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

**Cold Lake and District FCSS**

**\$40.00 for the series, 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



## COMMUNITY HELPERS TRAINING

### Ages 12-17

The Community Helpers Program is a two-day training series designed to identify and empower young people who naturally offer support to others. Participants will enhance their helping skills and gain a deeper understanding of mental health and suicide prevention. The program encourages youth to seek help when needed and recognize resources available in their community. By signing up and actively participating, students will earn valuable volunteer hours while making a meaningful difference in the lives of others. This is a great opportunity to give back to the community while gaining important life skills and volunteer experience.

**WEDNESDAY, JULY 23  
& THURSDAY, JULY 24**

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

**Cold Lake and District FCSS**

**Free, registration required**

## COLD LAKE YOUTH COUNCIL CHESS CLUB

### Ages 10-17

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



**MONDAYS, JULY 28, AUGUST 25,  
OCTOBER 27 & NOVEMBER 24**

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

**Cold Lake and District FCSS**

**Free, registration not required**

## IT'S NOT RIGHT; FAMILY, FRIENDS AND NEIGHBOURS

### Adults 18+

Join us for a dynamic presentation and meet others who care about the wellbeing of older adults. Presentation teaches bystanders of all ages the warning signs of elder abuse and what you can do to help. True-to-life scenarios are used to facilitate discussion and to build skills.

**MONDAY, JULY 28**

**7:00 p.m. - 9:00 p.m.**

**Cold Lake and District FCSS**

**Free, registration required**

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



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



[www.coldlake.com](http://www.coldlake.com)



## 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, JULY 29**

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

**Cold Lake and District FCSS**

**\$10.00, registration required**

## BUDGET FRIENDLY MEALS

**Adults 18+**

Cooking on a budget can be a challenge, especially if you want tasty and healthy meals. Join us on an adventure in the kitchen. Learn a few new techniques so that you can eat healthier on a budget. Participants will take home two individual meals. **Register by July 25.**

**TUESDAY, JULY 29**

*Picnic Favorites*

**5:00 p.m. - 6:30 p.m.**

**TUESDAY, SEPTEMBER 23**

*Fun with Leftovers*

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

**TUESDAY, OCTOBER 28**

*For Food Sakes: Making the Most of What You Buy*

**5:00 p.m. - 6:30 p.m.**

**TUESDAY, NOVEMBER 25**

*Making Your Meals Stretch with Planning*

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

**Cold Lake and District FCSS**

**\$5.00 per participant for the session, registration required**

## NATURE QUEST: COLD LAKE PROVINCIAL PARK

**Families**



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

**WEDNESDAY, JULY 30**

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

**Cold Lake Provincial Park**

**Free, registration required**

**IN-PERSON & ONLINE**

# COMMUNITY REGISTRATION & INFORMATION NIGHT

**THURSDAY AUG. 28**  
5:00 PM - 8:00 PM  
REID FIELD HOUSE

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

Cold Lake Energy Centre Cold Lake

Online registration:  
[www.coldlake.com/communitygroups](http://www.coldlake.com/communitygroups)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Parenting Support: Toilet Training (P.16)
- Jr. Emotion Kits (P.17)
- Adulting 201 (P.17)
- Cold Lake Youth Council (P.17)

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- Seven Sacred Teachings (P.18)
- Art Therapy for Adults (P.18)

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- Parenting Support: Separation Anxiety (P.16)
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- Cowboy Town Adventure (P.19)

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- Creating Clarity: Youth Mental Wellness (P.19)

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- New to Town (P.20)

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- Jr. Emotion Kits (P.17)
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- Home Alone (P.21)
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- Parenting Support: ASQ Screening and Resources (P.16)
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• Cultivating Connections;  
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• Community Registration  
(P.13)

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COLD LAKE ENERGY CENTRE

MEMBERSHIP  
ANNIVERSARYSALE **3 DAYS ONLY!**  
**AUG. 29-31****SAVE  
20%****ON 1, 3, 6 OR  
12 MONTH GYM  
MEMBERSHIPS**

## MEMBERSHIPS BENEFITS

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

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

## PARENTING SUPPORT

**Caregivers of children 0 - 6**

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required****AUGUST**

- 6** Toilet Training
- 13** Separation Anxiety
- 27** ASQ Screening and Resources

**SEPTEMBER**

- 3** Balancing Work and Family
- 10** Caring for a Sick Child
- 24** Sports

**OCTOBER**

- 1** Fears
- 8** Coping with Stress
- 22** Bedtime Problems
- 29** Nightmares and Night Terrors

**NOVEMBER**

- 5** Hurting Others
- 12** Screentime
- 26** Self-Esteem

**DECEMBER**

- 3** Tantrums
- 10** Sharing

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

[www.coldlake.com](http://www.coldlake.com)

## JR. EMOTION KITS

### Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

#### WEDNESDAY, AUGUST 6

*Growth Mindset*

#### WEDNESDAY, AUGUST 20

*Resilience*

#### WEDNESDAY, SEPTEMBER 3

*Assertiveness / Courage*

#### WEDNESDAY, OCTOBER 1

*Setting Goals*

#### WEDNESDAY, NOVEMBER 5

*Self-care*

#### WEDNESDAY, DECEMBER 3

*Kindness*

**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](http://www.coldlake.com)  

## ADULTING 201

### Adults 18+

These sessions will include essential answers to questions we all have as we try to thrive as independent adults. Topics will include: How to rent an apartment, rights and responsibilities, how to budget for needs and wants, basic cooking skills, and caring for a home.

#### WEDNESDAYS, AUGUST 6, 13 & 20

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

**Cold Lake and District FCSS**

**\$5.00 per participant for the series, 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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).

#### WEDNESDAYS, AUGUST 6, SEPTEMBER 10, OCTOBER 8, NOVEMBER 12 & DECEMBER 10

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

**Cold Lake and District FCSS**

**Free, registration required**



## CULTIVATING CONNECTIONS; NEWCOMER ADDITION

### **Newcomer Families**

If you're new to Cold Lake or recently relocated here and eager to cultivate connections, this program is perfect for you. Come dine with us, explore art and culture within our community, and unleash your creativity by channeling your inner Da Vinci to craft a unique piece of art. Moving to a new place can bring unique hurdles, and we aim to foster a welcoming space where newcomers can freely express themselves, connect through their narratives, and forge a sense of belonging in our community. This program is graciously funded by the Rural Mental Health Project.



**THURSDAY, AUGUST 7,  
MONDAY, SEPTEMBER 8,  
& MONDAY, DECEMBER 8**

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

**Cold Lake and District FCSS**

**Free, registration required**

## SEVEN SACRED TEACHINGS



### **Ages 0 - 6**

Family Connections, in partnership with Successful Families, Successful Kids, presents a special series exploring the "Seven Sacred Teachings" of the Anishinaabe. Through storytelling and engaging activities, children will explore the powerful teachings of love, wisdom, humility, courage, respect, honesty, and truth. Participants will also learn about the animals connected to these teachings and how to say them in Cree, deepening our cultural connection and understanding.



**MONDAYS, AUGUST 11 & 25**

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

**Cold Lake Family Connections**

**Free, registration not required**

## ART THERAPY FOR ADULTS



### **Adults 18+**

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.

**MONDAY, AUGUST 11**

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

**Cold Lake and District FCSS**

**\$20.00, registration required**

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



[www.coldlake.com](http://www.coldlake.com)



## INTERNATIONAL YOUTH DAY

### Ages 10-17

International Youth Day, observed every year on August 12, highlights the issues facing young people globally. It's a chance to recognize and celebrate the voices, actions, and initiatives of youth around the world. Join us at Kinosoo Beach to celebrate, learn more about FCSS youth programs, enjoy a freezie, and have fun playing giant lawn games with friends!

### TUESDAY, AUGUST 12

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

Kinosoo Beach

Free, registration not required

## COWBOY TOWN ADVENTURE

### Families

Giddy up for a fun-filled day in Cowboy Town! Put on your boots, grab your cowboy hat, and join us for a scenic horse-drawn wagon ride and outdoor activities. Don't forget to bring the essentials – sun hat, sunscreen, bug spray, water, and snacks – so you're ready for an adventure. ***All family members who will be joining us on this day need to be registered.***

### WEDNESDAY, AUGUST 13

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

Cowboy Town

(Range Road 42, Ardmore, AB.)

Free, registration required

## GARDEN GNOMES

### Ages 7-9

This program aims to improve fine motor, physical, emotional, and social skills, which support curiosity and critical thinking. Through a medium of 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, AUGUST 14

*The Dirt on Worms*

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

Cold Lake and District FCSS

\$10.00, registration required

## CREATING CLARITY: YOUTH MENTAL WELLNESS

### Ages 12-17

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

### MONDAYS, AUGUST 18, SEPTEMBER 22, OCTOBER 20, NOVEMBER 17 & DECEMBER 15

5:30 p.m. - 7:00 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  

## NEW TO TOWN

### Ages 14 - 17

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

**TUESDAYS, AUGUST 19,  
SEPTEMBER 16, OCTOBER 14  
& NOVEMBER 18**

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

**Cold Lake and District FCSS**

**Free, registration required**

## COMMUNITY FRIENDS

### Adults 18+

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

**WEDNESDAY, AUGUST 20**

*Museum Tour*

**WEDNESDAY, SEPTEMBER 17**

*Volunteering in Our Community*

**WEDNESDAY, OCTOBER 15**

*Halloween*

**WEDNESDAY, NOVEMBER 19**

*Savings Savvy*

**WEDNESDAY, DECEMBER 17**

*Celebrate Around the World*

**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***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

**WEDNESDAY, AUGUST 20**

*Promoting Development*

**WEDNESDAY, SEPTEMBER 17**

*Car Seat Checks*

**WEDNESDAY, OCTOBER 15**

*Preparing Your Child for a New Baby*

**WEDNESDAY, NOVEMBER 19**

*Babies 101*

**WEDNESDAY, DECEMBER 17**

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not required**



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



[www.coldlake.com](http://www.coldlake.com)

# COLD LAKE YOUTH COUNCIL CHESS CLUB

**Ages 10-17**

Have you ever wanted to learn how to play chess? Or play chess better? Cold Lake Youth Council is hosting a learn-to-play chess club. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



**MONDAYS, AUGUST 25, OCTOBER 27 & NOVEMBER 24**

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

**Cold Lake and District FCSS**

**Free, registration not 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.

**TUESDAY, AUGUST 26**

**MONDAY, SEPTEMBER 29  
OR FRIDAY, DECEMBER 5**

**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**  

# ALIGNED INTERVENTION SERVICES INFORMATION SESSION

**Parents & Caregivers**



Are you curious about what services Align Intervention Services Inc. offers? Join us for an informative session led by Alicia Keefe & Alaina Gamache Speech-Language Pathologists and owners of Aligned Intervention Services Inc. Learn about what supports and services they offer including, Speech Language Pathology, Occupational Therapy, and Behaviour Coaching. Discover how their team strives to help children achieve their developmental milestones and goals. Through personalized care and expertise, they aim to empower families to foster supports that promotes growth and progress in a child's development.

**TUESDAY, AUGUST 26**

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

**Cold Lake and District FCSS**

**Free, registration required**



## COMPASSIONATE COMMUNITIES DEMENTIA PROJECT



Together with Age Friendly Cold Lake and the Cold Lake Community Church, Cold Lake and District FCSS is helping to build a community of people who are passionate and committed to improving the experiences of those living with dementia and their caregivers. A compassionate community takes an active role in caring for people affected by these experiences, connects people to support, raises awareness about end-of-life issues and builds supportive networks.

How can you get involved in this project?

- Complete the Compassionate Community Index Survey
- Complete the free Nav-Care training program.
- Share your knowledge and create conversations and awareness about dementia.
- Look for ways to connect and introduce yourself to people in the community who may be impacted by dementia.

Age Friendly Cold Lake provides opportunities to volunteer. Call 780-594-5666.

## SAVVY SENIORS

### Seniors

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

**WEDNESDAYS, AUGUST 27,  
SEPTEMBER 24, OCTOBER 22,  
& NOVEMBER 26**

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

**Cold Lake and District FCSS**

**Free, registration required**

**UNIVERSITY HOCKEY**  
EXHIBITION GAMES

**SEPT. 26 & 27, 2025**  
**COLD LAKE ENERGY CENTRE**  
**IMPERIAL OIL PLACE ARENA**  
FACE OFF - 7:00 PM

Cold Lake Energy Centre (780) 639-6400

Cold Lake Energy Centre City of Cold Lake

## 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.

**WEDNESDAYS, AUGUST 27,  
SEPTEMBER 3, 10, 17 & 24**

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

**Cold Lake Family Connections**

**Free, registration required**



## COLD LAKE FAMILY CONNECTIONS

# Fall & Winter Play



### LITERACY EXPLORATION

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

### NATURE PLAY

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

### SENSORY PLAY

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

### GLOBAL EXPLORATION

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

### RUMBLE, TUMBLE TIME

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

### KICK START TO KINDERGARTEN

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

### NEUROPLAY

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

### BABY CONNECTIONS

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

### PARENTING SUPPORT PROGRAM

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

### DROP IN PLAY

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

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

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

## Hours

### MONDAY to THURSDAY

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

### FRIDAY

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

### SATURDAY

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

Closed STAT holidays & holiday weekends

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

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

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

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- Subsidized First Aid Training for Volunteers (P.26)

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3

- IAIM Infant Massage (P.22)
- Parenting Support: Balancing Work and Family (P.26)
- Jr. Emotion Kits (P.27)
- Cold Lake Bully Free Committee (P.27)

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- Cultivating Connections; Newcomer Addition (P.28)

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- Shoreline Clean Up (P.29)

10

- IAIM Infant Massage (P.22)
- Parenting Support: Caring for a Sick Child (P.26)
- Cold Lake Youth Council (P.29)

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- Terry Fox Run (P.21)

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- Language for Little Ones (P.30)
- Soup and Savvy (P.30)

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- Resilience Scale Masterclass (P.31)
- Baby Signs (P.31)
- New to Town (P.31)

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- IAIM Infant Massage (P.22)
- Community Friends (P.32)
- Bringing Baby Home (P.32)

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- It's Not Right; Family, Friends and Neighbours (P.34)
- Creating Clarity: Youth Mental Wellness (P.35)

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- Budget Friendly Meals (P.35)
- Youth Mentor Training (P.36)

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- IAIM Infant Massage (P.22)
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- Home Alone (P.37)
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# SEPTEMBER

## THURSDAY

4

## FRIDAY

5

## SATURDAY

6

- Strengthen Your Relationship; The Seven Principles for Making Marriage Work (P.28)

11

- Adulting 101 (P.29)
- Rainbow Roots (P.29)

12

- Triple P: Raising Confident Competent Children (P.30)

13

- Strengthen Your Relationship; The Seven Principles for Making Marriage Work (P.28)

18

- Circle of Security (P.33)
- Neighbourhood Block Parties (P.33)
- Empowered Parenting for Neurodiverse Kids (P.34)

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- Parent and Teen Night (P.34)

20

- Strengthen Your Relationship; The Seven Principles for Making Marriage Work (P.28)

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- Circle of Security (P.33)
- Cold Lake Fire-Rescue Station Tour (P.36)
- Building Home: Adult Newcomer Program (P.37)

26

- University Hockey Game (P.22)

27

- University Hockey Game (P.22)
- Strengthen Your Relationship; The Seven Principles for Making Marriage Work (P.28)



## MEALS ON WHEELS

*Nutritious meals delivered to seniors and those recovering at home.*

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



## SUBSIDIZED FIRST AID TRAINING FOR VOLUNTEERS

### Adults 18+

Are your organizations' volunteers prepared for an emergency? Cold Lake and District FCSS is offering a subsidy for Standard First Aid Training for volunteers affiliated with a volunteer program. To be eligible for the rebate, volunteers will need to provide a letter from their volunteer organization requesting the first aid training and the receipt and certificate for the certified first aid training. Limited rebates are available and on a first come first serve basis.

### STARTING SEPTEMBER 1 THROUGH DECEMBER 31

**Cold Lake and District FCSS**  
**Rebate for up to \$75.00 for certified course.**

## PARENTING SUPPORT

### Caregivers of children 0 - 6

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required**

### SEPTEMBER

- 3** Balancing Work and Family
- 10** Caring for a Sick Child
- 24** Sports

### OCTOBER

- 1** Fears
- 8** Coping with Stress
- 22** Bedtime Problems
- 29** Nightmares and Night Terrors

### NOVEMBER

- 5** Hurting Others
- 12** Screentime
- 26** Self-Esteem

### DECEMBER

- 3** Tantrums
- 10** Sharing



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



[www.coldlake.com](http://www.coldlake.com)

# JR. EMOTION KITS

**Ages 7-11**

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

**WEDNESDAY, SEPTEMBER 3**

*Assertiveness / Courage*

**WEDNESDAY, OCTOBER 1**

*Setting Goals*

**WEDNESDAY, NOVEMBER 5**

*Self-care*

**WEDNESDAY, DECEMBER 3**

*Kindness*

**Pick up between 1:00 p.m. - 4:00 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](http://www.coldlake.com)  



## COME GET YOUR SWEAT ON with one of our many fitness classes!

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

# COLD LAKE BULLY FREE COMMITTEE

## Community

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



**WEDNESDAYS, SEPTEMBER 3, OCTOBER 1 & NOVEMBER 5**

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

**Cold Lake and District FCSS**

**Free, registration not required**

# STRENGTHEN YOUR RELATIONSHIP; THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

## Couples

Strengthen Your Relationship with the Seven Principles for Making Marriage Work Group Workshop for Couples! Join us for a fun, interactive group workshop led by Candace MacFarlane, BA, BSW, MSW, RSW and Sarah Lupul, BSW, MSW, RSW and based on Dr. John Gottman's bestselling book "The Seven Principles for Making Marriage Work". This engaging program is designed for couples at any stage who want to improve communication, deepen intimacy, and build lasting connection. Through practical exercises, expert guidance, and supportive group discussion, you'll gain powerful tools to navigate conflict and enhance your partnership.

**Registration includes a hard copy of "The Seven Principles for Making Marriage Work".**

*Disclaimer: This workshop is psycho-educational, meaning that it was designed to serve as teaching and guidance for you and is not couples therapy. Couples who are experiencing addiction, affairs, or intimate partner violence, are better suited for private couples therapy and are welcome to contact the facilitators to set up appointments for this service.*

**SATURDAYS, SEPTEMBER 6, 13, 20,  
27, OCTOBER 4 & 18**

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

**Cold Lake and District FCSS**

**\$50.00 per couple, registration required**



## LOOKING FOR MORE GREAT EVENTS AND PROGRAMS?

Keep updated by visiting our  
community calendar at  
[www.coldlake.com/calendar](http://www.coldlake.com/calendar)

# CULTIVATING CONNECTIONS; NEWCOMER ADDITION

## Newcomer Families

If you're new to Cold Lake or recently relocated here and eager to cultivate connections, this program is perfect for you!

Tonight, we will be learning about how to prepare for your first winter in Cold Lake. In addition to equipping you with winter survival tips, we'll delve into the heart of community connection by embracing the opportunity to share your story, bond with fellow newcomers, and weave yourself into the vibrant fabric of Cold Lake. Tonight's gathering promises not just warmth against the winter chill but will also include a light meal. This program is graciously funded by the Rural Mental Health Project.



**MONDAY, SEPTEMBER 8**

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

**Cold Lake and District FCSS**

**Free, registration required**



# SHORELINE CLEAN UP

**Ages 18+, minors with an adult**

Cold Lake and District FCSS is pleased to offer the public the opportunity to participate in The Great Canadian Shoreline Clean Up at Sandy Beach, on the southwest shores of Cold Lake, in the MD of Bonnyville. Volunteers are required to pre-register, as well as wear weather appropriate clothing, work gloves, boots or hiking shoes. Volunteers are welcome to bring their own garbage picking tools. Volunteers will be required to sign a waiver on-site before participating. Volunteer orientation will happen on-site prior to beginning the cleanup.

**TUESDAY, SEPTEMBER 9**

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

**Sandy Beach, Cold Lake, MD of Bonnyville**

**Free, volunteer 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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).



**WEDNESDAYS, SEPTEMBER 10,  
OCTOBER 8, NOVEMBER 12  
& DECEMBER 10**

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

**Cold Lake and District FCSS**

**Free, registration required**

# ADULTING 101

**Ages 14-17**

This program equips youth with the essential knowledge and skills needed to navigate life after high school. They will explore topics such as renters' and workers' rights, along with strategies for eating well on a limited budget. By the end, participants will have a practical toolkit that enables them to advocate for themselves with confidence and make informed decisions.

**THURSDAY, SEPTEMBER 11**

**5:00 p.m. - 6:30 p.m.**

**Cold Lake Family Connections**

**Free, registration required**

# RAINBOW ROOTS

**Adults 18+**

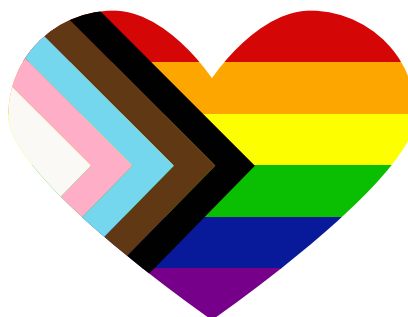
Everyone deserves a support circle. We want you, the parents, families, friends, and allies of the 2SLGBTQ+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms and culture. Open discussion to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

**THURSDAYS, SEPTEMBER 11,  
OCTOBER 9, NOVEMBER 6  
& DECEMBER 11**

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

**Cold Lake and District FCSS**

**Free, registration required**



# TRIPLE P RAISING CONFIDENT COMPETENT CHILDREN

**Caregivers of children  
0 - 12**



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

**FRIDAY, SEPTEMBER 12**

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

**Cold Lake Family Connections**

**Free, registration required**

# LANGUAGE FOR LITTLE ONES



**Caregivers and children 0 - 6**

Are you curious about your child's speech and language development? Join us for Language for Little Ones, an informative session led by two expert Speech-Language Pathologists from Aligned Intervention. Learn about key communication milestones for children aged 0-6 years, discover practical strategies to support their language skills at home, and gain insights into tongue-ties and feeding development. Plus, get guidance on when to seek additional support. Don't miss this opportunity to enhance your little one's communication journey.

**MONDAY, SEPTEMBER 15**

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

**Cold Lake Family Connections**

**Free, registration not 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 Soup and Savvy, a fun bite-sized money management program with a free lunch. Lunch will consist of soup and a bun, coffee, tea, or water.

**MONDAY, SEPTEMBER 15**

*Alberta Utilities Advocate*

**MONDAY, OCTOBER 20**

*Setting Savings Goals*

**MONDAY, NOVEMBER 17**

*Christmas without Going Broke*

**MONDAY, DECEMBER 15**

*Avoiding Last Minute Spending*

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

**Cold Lake and District FCSS**

**Free, registration required**

**BOUNCE  
HOUSE  
DAY**

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

**Reid Field House  
Cold Lake  
Energy Centre**

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

Cold Lake  
Energy  
Centre





## RESILIENCE SCALE MASTERCLASS

**Adults 18+**

Join the Alberta Family Wellness Initiative for the Resilience Scale Masterclass: A free, three-hour interactive workshop which introduces the Brain Story and Resilience Scale Framework to community leaders and professionals from the health, education, justice, and children's services systems to build resilience and improve outcomes for individuals, families, and communities. The Resilience Scale metaphor depicts how adversities, positive supports, and acquired skills and abilities interact to influence resilience and impact lifelong physical and mental health outcomes. Using the Resilience Scale, organizations can clarify the role they play in providing mental health interventions and services to improve referral pathways and facilitate organizational change management. Full breakfast is provided.



**TUESDAY, SEPTEMBER 16**

**8:00 a.m. - 12:00 p.m.**

**Lakeland Inn 5411 - 55 Street**

**Free, registration required**

## BABY SIGNS

**Caregivers and children  
0 - 1**



Research shows that sign language offers many benefits for young babies, such as reducing frustration by giving them a means to express themselves before they know how to talk. It also increases parent-child bonding and promotes self-esteem. Join us during Baby Connection's for this introduction to Baby Signs.

**TUESDAYS, SEPTEMBER 16  
& DECEMBER 16**

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

**Cold Lake Family Connections**

**Free, registration not required**

## NEW TO TOWN

**Ages 14 - 17**

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

**TUESDAYS, SEPTEMBER 16,  
OCTOBER 14 & NOVEMBER 18**

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

  
**SMALL BUSINESS,**  
**BIG**  
*Christmas*

*Everyone welcome!  
Celebrate with  
friends & family!*

**SATURDAY,  
DEC. 6**

**5:00 PM - 1:00 AM**  
**REID FIELD HOUSE**

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

**18+ EVENT**

CASH BAR RECEPTION  
-----

CATERED DINNER  
-----

THE GRAND DUELING  
PIANO SHOW  
-----

PRIZE GIVEAWAYS  
-----

DJ AND DANCING



## COMMUNITY FRIENDS

### **Adults 18+**

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

### **WEDNESDAY, SEPTEMBER 17**

*Volunteering in Our Community*

### **WEDNESDAY, OCTOBER 15**

*Halloween*

### **WEDNESDAY, NOVEMBER 19**

*Savings Savvy*

### **WEDNESDAY, DECEMBER 17**

*Celebrate Around the World*

**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***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

### **WEDNESDAY, SEPTEMBER 17**

*Car Seat Checks*

### **WEDNESDAY, OCTOBER 15**

*Preparing Your Child for a New Baby*

### **WEDNESDAY, NOVEMBER 19**

*Babies 101*

### **WEDNESDAY, DECEMBER 17**

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not required**

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



[www.coldlake.com](http://www.coldlake.com)



## CIRCLE OF SECURITY

### Caregivers of children 0 - 12

The Circle of Security 8-week program offers a transformative approach to understanding and fostering secure attachment in children. Rooted in attachment theory by John Bowlby, it emphasizes the importance of early, intimate connections for lifelong emotional and social well-being. By focusing on the caregiver-child relationship, this model promotes secure attachment, which strengthens emotional regulation, social competence, and resilience.



**Circle of Security**  
INTERNATIONAL  
*Building Attachment Around the World*

**THURSDAYS, SEPTEMBER 18, 25,  
OCTOBER 2, 9, 16, 23, 30  
& NOVEMBER 6**

**2:30 p.m. - 4:00 p.m.**

**Cold Lake Family Connections**

**Free, registration required**

## NEIGHBOURHOOD BLOCK PARTIES: BUILDING ENGAGED AND EMPOWERED COMMUNITIES

### All ages

Cold Lake and District FCSS, along with their community partners, are building compassionate communities of engaged and empowered people by hosting Neighbourhood Block Parties. Neighbourhood Block Parties provide opportunities for residents to meet and work together to address community issues and encourage citizens to be active participants in their community. Neighbours knowing neighbours increases community safety and fosters positive neighbourhood relationships. Bring a picnic blanket or lawn chairs to sit on.

**THURSDAY, SEPTEMBER 18**

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

**Cold Lake and District FCSS**

**Free, registration not 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







## EMPOWERED PARENTING FOR NEURODIVERSE KIDS

### ***Parents and caregivers of neurodivergent children ages 0-18***

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

**THURSDAYS, SEPTEMBER 18,  
OCTOBER 16, NOVEMBER 20  
& DECEMBER 18**

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

**Cold Lake Family Connections**

**Free, registration required**

## PARENT AND TEEN NIGHT

### ***Youth ages 13-17 and caregivers***

Take time to connect with the teen in your life and discover new ways to communicate and listen effectively. Enjoy a fun activity and snacks together, strengthening your bond and making special memories. Please register all family members who plan to attend. **Register by September 18, 2025.**

**FRIDAY, SEPTEMBER 19**

**Paint Night**

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

**Cold Lake and District FCSS**

**Free, registration required**

## IT'S NOT RIGHT; FAMILY, FRIENDS AND NEIGHBOURS

### ***Adults 18+***

Join us for a dynamic presentation and meet others who care about the wellbeing of older adults. Presentation teaches bystanders of all ages the warning signs of elder abuse and what YOU can do. True-to-life scenarios are used to facilitate discussion and to build skills.

**MONDAY, SEPTEMBER 22**

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

**Cold Lake and District FCSS**

**Free, registration required**

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada**

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



**www.coldlake.com**



# CREATING CLARITY: YOUTH MENTAL WELLNESS

**Ages 12-17**

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

**MONDAYS, SEPTEMBER 22,  
OCTOBER 20, NOVEMBER 17  
& DECEMBER 15**

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

**Cold Lake and District FCSS**

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



COLD LAKE ENERGY CENTRE  
**BOUNCE HOUSE**  
**Birthday Party**

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

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

Cold Lake Energy Centre

# BUDGET FRIENDLY MEALS

**Adults 18+**

Cooking on a budget can be a challenge, especially if you want tasty and healthy meals. Join us on an adventure in the kitchen. Learn a few new techniques so that you can eat healthier on a budget. Participants will take home two individual meals. **Register by September 19.**

**TUESDAY, SEPTEMBER 23**

*Fun with Leftovers*

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

**TUESDAY, OCTOBER 28**

*For Food Sakes: Making the Most of What You Buy*

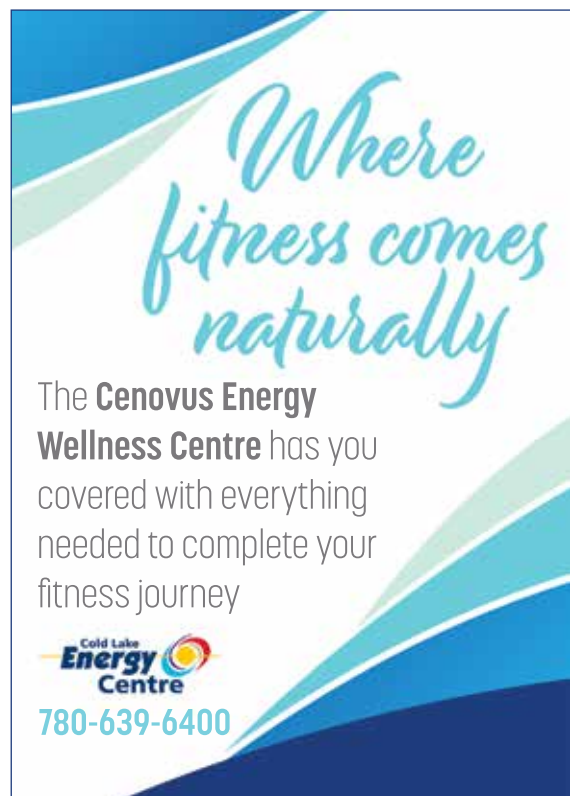
**5:00 p.m. - 6:30 p.m.**

**TUESDAY, NOVEMBER 25**

*Making Your Meals Stretch with Planning*  
**1:30 p.m. - 3:00 p.m.**

**Cold Lake and District FCSS**

**\$5.00 per participant for each session, registration required**



*Where fitness comes naturally*

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

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

# YOUTH MENTOR TRAINING

**Youth aged 12+**

Cold Lake and District FCSS is seeking youth ages 12 and older to volunteer as mentors for our upcoming Unplugged Club. The Unplugged Club is a program that has youth mentors play games and create crafts with children ages 6 to 8. The aim of the program is to develop leadership skills for the youth mentors and build confidence and develop positive social skills for the 6- to 8-year-olds. To register to volunteer as a youth mentor, please contact FCSS Volunteer Services at 780-594-4495 or [fcss@coldlake.com](mailto:fcss@coldlake.com).

**TUESDAY SEPTEMBER 23**

*Training*

**TUESDAYS, OCTOBER 7, 14, 21, 28,  
NOVEMBER 4, 18, 25 & DECEMBER 2**

**4:00 p.m. - 5:00 p.m.**

**Cold Lake and District FCSS**

**Free, registration required**

# SAVVY SENIORS

**Seniors**

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

**WEDNESDAYS, SEPTEMBER 24,  
OCTOBER 22 & NOVEMBER 26**

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

**Cold Lake and District FCSS**

**Free, registration required**



# RAISE YOUR ENERGY TO NEW HEIGHTS

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



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



# COLD LAKE FIRE-RESCUE STATION TOUR

**Families**

Join Family Connections at the South Cold Lake Fire-Rescue Station to have some fun while learning about fire safety. Tour the hall, investigate the trucks and meet with our local heroes. Please choose a tour time that fits best for your family. ***All family members who will be joining us on this day need to be registered.***



**THURSDAY, SEPTEMBER 25**

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

**11:00 a.m. - 12:30 p.m.**

**South Cold Lake Fire-Rescue Station**

**Free, registration required**

# BUILDING HOME: ADULT NEWCOMER PROGRAM

## Adults 18+

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. This Adult Newcomer program is here to help newcomers connect with people and access essential resources to ease their transition.

In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake—let's build your new beginning together!

**THURSDAYS, SEPTEMBER 25,  
OCTOBER 23 & NOVEMBER 13**

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

**MONDAY, SEPTEMBER 29  
or FRIDAY, DECEMBER 5**

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

**Cold Lake Family Connections**

**Free, registration required**

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

## Ages 9 - 13

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

**MONDAY, SEPTEMBER 29**  
*Expectations & Boundaries*

**MONDAY, NOVEMBER 10**  
*Positive View of Personal Future*

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

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

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- Growing Wiser Seniors' Conference (P.40)
- Parenting Support: Fears (P.40)
- Jr. Emotion Kits (P.40)
- Cold Lake Bully Free Committee (P.41)

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- Unplugged Club: Series 1 (P.41)

8

- Parenting Support: Coping with Stress (P.40)
- Celebrating Families (P.41)
- Cold Lake Youth Council (P.42)

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- Unplugged Club: Series 1 (P.41)
- New to Town (P.43)

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- Community Friends (P.43)
- Bringing Home Baby (P.43)

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- Soup and Savvy (P.45)
- Creating Clarity: Youth Mental Wellness (P.45)

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- Unplugged Club: Series 1 (P.41)
- Triple P: Developing Good Bedtime Routines (P.45)

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- Parenting Support: Bedtime Problems (P.40)
- Savvy Seniors (P.45)
- Active Parenting 4th Edition (P.46)
- Building Better Boundaries (P.46)

26

- Kids' Halloween Party (P.43)

27

- Cold Lake Youth Council Chess Club (P.47)

28

- Unplugged Club: Series 1 (P.41)
- Budget Friendly Meals (P.47)

29

- Parenting Support: Nightmares and Night Terrors (P.40)
- Active Parenting 4th Edition (P.46)



# OCTOBER

## THURSDAY

2

- Circle of Security (P.33)

## FRIDAY

3

- Pink Walk (P.41)

## SATURDAY

4

- Strengthen Your Relationship; The Seven Principles for Making Marriage Work (P.28)

9

- Circle of Security (P.33)
- Rainbow Roots (P.42)

10

- Marina Bowling Family Adventure (P.42)
- Colourful Experiences (P.42)

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- Circle of Security (P.33)
- Empowered Parenting for Neurodiverse Kids (P.44)

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- Compassion Fatigue (P.44)
- Couple's Cooking Date Night (P.44)

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23

- Circle of Security (P.33)
- Grief and Loss for Youth (P.46)
- Building Home: Adult Newcomer Program (P.46)

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- Circle of Security (P.33)
- The Grub Club (P.47)

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# GROWING WISER SENIORS' CONFERENCE

## Seniors

October 1 is a day to celebrate the contributions of older adults, recognize those who support them and raise awareness of the concerns of older adults. Let's celebrate with some wonderful speakers, lunch, and more. The Man Van will also be in attendance.

**Register at Cold Lake & District FCSS by September 19.**

**WEDNESDAY, OCTOBER 1**

**8:30 a.m. - 3:00 p.m.**

**Cold Lake Seniors' Society - Heritage Hall  
\$10.00, registration required**

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

Canada

# PARENTING SUPPORT

## Caregivers of children 0 - 6

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required**

**OCTOBER**

**1** *Fears*

**8** *Coping with Stress*

**22** *Bedtime Problems*

**29** *Nightmares and Night Terrors*

**NOVEMBER**

**5** *Hurting Others*

**12** *Screentime*

**26** *Self-Esteem*

**DECEMBER**

**3** *Tantrums*

**10** *Sharing*



# JR. EMOTION KITS

## Ages 7 - 11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

**WEDNESDAY, OCTOBER 1**  
*Setting Goals*

**WEDNESDAY, NOVEMBER 5**  
*Self-care*

**WEDNESDAY, DECEMBER 3**  
*Kindness*

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

## COLD LAKE BULLY FREE COMMITTEE



### Community

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

**WEDNESDAYS, OCTOBER 1  
& NOVEMBER 5**

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

**Cold Lake and District FCSS**

**Free, registration not required**

## PINK WALK



### Community

Join the Cold Lake Bully Free Committee for the Pink Walk! Gather your friends, family, and classmates at FCSS, and let's walk in unity, adorned in pink shirts and gear, to shine a light on the effects of bullying and promote the power of kindness. Plus, enjoy a complimentary BBQ as we come together to make a stand against bullying and foster a culture of respect and compassion in our community.

**FRIDAY, OCTOBER 3**

**11:30 a.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**  

## UNPLUGGED CLUB: SERIES 1

### Ages 6 - 8

Are you looking for an offline activity for your child where they can develop their interpersonal skills, try new things, and spend time with positive role models? The Unplugged Club is run by youth mentors under the guidance of FCSS staff. Youth mentors and participants will play board games, create crafts, and (weather permitting) play outdoors. **Register by October 4.**

**TUESDAYS, OCTOBER 7, 14, 21 & 28**

**4:00 pm - 5:00 pm**

**Cold Lake and District FCSS**

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

## CELEBRATING FAMILIES

### Families

Come and celebrate National Family Week with our old-fashioned family dinner. Start your night with a free dinner, followed by crafts and a slide at Cold Lake Family Connections. This event will be open to all family members, so we encourage all ages to come and play.

**WEDNESDAY, OCTOBER 8**

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

**Cold Lake Family Connections**

**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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).

**WEDNESDAYS, OCTOBER 8,  
NOVEMBER 12 & DECEMBER 10**

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

**Cold Lake and District FCSS**

**Free, registration required**

## RAINBOW ROOTS

### **Adults 18+**

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

**THURSDAYS, OCTOBER 9,  
NOVEMBER 6 & DECEMBER 11**

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

**Cold Lake and District FCSS**

**Free, registration required**

## MARINA BOWLING FAMILY ADVENTURE

### **Families**

Strike up some quality family time with Cold Lake Family Connections at Marina Bowling on this No School Friday. Bring your "A" game and up to six family members to participate in an hour of bowling as well as a light snack with board games. Please only register with one adult in the family to secure your lane at either the 1:00 p.m. or the 2:30 p.m. time slot.

**FRIDAY, OCTOBER 10**

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

**Register for a lane from 1:00 pm - 2:00 p.m.**

**OR 2:30 p.m. - 3:30 p.m.**

**Marina Bowling**

**Free, registration required**

## COLOURFUL EXPERIENCES

### **Ages 10-13**

As children transition into adolescence, they may face challenges in expressing their feelings in a positive way. Art has the power to reduce stress and empower youth to manage their emotions, build resiliency, and reinforce self-esteem. Participants will be encouraged and supported in safely expressing their feelings while creating their projects.

**FRIDAY, OCTOBER 10**

**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](http://www.coldlake.com)



## NEW TO TOWN

**Ages 14 - 17**

New to Town is designed to support new-comer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

**TUESDAYS, OCTOBER 14  
& NOVEMBER 18**

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

**Cold Lake and District FCSS**

**Free, registration required**

## COMMUNITY FRIENDS

**Adults 18+**

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

**WEDNESDAY, OCTOBER 15**

*Halloween*

**WEDNESDAY, NOVEMBER 19**

*Savings Savvy*

**WEDNESDAY, DECEMBER 17**

*Celebrate Around the World*

**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***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

**WEDNESDAY, OCTOBER 15**

*Preparing Your Child for a New Baby*

**WEDNESDAY, NOVEMBER 19**

*Babies 101*

**WEDNESDAY, DECEMBER 17**

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not required**



**Kids' Halloween PARTY**

**Sunday, October 26**

**1:00 pm - 4:00 pm**

**Cold Lake Energy Centre**

**Cost: \$5 per child**

**Pre-registration required**

*To register, contact the Cold Lake Energy Centre at (780) 639-6400*

Cold Lake Energy Centre

## EMPOWERED PARENTING FOR NEURODIVERSE KIDS

### ***Parents and caregivers of neurodivergent children ages 0-18***

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

**THURSDAYS, OCTOBER 16,  
NOVEMBER 20 & DECEMBER 18**

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

**Cold Lake Family Connections**

**Free, registration required**

## COMPASSION FATIGUE

### ***Adults***

Lakeland Psychological Services is dedicated to promoting mental well-being among caregivers and individuals in emotionally demanding professions. Recognizing the pivotal role these professionals play in our community; our workshop aims to address the pressing issue of compassion fatigue.



Participants will gain insights into the underlying causes of compassion fatigue, explore workplace dynamics, personal boundaries, and the nature of caregiving roles as contributing factors. By identifying the signs, understanding the underlying causes, and implementing effective coping strategies, we can significantly reduce the effects of compassion fatigue. Join Lakeland Psychological Services for this enlightening workshop and take the first step towards a healthier, more sustainable professional journey.

**FRIDAY, OCTOBER 17**

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

**Cold Lake and District FCSS**

**\$20.00, registration required**

## COUPLE'S COOKING DATE NIGHT

### ***Adults 18+***

Date Night with a twist! Cook a meal together and practice 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 October 14th.***

**FRIDAY, OCTOBER 17**

***Chicken Piccata***

**FRIDAY, DECEMBER 12**

***Sushi Night! Register by Dec. 8th***

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

**Cold Lake and District FCSS**

**\$17.00 per participant, per session,  
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 bite-sized money management program with a free lunch. Lunch will consist of soup and a bun, coffee, tea, or water.

**MONDAY, OCTOBER 20**

*Setting Savings Goals*

**MONDAY, NOVEMBER 17**

*Christmas without Going Broke*

**MONDAY, DECEMBER 15**

*Avoiding Last Minute Spending*

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

**Cold Lake and District FCSS**

**Free, registration required**

# CREATING CLARITY: YOUTH MENTAL WELLNESS

## **Ages 12-17**

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

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

[www.coldlake.com](http://www.coldlake.com)  

**MONDAYS, OCTOBER 20,  
NOVEMBER 17 & DECEMBER 15**

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

**Cold Lake and District FCSS**

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

# TRIPLE P DEVELOPING GOOD BEDTIME ROUTINES



**Caregivers of children**

**0 - 12**

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. A light meal will be provided.

**TUESDAY, OCTOBER 21**

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

**Cold Lake Family Connections**

**Free, registration required**

# SAVVY SENIORS

## **Seniors**

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

**WEDNESDAYS, OCTOBER 22  
& NOVEMBER 26**

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

**Cold Lake and District FCSS**

**Free, registration required**

## ACTIVE PARENTING 4TH EDITION

**Caregivers of  
children 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.

**WEDNESDAYS, OCTOBER 22, 29  
& NOVEMBER 5**

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

**Cold Lake Family Connections**

**Free, registration required**

**Workbook can be purchased for \$15.00**

## BUILDING BETTER BOUNDARIES

**Ages 18+**

Through Canadian Mental Health Association's Recovery College, learn why healthy boundaries are so important. They keep you safe and let others know what's OK and what's not. This two-hour online interactive course (hosted on Zoom) will introduce you to the basics of establishing, protecting and respecting boundaries.



**WEDNESDAY, OCTOBER 22**

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

**Cold Lake and District FCSS**

**\$10.00 for the session,  
registration required**

## GRIEF AND LOSS FOR YOUTH

**Ages 7-13**

This workshop for children and young teens offers a supportive space to connect with others and navigate grief and loss. Participants will explore various topics and engage in activities designed to promote emotional well-being and healthy coping strategies.

**THURSDAY, OCTOBER 23**

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

**Cold Lake Family Connections**

**Free, registration required**

## BUILDING HOME: ADULT NEWCOMER PROGRAM

**Adults 18+**

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. This Adult Newcomer program is here to help newcomers connect with people and access essential resources to ease their transition.

In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake—let's build your new beginning together!

**THURSDAYS, OCTOBER 23  
& NOVEMBER 13**

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

**Cold Lake and District FCSS**

**Free, registration required**



## COLD LAKE YOUTH COUNCIL CHESS CLUB

### Ages 10-17

Have you ever wanted to learn how to play chess? Or play chess better? Cold Lake Youth Council is hosting a learn-to-play chess club. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



**MONDAYS, OCTOBER 27  
& NOVEMBER 24**

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

**Cold Lake and District FCSS**

**Free, registration not required**

## BUDGET FRIENDLY MEALS

### Adults 18+

Cooking on a budget can be a challenge, especially if you want tasty and healthy meals. Join us on an adventure in the kitchen. Learn a few new techniques so that you can eat healthier on a budget. Participants will take home two individual meals. **Register by October 24.**

**TUESDAY, OCTOBER 28**

*For Food Sakes: Making the Most of What You Buy*

**5:00 p.m. - 6:30 p.m.**

**TUESDAY, NOVEMBER 25**

*Making Your Meals Stretch with Planning*

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

**Cold Lake and District FCSS**

**\$5.00 per participant for each session, registration required**

## THE GRUB CLUB

### Ages 10-13

Log in and join the Grub Club for a virtual evening of learning! Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or multiple sessions. Food kits will be available for pick-up the day before each class at The Family Connections from 1:00 p.m. to 4:00 p.m. **Register by October 28.**

**THURSDAY, OCTOBER 30**

*Breakfast for Dinner*

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

**Cold Lake and District FCSS**

**\$10.00 per session, 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!**

Cold Lake Energy Centre  
780-639-6400

## SUNDAY

2

9

16

23

30

## MONDAY

3

10

17

24

- It's Not Right; Family, Friends and Neighbours (P.56)
- Cold Lake Youth Council Chess Club (P.56)

## TUESDAY

4

- Unplugged Club: Series 2 (P.50)

11

- Remembrance Day Ceremony (P.51)

18

- Unplugged Club: Series 2 (P.50)
- New to Town (P.54)

25

- Unplugged Club: Series 2 (P.50)
- Budget Friendly Meals (P.57)

## WEDNESDAY

5

- Active Parenting 4th Edition (P.46)
- Parenting Support: Hurting Others (P.50)
- Jr. Emotion Kits (P.50)
- Cold Lake Bully Free Committee (P.50)

12

- Parenting Support: Screentime (P.50)
- The Great Cold Lake Turkey Race (begins - P.52)
- Cold Lake Youth Council (P.52)

19

- Community Friends (P.54)
- Bringing Home Baby (P.55)

26

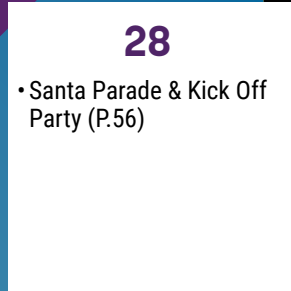
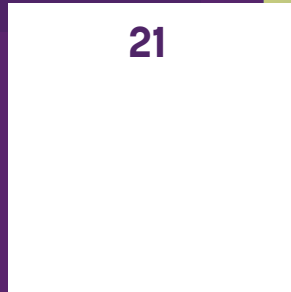
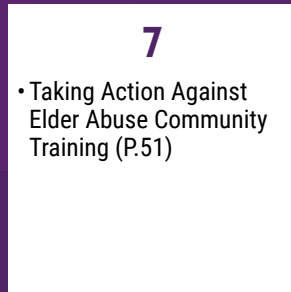
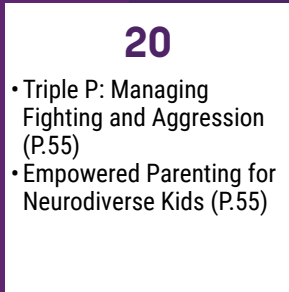
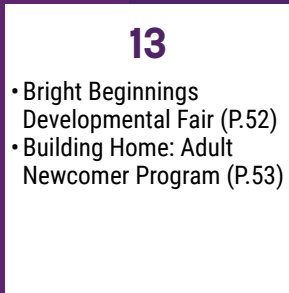
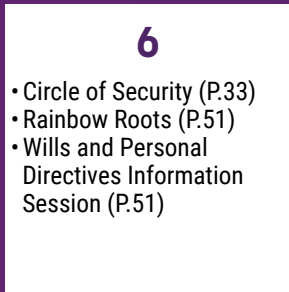
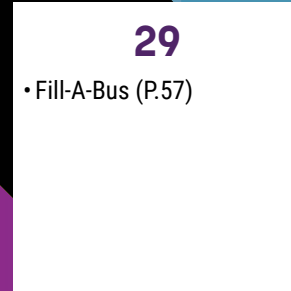
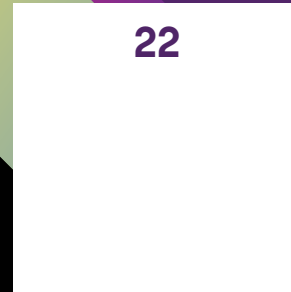
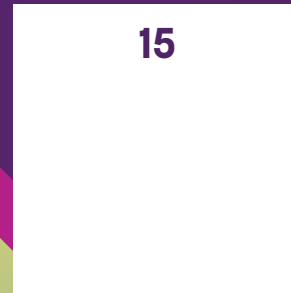
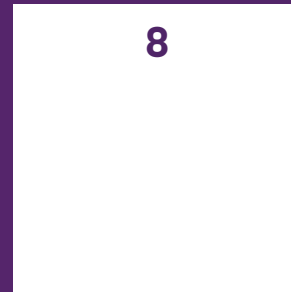
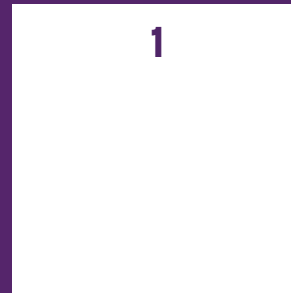
- Parenting Support: Self-Esteem (P.50)
- Savvy Seniors (P.57)
- Family Fun Night in a Box (P.57)

THURSDAY

FRIDAY

SATURDAY

NOVEMBER



## UNPLUGGED CLUB: SERIES 2

### Ages 6 - 8

Are you looking for an offline activity for your child where they can develop their interpersonal skills, try new things and spend time with positive youth role models? The Unplugged Club is run by youth mentors under the guidance of FCSS staff. Youth mentors and participants will play board games, create crafts, and weather permitting, play outdoors. **Register by October 31.**

**TUESDAYS, NOVEMBER 4, 18, 25,  
DECEMBER 2**

**4:15 pm - 5:15 pm**

**Cold Lake and District FCSS**

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

## PARENTING SUPPORT

### Caregivers of children 0 - 6

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required**

### NOVEMBER

**5** *Hurting Others*

**12** *Screentime*

**26** *Self-Esteem*

### DECEMBER

**3** *Tantrums*

**10** *Sharing*

## JR. EMOTION KITS

### Ages 7 - 11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

### WEDNESDAY, NOVEMBER 5

*Self-care*

### WEDNESDAY, DECEMBER 3

*Kindness*

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

**Cold Lake Family Connections**

**Free, registration required**

## COLD LAKE BULLY FREE COMMITTEE



### Community

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

### WEDNESDAY, NOVEMBER 5

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

**Cold Lake and District FCSS**

**Free, registration not required**



## RAINBOW ROOTS

### Adults 18+

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

### THURSDAYS, NOVEMBER 6 & DECEMBER 11

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

Cold Lake and District FCSS

Free, registration required

## WILLS AND PERSONAL DIRECTIVES INFORMATION SESSION

### Adults 18+

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



### THURSDAY, NOVEMBER 6

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

Cold Lake and District FCSS

Free, registration required

## TAKING ACTION AGAINST ELDER ABUSE COMMUNITY TRAINING

### Adults 18+

The purpose of this workshop is to examine the issue of elder abuse in Alberta and outline 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 in-depth the complexities surrounding elder abuse and outline approaches to risk assessment, in order to ensure consistent, effective and professional responses to specific incidences of abuse.

### FRIDAY, NOVEMBER 7

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

Cold Lake and District FCSS

Free, registration required

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



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

## Remembrance Day CEREMONY

November 11

**Cold Lake  
Energy Centre**  
10:30 am - Spectators seated  
10:45 am - Parade Begins

**Spectators are encouraged to car-pool.**

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

## **Ages 9 - 13**

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

### **MONDAY, NOVEMBER 10**

*Positive View of Personal Future*

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

**Cold Lake and District FCSS**

**Free, registration required**

# THE 6TH ANNUAL GREAT COLD LAKE TURKEY RACE



## **All ages**

Ruffles is back for the 6th Year! He's ready to race and make this the best year ever by collecting funds to purchase 400 turkeys for the Cold Lake Food Bank's Christmas Hamper Project. One hundred percent of all money raised goes directly to the Cold Lake Food Bank. Ruffles begins his race on **November 12, 2025**, and will cross the finish line on **December 19, 2025**.

Watch for Ruffles at local events and follow his progress on the City of Cold Lake's Facebook page. Donation forms can be found at [www.coldlake.com](http://www.coldlake.com) or drop by Cold Lake and District FCSS.

# 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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).

### **WEDNESDAYS, NOVEMBER 12 & DECEMBER 10**

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

**Cold Lake and District FCSS**

**Free, registration required**

# BRIGHT BEGINNINGS DEVELOPMENTAL FAIR

## **Parents and Caregivers**

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

### **THURSDAY, NOVEMBER 13**

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

**Cold Lake Energy Centre**

**Free, registration not required**

## BUILDING HOME: ADULT NEWCOMER PROGRAM

### Adults 18+

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. This Adult Newcomer program is here to help newcomers connect with people and access essential resources to ease their transition.

In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake—let's build your new beginning together!

### THURSDAY, NOVEMBER 13

6:00 p.m. - 7:30 p.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 bite-sized money management program with a free lunch. Lunch will consist of soup and a bun, coffee, tea, or water.

### MONDAY, NOVEMBER 17

*Christmas without Going Broke*

### MONDAY, DECEMBER 15

*Avoiding Last Minute Spending*

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

Cold Lake and District FCSS

Free, registration required

## CREATING CLARITY: YOUTH MENTAL WELLNESS

### Ages 12-17

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

### MONDAYS, NOVEMBER 17

& DECEMBER 15

5:30 p.m. - 7:00 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



# DESIGN THE COLD LAKE BULLY FREE LOGO CONTEST



## Community

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

**NOVEMBER 17 - DECEMBER 8**

**Cold Lake and District FCSS**

**FREE, registration not required**

# NEW TO TOWN

**Ages 14 - 17**

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

**TUESDAY, NOVEMBER 18**

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

**Cold Lake and District FCSS**

**Free, registration required**

# COMMUNITY FRIENDS

**Adults 18+**

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

**WEDNESDAY, NOVEMBER 19**

*Savings Savvy*

**WEDNESDAY, DECEMBER 17**

*Celebrate Around the World*

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

**Cold Lake and District FCSS**

**Free, registration required**

**COLD LAKE TRANSIT**

**"Where's my bus?"**

**Download the TransLōc app**

**TransLōc®**

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



# BRINGING BABY HOME

***Expecting parents, new parents and caregivers of infants***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

**WEDNESDAY, NOVEMBER 19**

*Babies 101*

**WEDNESDAY, DECEMBER 17**

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not required**

# TRIPLE P MANAGING FIGHTING AND AGGRESSION

***Caregivers of children 0 - 12***



Are you struggling with your child's aggressive behavior 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 behavior. Discover how to set clear expectations and implement consistent consequences.

**THURSDAY, NOVEMBER 20**

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

**Cold Lake Family Connections**

**Free, registration required**



# EMPOWERED PARENTING FOR NEURODIVERSE KIDS

***Parents and caregivers of neurodivergent children ages 0 - 18***

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

**THURSDAYS, NOVEMBER 20 & DECEMBER 18**

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

**Cold Lake Family Connections**

**Free, registration required**

# CITY OF COLD LAKE Santa Claus Parade

**FRIDAY,  
NOV. 28  
6:00 PM**



For more information or to register, visit  
[www.coldlake.com](http://www.coldlake.com) or phone 780-639-6400.

## IT'S NOT RIGHT; FAMILY, FRIENDS AND NEIGHBOURS

**Adults 18+**

Join us for a dynamic presentation and meet others who care about the wellbeing of older adults. Presentation teaches bystanders of all ages the warning signs of elder abuse and what YOU can do. True-to-life scenarios are used to facilitate discussion and to build skills.

**MONDAY, NOVEMBER 24**

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

**Cold Lake and District FCSS**

**Free, registration required**

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



## COLD LAKE YOUTH COUNCIL CHESS CLUB

**Ages 10-17**

Have you ever wanted to learn how to play chess? Or play chess better? Cold Lake Youth Council is hosting a learn-to-play chess club. All skill levels are welcome to attend. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



COLD LAKE  
YOUTH COUNCIL

**MONDAY, NOVEMBER 24**

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

**Cold Lake and District FCSS**

**Free, registration not required**

**FREE ADMISSION**

**SANTA'S  
KICK OFF**

*Christmas  
Party*

**FRIDAY  
NOV. 28  
7:00 - 9:00 PM**

**COLD LAKE ENERGY CENTRE**

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




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



[www.coldlake.com](http://www.coldlake.com)

## BUDGET FRIENDLY MEALS

### Adults 18+

Cooking on a budget can be a challenge, especially if you want tasty and healthy meals. Join us on an adventure in the kitchen. Learn a few new techniques so that you can eat healthier on a budget. Participants will take home two individual meals. **Register by November 21.**

### TUESDAY, NOVEMBER 25

*Making Your Meals Stretch with Planning*  
1:30 p.m. - 3:00 p.m.

Cold Lake and District FCSS

**\$5.00 per participant for each session, registration required**

## SAVVY SENIORS

### Seniors

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

### WEDNESDAY, NOVEMBER 26

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

Cold Lake and District FCSS

**Free, registration required**

## FAMILY FUN NIGHT IN A BOX

### Families

Family Fun Nights include an evening of bonding 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, parent information and themed activities for your whole family. We encourage you to register early, as supplies are limited.

### WEDNESDAY, NOVEMBER 26

**Pick up from 3:00 p.m. - 5:00 p.m.**

**Cold Lake Family Connections**

**Free, registration is required**

## FILL-A-BUS

**Ages 12+, families, businesses, and organizations**



FCSS is seeking energetic volunteers to help with this much-loved annual event in support of the Cold Lake Christmas Hamper Project. Volunteers will be collecting non-perishable food donations and monetary donations. Two-hour shifts are available.

### SATURDAY, NOVEMBER 29

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

**Cold Lake Sobeys**

**Free, registration required to volunteer**

COLD LAKE GOLF & WINTER CLUB

## CURLING

- Ice rentals available to book throughout the week (Small and large groups welcome)
- Drop-in curling 2 times a week (all ages)
- Open to all military and non-military members

780-594-5341 ext. 1 | [www.coldlake.com/curling](http://www.coldlake.com/curling)



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

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**2**

- Unplugged Club: Series 2 (P.50)

**3**

- Parenting Support: Tantrums (P.60)
- Jr. Emotion Kits (P.50)

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**8**

- Cultivating Connections; Newcomer Addition (P.61)
- Design the Cold Lake Bully Free Logo Contest (P.61)

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- Parenting Support: Sharing (P.60)
- Cold Lake Youth Council (P.62)

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- Soup and Savvy (P.63)
- Creating Clarity: Youth Mental Wellness (P.63)

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- Baby Signs (P.64)

**17**

- Community Friends (P.64)
- Bringing Baby Home (P.64)

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- Kids New Year's Party (P.61)



# DECEMBER

## THURSDAY

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- Art Therapy for Teens (P.60)

## FRIDAY

5

- Home Alone (P.60)

## SATURDAY

6

- Small Business Big Christmas (P.32)

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- That Bites! (P.62)
- Rainbow Roots (P.62)

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- Family Game Night (P.62)
- Couple's Cooking Night (P.63)

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- Empowered Parenting for Neurodiverse Kids (P.64)

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- The Great Cold Lake Turkey Race (ends - P.63)

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## PARENTING SUPPORT

### **Caregivers of children 0 - 6**

Explore a variety of evidence-based parenting information that addresses common challenges and fosters positive development. 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, registration not required**

### **DECEMBER**

**3** Tantrums

**10** Sharing

## JR. EMOTION KITS

### **Ages 7-11**

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early-on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. Register for as many kits that suit your child's needs.

### **WEDNESDAY, DECEMBER 3**

*Kindness*

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

**Cold Lake Family Connections**

**Free, registration required**

## ART THERAPY FOR TEENS



### **Ages 13-17**

Attention, teens! Lakeland Psychological Services is excited to offer an Art Therapy workshop led by the talented Randi Martin. This workshop is designed to help you relax and express yourself through the medium of art. Art Therapy provides an enjoyable way to alleviate stress and embrace your individuality. It acts as a mini-vacation for your mind. Engaging in artistic creation can calm racing thoughts and offer a respite from daily pressures. Come out, create some art, and discover the benefits it can bring to your mood and happiness.

### **THURSDAY, DECEMBER 4**

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

**Cold Lake and District FCSS**

**\$20.00, 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.

### **FRIDAY, DECEMBER 5**

**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](http://www.coldlake.com)

## CULTIVATING CONNECTIONS; NEWCOMER ADDITION

### *Newcomer Families*

If you're new to Cold Lake or recently relocated here and eager to cultivate connections, this program is perfect for you! Tonight's event promises to be a delightful blend of festive cheer and valuable insights. As we gather to indulge in delicious treats and get creative with cookie decorating, we also can delve into essential discussions about mental health and wellness in our community with support from our guest speakers from Recovery Alberta. Moving to a new place can bring unique hurdles, and we aim to foster a welcoming space where newcomers can freely express themselves, connect through their narratives, and forge a sense of belonging in our community. This program is graciously funded by the Rural Mental Health Project.



## DESIGN THE COLD LAKE BULLY FREE LOGO CONTEST



### *Community*

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

**NOVEMBER 17 - DECEMBER 8**

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

**MONDAY, DECEMBER 8**

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

**Cold Lake and District FCSS**

**Free, registration required**

# Kids New Year's PARTY

## WEDNESDAY, DECEMBER 31

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

\$5.00 per child (Ages 1-12 yrs | Adults required to stay - no charge)

REGISTRATION REQUIRED | MAX. 400 CHILDREN

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

# COLD LAKE 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. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills, while supporting their community and making new friends. For more information, please contact [youthcouncil@coldlake.com](mailto:youthcouncil@coldlake.com).

## WEDNESDAY, DECEMBER 10

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

Cold Lake and District FCSS

Free, registration required

# THAT BITES!

## Ages 13-17

That Bites! is a program focused on teaching how to prepare easy, healthy, and budget-friendly meals. Participants will learn to cook, share meals, and understand the importance of eating balanced on a budget. That Bites! aims to support youth as they transition into adulthood, building their confidence in the kitchen and teaching them how to cook safely. *Register by December 9.*

## THURSDAY, DECEMBER 11

*Holiday Snacks*

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

Cold Lake and District FCSS

\$10.00, registration required

# RAINBOW ROOTS

## Adults 18+

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

## THURSDAY, DECEMBER 11

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

Cold Lake and District FCSS

Free, registration required

# FAMILY GAME NIGHT

## Families

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

## FRIDAY, DECEMBER 12

6:00 p.m. - 7:30 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](http://www.coldlake.com)



## COUPLE'S COOKING DATE NIGHT

**Adults 18+**

Date Night with a twist! Cook a meal together and practice 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 December 8.**

**FRIDAY, DECEMBER 12**

*Sushi Night!*

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

**Cold Lake and District FCSS**

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

## THE 6TH ANNUAL GREAT COLD LAKE TURKEY RACE



**All ages**

Ruffles is back for the 6th Year! He's ready to race and make this the best year ever by collecting funds to purchase 400 turkeys for the Cold Lake Food Bank's Christmas Hamper Project. One hundred percent of all money raised goes directly to the Cold Lake Food Bank. Ruffles begins his race on **November 12, 2025**, and will cross the finish line on **December 19, 2025**.

Watch for Ruffles at local events and follow his progress on the City of Cold Lake's Facebook page. Donation forms can be found at [www.coldlake.com](http://www.coldlake.com) or drop by Cold Lake and District FCSS.

## \$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 bite-sized money management program with a free lunch. Lunch will consist of soup and a bun, coffee, tea, or water.

**MONDAY, DECEMBER 15**

*Avoiding Last Minute Spending*

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

**Cold Lake and District FCSS**

**Free, registration required**

## CREATING CLARITY: YOUTH MENTAL WELLNESS

**Ages 12-17**

A creative and inclusive space where young individuals can explore self-care and wellness practices, fostering clarity and mental balance throughout their lives. This is an opportunity for youth to build healthy connections with their peers while encouraging mental wellness practices such as art, mindfulness, meditation, nature, gratitude, reflection, and movement.

**MONDAY, DECEMBER 15**

**5:30 p.m. - 7:00 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](http://www.coldlake.com)  



## BABY SIGNS

**Caregivers and children  
0 - 1**



Research shows that sign language offers many benefits for young babies, such as reducing frustration by giving them a means to express themselves before they know how to talk. It also increases parent-child bonding and promotes self-esteem. Join us during Baby Connection's for this introduction to Baby Signs.

**TUESDAY, DECEMBER 16**

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

**Cold Lake Family Connections**

**Free, registration not required**

## COMMUNITY FRIENDS

**Adults 18+**

This program is designed for adults who require adaptations to lead an active social life 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, and expressing your needs. Participants are welcome to bring their caregivers.

**WEDNESDAY, DECEMBER 17**

*Celebrate Around the World*

**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***

This program helps expecting and new parents create a sense of confidence for when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

**WEDNESDAY, DECEMBER 17**

*Baby's First Christmas*

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

**Cold Lake Family Connections**

**Free, registration not required**

## EMPOWERED PARENTING FOR NEURODIVERSE KIDS

***Parents and caregivers of neurodivergent children ages 0 - 18***

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

**THURSDAY, DECEMBER 18**

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

**Cold Lake Family Connections**

**Free, registration required**

# 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.*

## VOLUNTEER SERVICES

### 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 OPPORTUNITIES

*Contribute to our community, meet new people, and have the opportunity for new experiences through volunteering. More info at [www.coldlake.com/volunteer](http://www.coldlake.com/volunteer)*

### YOUTH 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](http://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). Please book an in-person or telephone appointment after February 27, 2026. Limited number of tax appointments available.*

## OTHER PROGRAMS & SERVICES

*Check out Volunteer Connector Cold Lake, Compassionate Communities Dementia Project, 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](http://www.coldlake.com)**