

September - November 2024

Events and Programs in Picture Butte

Picture Butte Resource Fair

At this event, families and individuals will learn about the resources and agencies that are available to them both in and outside of the community.

- **Location:** Picture Butte High School
- **Date:** Thursday, September 26th
- **Time:** 5:00 - 7:00 pm

For more information or to set up a table, please contact Kaitlynn Weaver at (403) 795-4627

FCSS Senior Speaker Series

Presentations are offered on a wide range of topics to support the wellness of seniors in their everyday lives.

- **Dates:** Monday, Oct 21, Nov 18 & Dec 9
- **Time:** 10:30 - 11:30 am
- **Location:** Picture Butte Community Centre

For more information, contact Cindy Lauwen at 403-915-7063



Picture Butte Library

Yoga at the Library

- **Dates:** Wednesdays in October (2, 9, 16, 23, 30)
- **Time:** 7 pm - 8 pm
- **Fee:** \$45 per month

For more information, contact Cheryl at 403-732-4141



North County Figure Skating Club

Fall Session starts September 23rd!

- Pre Can, Can Skate, JumpSkate and StarSkate
- **Dates:** Mondays and/or Wednesdays
- **Fee:** Sessions start at \$175.00
- **Register:** go.teamsnap.com/forms/446221
 - Deadline to register is September 14th.

For more information, email

northcountyfigureskatingclub@gmail.com

FCSS Seniors' Expo

Connect with service providers that support seniors. There will be a variety of information booths, refreshments, and door prizes. Transportation from Picture Butte is available!

- **Date:** Wednesday, October 23
- **Time:** 10:00 am - 3:00 pm
- **Location:** Coaldale Community Centre

For more information, contact Renee at 587-370-8518

Domar Dragones Preocupados / FCSS Taming Worry Dragons

En este programa, se invita a los niños a explorar los sentimientos de ansiedad. Los niños de 8 a 12 años participarán en una variedad de actividades que les ayudarán a atrapar y controlar sus ansiedades y luego a crear una caja de herramientas con estrategias saludables para afrontarlas.

In this program, children are invited to explore feelings of anxiety. Children, 8-12 years of age, will participate in a variety of activities that will help them trap and tame their anxieties and then build a toolbox of healthy coping strategies.

- Tuesdays beginning October 8th
- 5:00 - 6:00 pm
- Picture Butte Community Centre
- To register, contact Gabriela at (587) 370-3728



For more information about FCSS programs and services, please contact 403.795.4627 or kaitlynn.weaver@fcss.ca

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FCSS Counselling in Spanish!

FCSS can now provide FREE counselling services for Spanish-speaking individuals!

To book an appointment, contact Gabriela Rodriguez for more information at 403.915.8803 or gabriela.rodriguez@fcss.ca

- For Counselling in English call (587) 370-3728

FCSS consejería en salud mental gratuita!

FCSS ha incorporado dentro de sus servicios gratuitos, consejería en salud mental.

Para concertar una cita contacta a Gabriela Rodriguez 403.915.88903, o envía un correo electrónico gabriela.rodriguez@fcss.ca



FCSS Rainbows for All Children

A program that helps children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma.

- **Dates:** Mondays beginning October 7
- **Time:** 5:00 - 6:00 PM
- **Location:** Picture Butte Community Centre



To register, contact Gabriela at (587) 370-3728

FCSS offers parent education for families in Picture Butte!

Contact Jackie for more information at (403) 732-5470 or jackie.fiorino@fcss.ca



Did you know that FCSS offers supports in Low German AND Spanish?

North County Interfaith Outreach Society

- Food bank is open **Tuesdays and Thursdays** from 10:00 am - 12:00 pm
- 326 Highway Ave. Picture Butte

To find out more, contact countynorth@yahoo.ca or (587) 787-4022.



Big Brothers Big Sisters

Volunteer with Big Brothers Big Sisters!

- 1:1 In-School Mentoring volunteers wanted
- Bigs (adult volunteers) wanted for the Traditional Community Based Mentoring program that provides children and youth with mentorship opportunities.

For more information, visit www.bebig.ca or call 403.328.9355



For more information about FCSS programs and services, please contact 403.795.4627 or kaitlynn.weaver@fcss.ca