

Coffee Chatter



Issue # 210

Courtesy of Provost & District FCSS
www.pdfcss.provost.ca

April 2024

This Month's Features

- National Volunteer Week
- Need Help
- Provost Agri-Day
- Volunteer Appreciation Lunch
- Emergency Evacuation
- Annual Clothing Drive
- Provost Soccer Club
- Provost Farmers Market
- Coming Events
- Ring Ding Spring—A Ling
- Child Psychologist Services
- Provost Family Resource Network
- AHS Screen Test
- PCN Women's Clinic
- FRN Family Fun Fair
- FCSS Counselling Referral Program
- Provost Library
- Provost Music Festival



Need Help?

This information was made possible through the collaboration efforts of local individuals and agencies committed to providing you with knowledge of available community services.

No Food, No Shelter (24 hrs) (Alberta Social Services)	1-800-638-0715
Relationships, Parenting, Loss, Abuse (FCSS Counselling)	753-2542
Pregnancy and Parenting (ask for the Healthy Families Program)	753-1496
Baby Blues, Eating Concerns (Community Health)	753-6180
Bullying, Family/School Issues	842-2220
Depression, Anxiety, Suicide (Mental Health)	753-2575
Spiritual Issues (ask for Clergy-On-Call)	753-2291
Alcohol, Drugs, Gambling	753-6958
Addictions (24 hour)	1-866-332-2322
Child Safety or Abuse (Safe Kid Hotline)	1-800-668-6868
Victim of Crime/Abuse (Provost RCMP-Victim Services)	753-2214
Senior Needs (F.C.S.S. Services for Seniors)	753-2280
Health Link Alberta	811
Provost Health Centre (Hospital)	753-2291
Family & Community Support Services	753-2288
Teen Help Line	1-800-852-8336
Seniors Information Line	1-800-644-9992
Kids Help Line	1-800-668-6868
Sexually Transmitted Diseases/Aids	1-800-772-2437
Family Violence	310-1818
Provost Adult Learning & Literacy	753-2822

April 14-20, 2024

Let's recognize and celebrate every volunteer and each contribution they're making to strengthen inclusivity and wellbeing in our communities. Now more than ever, Every Moment Matters!

#NVW2024 #EveryMomentMatters

The theme for National Volunteer Week 2024 is Every Moment Matters. It highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and wellbeing of our communities.

Volunteers are fundamental to meeting this challenging moment. By coming together, committing support, and increasing our collective efforts and impact, we contribute exponentially to the quality of life we all strive for.

It's in these moments, and the relationships between them, that we find greater purpose and a sense of belonging. By connecting and engaging with community, we come to know our importance. Volunteering matters. And by sharing these moments, we co-create the neighbourhoods, culture, and society we want to live in.

Right now, whatever we can contribute is needed and valued. From assisting programs that feed and house Canadians or helping with recovery efforts after a climate emergency, to peer mentoring a refugee family or holding space for community grief – moment by moment we can move collectively from surviving to thriving again.

During National Volunteer Week 2024, we come together to recognize and celebrate the importance of each and every volunteer's impact from coast to coast. Now more than ever, Every Moment Matters."



FRIDAY, APRIL 19TH 2024

PROVOST AGRI-DAY & TRADE SHOW



19TH APRIL 2024
10:00 AM - 7:00 PM
4205-53 AVE
PROVOST, AB
CRESCENT POINT PLACE

MORE INFORMATION
780-753-2261 ext 4 | www.provost.ca | info@townofprovost.ca





You're Invited

Volunteer Appreciation Lunch

National Volunteer Week is quickly approaching.

Our communities run on people like you! **Provost & District FCSS** would like to honor the volunteers who have served the many organizations this past year with a "FREE LUNCH"!

Join Us Thursday April 18, 2024

12:00 - 1:00
Provost Agriplex



Thank You For What You Do!

Scan this code to RSVP!

Please, take a moment to RSVP before April 15, 2024 by scanning the code above or call us 780-753-2288




National Volunteer Week April 14th - 20th, 2024

DO YOU KNOW WHERE TO GO IN CASE OF AN EMERGENCY EVACUATION?

TOWN OF PROVOST
Provost Recreation & Culture Center
5113-43 Street

EAST & WEST END M.D. (INC. BODO)
Provost Recreation & Culture Center
5113-43 Street

CADOGAN, METISKOW
Provost Recreation & Culture Center
5113-43 Street

CZAR RESIDENTS
Czar Recreation & Culture Center (Czar Hall)
49 Avenue and 48th Street

HUGHENDEN RESIDENTS
Hughenden Community Hall
14 McKenzie Avenue

REGISTER WITH THE RECEPTION CENTER BEFORE RELOCATING TO ANOTHER HOME, HOTEL OR TOWN.

THIS PROCEDURE HAS BEEN ESTABLISHED SO THAT WE CAN INFORM YOUR LOVED ONES THAT YOU ARE SAFE AND OF YOUR LOCATION.



13TH ANNUAL CLOTHING DRIVE

Once again, New Hope will be collecting new and gently-used children's summer clothing during the months of March & April to be shipped to the Rapha Clinic in the Philippines in early May.

Newborn to Size 10

Cash donations gratefully accepted to help with shipping costs. Clothing can be dropped at the church during the week or call for pick-up. 780-753-3193



New Hope

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me" ~ Matthew 25:40



PROVOST SOCCER CLUB

EQUIPMENT SWAP



NEW DATE

April 11 @ 7:00pm
AGM & Registration

Crescent Point Place - Upper Level Lounge

*Registrations will only be accepted AFTER the meeting has concluded.

Bring your new or used soccer equipment to sell at our registration night. Label with name & price.

EQUIPMENT SWAP IS CASH ONLY

VISIT OUR WEBSITE @ PROVOSTSOCCERCLUB.COM

2024 MARKET SCHEDULE PROVOST FARMERS MARKET

provostfarmersmarket@gmail.com

780-753-0950

April 19 | 11-5 | Agriplex
May 10 | 10 - 2 | Agriplex
June 14 | 10 - 2 | Agriplex

July 1, 5, 12, 19, 26 | 10 - 2 | Agriplex
August 2, 9, 16, 23, 30 | 10-2 | Agriplex
September 6, 13 | 10-2 | Agriplex
October 11 | 11-7 | Pumpkin Fest | Agriplex
November 22 | 11-7 | Christmas | Rec Centre
December 6 | 11-7 | Christmas | Rec Centre



Sponsored by Provost Ag. Society

Spring A-LING
SUNDAY APRIL 14, 2024
DOORS OPEN 4:00
SUPPER 4:45
DANCE 5:00 - 7:00
\$25/TICKET (UNDER 1 FREE)
PROVOST RECREATION & CULTURE CENTER

CHILD psychologist Services
DEREK GOLINOWAKI MC, R. PSYCH
WEDNESDAY 9:30 - 2:30 PM
AVAILABLE THROUGH PROVOST MENTAL HEALTH CLINIC
Call 780-753-2575 To Book
All fees covered through Alberta Health Care

Have something you would like to add to Coffee Chatter?
Send info. To: admin@pdfcss.cm

Coming Events

Alcoholics Anonymous, meets Mondays @ 8pm at the Provost Provincial Building (rear door).

Narcotics Anonymous, meets Wednesdays @ 8pm at the Provost Provincial Building (rear door).

Fight Back Cancer Support Group, meets *third* Thursday of each month, 7—9 pm in the FCSS Boardroom, Provost Provincial Building. Call 780-753-2288 for more info. NO MEETINGS FOR JULY or AUGUST.

Provost FRN Alberta Provincial Family Resource Networks
APRIL
REGISTRATION opens on the 20th @ 8am
R = MUST REGISTER Use SIGN UP link
Not all programs require sign up. NO "R" means drop in program!

Monday 9-12	Tuesday 9-12	Wednesday 9-12	Thursday 9-12
1 CLOSED Easter Monday	2 Parenting Pals 10:30 Loose Parts Play 1:00 The Baby Bunch	3 Family First 10:00 SPRING FLING 10:30 Intro to Triple P Developing Relationships R 1:00 Tiny Chefs Smoothies & Toast	4 Caregiver Connections 9-12 OPEN HOUSE 10:30 Refreshments & Cupcakes Celebrating 4 years of FRN Serving Families in our Community! ASO Available Online or Speak with Staff
8 Mindful Mondays 10:00 Toddler Time 10:30 Gross Motor Movers 1:00 Story Time @ Provost Library	9 Parenting Pals 10:30 Loose Parts Play 1:00 The Baby Bunch	10 Family First 10:00 SPRING FLING 10:30 Intro to Triple P Encouraging Behaviour 1:00 Puzzles & Games	11 Caregiver Connections R 10:00 321, FUN! w/ Lella from EEOC ASO Available Online or Speak with Staff
15 Mindful Mondays 10:00 Toddler Time 10:30 Gross Motor Movers 1:00 Story Time @ Provost Library	16 Parenting Pals 10:30 Loose Parts Play 1:00 The Baby Bunch	17 Family First 10:00 SPRING FLING 10:30 Intro to Triple P Teaching & Guiding R 1:00 Tiny Chefs Apple Donuts	18 Caregiver Connections 10:30 Playdough Fun! 11:00 Park Play ASO Available Online or Speak with Staff
April 15-18 ~ School Readiness Parent Information Fair 9-12			
22 Mindful Mondays 10:00 Toddler Time 10:30 Gross Motor Movers 1:00 Story Time @ Provost Library	23 Parenting Pals 10:30 Loose Parts Play 1:00 The Baby Bunch	24 Family First 10:00 SPRING FLING 10:30 Intro to Triple P Responding to Challenges 1:00 Puzzles & Games	25 Caregiver Connections 10:30 Playdough Fun! 11:00 Park Play ASO Available Online or Speak with Staff
29 Mindful Mondays 10:00 Toddler Time 10:30 Gross Motor Movers 1:00 Story Time @ Provost Library	30 Parenting Pals 10:30 Loose Parts Play 1:00 The Baby Bunch	Family Resource Network April 2024 WE CELEBRATE 4 YEARS! 9-12 Open House 10:30 Cake Cutting DROP BY AND JOIN US AS WE CELEBRATE 4 YEARS OF THE FRN SERVING FAMILIES IN OUR COMMUNITY	ECD 0-6 Programs Family Event 0-18 Caregiver Capacity, Parent Education & Support 0-18 **Don't forget to get your book Worm: Roaming Trackers! 20 we

Andy came to work one day, limping something awful. One of his co-workers, Josh, noticed and asked Andy what happened. Andy replied, "Oh it's nothing...just an old hockey injury that acts up once in a while." Josh said, "I never knew you played hockey." Andy responded, "I don't. I hurt it last year when I lost \$100 on the Stanley Cup playoffs. I put my foot through the television."



SCREEN TEST

Mobile Mammography Screening is coming to:

Provost
May 13 to 18, 2024
Provost Provincial Building



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Thank you for supporting Screen Test for over 30 years. Together we are saving lives, one community at a time.



Post until: May 18, 2024

The Provost Primary Care Network and Dr Renée Deagle are offering a

Women's clinic for PAP and IUD only

Starting at age 25 til 70. PAPs are due every 3 years!
Are you due or over due?

This service is available to anyone, with or without a family physician and by self referral.

Appointments available select
Fridays 10am-Noon

Mar 22, Apr 12, May 17, June 14,
July 26, Aug 23, Sept 20, Oct 18,
Nov 15, and Dec 13



Please call the Provost PCN to book or for more information
780-753-3071

SAVE THE DATE
Family Fun Fair 2024
May 1
1:00 pm to 5:30 pm
PROVOST, ALBERTA
CRESCENT POINT PLACE 4205-53RD AVE

Breakout Session 1:30
Vendors
Information
Community Connections
Baby Crawl Contest
Petting Zoo
Bouncy Tent,
FUN & More!!

Provost and District

Counselling Services Partnership

Introducing the Provost & District FCSS Counselling Referral Program
Counsellors provide in-person or virtual, short term, solution focused counselling for individuals, youth, children and families.

Individual Session \$50

Group/Family Session \$75

The Fees for this professional service are subsidized by FCSS for residents within the MD of Provost.

Good Life Collective is based out of Wainwright. Their approach is grounded in evidence-based practices, and they strive to offer a client-centered, holistic approach to counselling.

Contact Us Today

780.753.2542



WATCH FOR UPCOMING EVENTS AT THE LIBRARY

For more Information call 780-753-2801
WWW.PROVOSTLIBRARY.PRL.AB.CA

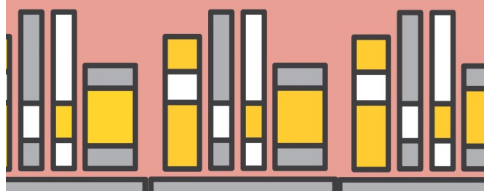
Follow us on **Instagram** @provost.library and on **Facebook** @ProvostLibrary for updates!

Call or drop in to register check out the Library

Monday-Thursday 11:00 a.m. to 5:00 p.m.

Fridays 10:00 a.m. to 5:00 p.m.

"MORE THAN JUST BOOKS!"



Provost Music Festival Schedule of Events



April 7-11, 2024
Single Session - \$2 • Musical Theatre Session - \$5 • Friends of the Festival Pass - \$25

	Morning	Afternoon	Evening
Sunday April 7		Speech 2:00 pm Central Lutheran Church	Speech 6:00 pm Central Lutheran Church Instrumental & Strings 7:00 pm New Hope Gospel Church
Monday April 8	Speech 9:00 am Central Lutheran Church Instrumental 9:30 am Band & School Provost Public School Instrumental 10:45 am Handbell & Hand Chime Choirs Provost Health Centre, LTC	Speech 1:00 pm Central Lutheran Church	Speech 6:00 pm Central Lutheran Church
Tuesday April 9	Speech 9:00 am Central Lutheran Church	Piano 1:00 pm Provost United Church	Piano 6:00 pm Provost United Church
Wednesday April 10	Piano 9:00 am Provost United Church	Piano 1:00 pm Provost United Church	Vocal 6:30 pm Central Lutheran Church
Thursday April 11	Vocal 10:00 am Central Lutheran Church	Vocal 1:00 pm Central Lutheran Church	Vocal 6:30 pm Central Lutheran Church

Programs and passes available at Larson's Hardware or Dirk Brouwer Photography

Colour Night
Saturday, April 13 at 7:00 p.m.
Provost Recreation and Culture Centre
Admission: Adults - \$5 • Children/Students - \$2