

Coffee Chatter



Issue # 221

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

April 2025

This Month's Features

- NVW 2025
- Agri-Day Trade Show
- Need Help
- Emergency Evacuation
- Volunteer Appreciation Lunch
- Provost Family Resource Network
- Coming Events
- Embrace The Mind
- NHG Clothing Drive
- Drum Making and Sound Therapy
- Family Fun Fair
- Provost Farmers Market
- FCSS Counselling Referral Program
- Provost Library
- Rum Ragged



TEENS VOLUNTEERS VOLUNTEERS
KE MAKE MAKE
YES WAVES WAVES

NATIONAL
VOLUNTEER
WEEK 2025



Volunteer
Bénévoles
Canada

APRIL 27 - MAY 3

volunteer.ca/nvw #NVW2025

JOIN THE MOVEMENT

Canada has long prided itself as a country of people who volunteer, serve and participate. However, this landscape is shifting and trends on volunteerism and participation have been declining, especially post-pandemic. As community needs and volunteer motivations change, we need to find new ways to reinvigorate community participation. Volunteer Canada is navigating the complexities of modern volunteerism. We are working to remove barriers to participation so that every individual feels empowered to contribute to building more connected communities.

Here are some helpful tips for volunteering in Canada:

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

Research Organizations: Canada has a variety of nonprofits and community groups. Research the organizations you're interested in, and align your skills, interests, and values with the cause you want to support.

Check for Local Opportunities: Local community centers, libraries, and places of worship often have volunteer programs. Websites like *Volunteer Canada* or *CharityVillage* provide listings of opportunities across the country.

Commit to a Regular Schedule: Consistency is key when volunteering. Set aside specific times for your volunteer work, whether it's weekly, monthly, or for special events. This helps you make a lasting impact.

Take Advantage of Virtual Volunteering: Many organizations in Canada now offer remote volunteering opportunities, especially for those with busy schedules or mobility challenges. Virtual volunteering is a great way to contribute from home.

Be Open to Learning: Volunteering often involves working with diverse groups of people. Be open to new experiences and willing to learn from those around you. It's also a great way to gain professional skills.

Ask About Training and Support: Many volunteer roles offer training or mentorship to help you feel more confident in your work. Don't hesitate to ask for guidance or support when needed.

Understand the Legalities: Ensure you understand any requirements such as police checks or other clearances, which may be required for specific roles, especially those involving vulnerable populations.

Leverage Your Network: If you're looking for volunteer opportunities, ask friends, family, or colleagues who might know of available roles. Networking can lead to great opportunities and create a stronger sense of community.

By following these tips, you can maximize your volunteer experience and contribute positively to Canadian society!



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.



MAN VAN 2-6 PM



PROVOST FARMERS MARKET ON SITE



PORK & PICKLE SERVING IN THE BOOTH

PROVOST AGRI-DAY & TRADE SHOW

4TH APRIL 2025

11:00 AM - 7:00 PM

4205- 53 AVE
PROVOST, AB
VEREN PLACE

MORE INFORMATION

780-753-2261 www.provost.ca
ext 4 edo@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 24 2025

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 18, 2025 by scanning the code above or call us 780-753-2288



SIGN UP opens on the 20th @ 8am
 = MUST REGISTER. Please use the sign up link.
 Centre is open daily 9-12
 We are open outside these hours for specified programs.

Monday 9-12	Tuesday 9-12	Wednesday 9-12	Thursday 9-12
April 1 to 17 we will be located at the Provost Provincial Building 1 @ EEOC 10:00 School Readiness 1:00 The Baby Bunch	2 @ EEOC 10:00 MiniKitchen 1:00 Early Literacy @ Provost Library: There was an Old Lady...	3 @ EEOC 11:00 Oaks & Acorns @ Provost LTC 11:30 Infant Massage ASQ Available Online or Speak with Staff	4 @ EEOC 11:00 Oaks & Acorns @ Provost LTC 11:30 Infant Massage ASQ Available Online or Speak with Staff
7 @ EEOC 10:00 Toddler Time 1:00 Story Time @ Provost Library: Butterflies 4:00 to 6:00 PCN Choking & CPR Workshop	8 @ EEOC 10:00 School Readiness 1:00 The Baby Bunch	9 @ EEOC 10:00 MiniLab 1:00 Early Literacy @ Provost Library: Teddy Bear Picnic 6:30 Gather & Grow Caregiver Group	10 @ EEOC 10:00 321 Fun w/Leah from EEOC "Easter Excitement" 11:30 Infant Massage ASQ Available Online or Speak with Staff
14 @ EEOC 10:00 Toddler Time 1:00 Story Time @ Provost Library: Sensory Play	15 @ EEOC 10:00 School Readiness 1:00 The Baby Bunch	16 @ EEOC 10:30 Gross Motor Moves 1:00 Early Literacy @ Provost Library: Jack & the Bean Stalk 6:30 Family Connections Spring Fling BINGO!	17 @ EEOC 10:00 Easter Egg Hunt! 11:30 Infant Massage ASQ Available Online or Speak with Staff
21 Easter Monday 	22 Closed 9-12 1:00 The Baby Bunch	23 1:00 to 6:00 Family Fun Fair 7:00 to 9:00 Embrace the Mind	24 Closed 9-12 ASQ Available Online or Speak with Staff
28 10:00 Toddler Time 1:00 Story Time @ Provost Library: Spring Flowers	29 9:00 Pancakes & Play 1:00 The Baby Bunch	30 9-12 Celebrating 5 years! 1:00 Gross Motor Moves	School Readiness Parent Information All Month! Check out the display in the lobby of the Provincial Building.

April 28 we are back at the Centre @ VEREN PLACE

Coming Events
Alcoholics Anonymous, meets Mondays @ 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.

One Easter, the Easter Bunny decided he needed a vacation, so he hired a rabbit stand-in to deliver the eggs for him. The stand-in bunny was a little nervous but said, "Don't worry, I've got this. How hard can it be to hide some eggs?" So, the real Easter Bunny took off, and the stand-in got to work. After a few hours, he came back to report, "I think I've nailed it. I hid all the eggs, and I even gave some of them a little extra flair." The Easter Bunny, curious, asked, "What kind of flair?" The stand-in replied, "Well, I hid a few in places no one would expect. One's inside a shoe, another one's in the birdbath, and there's even one in the refrigerator." The Easter Bunny stared at him and said, "You hid eggs in the fridge? That's not the problem! You hid them *in the shoe*—you can't put eggs in shoes!" The stand-in bunny just shrugged and said, "Hey, at least they won't get *scrambled* there!"

May is Mental Health Awareness Month
Embrace the Mind: Strengths & Struggles
 Save the Date
 An event to increase community awareness and provide support to individuals facing challenges.
Speaker for the Evening:
 Jamie Rowswell: Registered Social Worker
 Good Life Collective
 7:00pm APRIL 23

NEW HOPE GOSPEL CHURCH




MARCH & APRIL CLOTHING DRIVE

During the months of March & April, New Hope will be collecting new & gently used children's summer clothing (sizes nb-10) for shipping out in early May in an impoverished area in the Philippines. If you would like to donate, please contact the church for pick up or you can drop off at the church during the week. Thank you to all in advance for your contributions, your support of this much-needed drive is so very much appreciated! God Bless You

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

DRUM MAKING AND SOUND THERAPY
 The Bodo Archaeological Society is excited to offer two unique events with First Nations artist, Felicity Weymer, of Broken Drum Creative.

Drum Making - Saturday, April 12th 1-5 PM
Sound Therapy - Sunday, April 13th 1-2:30 PM
 Location: EEOC, Provost Provincial Building
 5419 44th Street
 Provost, AB

Drum Making (Saturday, April 12th, 1-5PM):
 Min 8 people. Max 12 people
 Make your very own drum! Supplies and instruction will be provided. Options include:
 • 8" drum (kids) - \$100
 • 10" drum - \$160
 • 12" drum - \$185
 • 14" drum - \$210
 • 16" drum - \$235

Sound Therapy (Sunday, April 13th, 1-2:30 PM):
 \$35/person (~10-20 people)
 Sound therapy is a safe form of therapy and is about harnessing the vibrations of sound to calm your mind and body. The vibrations of sound can help to release energy and emotional blockages in the body inducing a state of balance and harmony that alters the brain waves. When people take in beneficial frequencies, like in sound therapy, it's like getting a whole body and mind tune up.
What to Bring: A zero gravity chair or a yoga mat or thicker to lay on floor. A pillow for your head and maybe one for under your knees. Your favorite cozy blanket and water.

To Register:
 Email: irism@telusplanet.net or call 780-753-1011
 Payment can be e-transfered to: bodoarchaeology@gmail.com
Please register by MARCH 21st to secure your spot!

Family Resource Network
2025 Family Fun Fair
WEDNESDAY APRIL 23
6:00 PM TO 6:00 PM
 Free Entry
 "SIMPLE CONNECTIONS, STRONGER FAMILIES"
 Event fun tailored to ages 0-14
 Parent Support & Info 0-18

4:00 PM - 6:00 PM VENDORS
4:00 PM - 6:00 PM OBSTACLE COURSE
4:00 BABY CRRAWL

Join us for community support resources & information and stay for the FUN! The children will delight in face painting, games, activities, bouncy house, and an obstacle course for the big kids!
 Experience family-friendly entertainment!

PROVOST, ALBERTA
 VEREN PLACE 4205-53RD AVE

2025 MARKET SCHEDULE
PROVOST FARMERS MARKET
 provostfarmersmarket@gmail.com
780-753-0950

April 4 | 11-7 | Trade Show | Rec Centre
 April 11 | 11-7 | Easter | Agriplex
 May 9 | 10-2 | Mother's Day | Agriplex
 June 13 | 10-2 | Father's Day | Agriplex
 July 1, 4, 11, 18, 25 | 10 - 2 | Agriplex
 August 1, 8, 15, 22, 29 | 10-2 | Agriplex
 September 5, 12 | 10-2 | Agriplex
 October 10 | 11-7 | Pumpkin Fest | Agriplex
 November 21 | 11-7 | Christmas | Rec Centre
 December 12 | 11-7 | Christmas | Rec Centre

Sponsored by Provost Ag. Society

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

Contact Us Today
780.753.2288

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

fcss PROVOST DISTRICT Family and Community Support Services
 GOOD LIFE COLLECTIVE

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!"

PRESENTED BY THE PROVOST & DISTRICT PERFORMING ARTS GUILD

THURSDAY, APRIL 17/25
 DOORS 6:00 PM SHOW 7:30PM

RUM RAGGED

\$40 ENTRY OR PRESALE TICKETS \$30 UNTIL APRIL 10
 CONTACT EITHER KATHY 780 753 1884 JACK 780 209 4290 OR STOP AT MACSTITCH PROMOTIONS

APPETIZERS/DESSERTS SOLD AT INTERMISSION
 DESIGNATED DRIVERS AVAILABLE START AT 11

PROVOST RECREATION & CULTURAL CENTRE
 5143 49 STREET