

# MAY Rimby & Area Community Newsletter

Recreation Services 403-83-3151  
[www.rimby.com](http://www.rimby.com)

## Babysitting Course

Saturday May 28, 2022

9:30am-4:30pm

Registration Fee \$50.00

Peter Lougheed Community Centre

For More Information Call #403-843-3151

Space is Limited

Please note you are not Confirmed until payment is received

The Rimby Aquatic Centre

is now accepting applications for :  
-Junior/Senior Lifeguard Positions.  
-Red Cross Instructors

Send your resume to  
[recreation@rimby.com](mailto:recreation@rimby.com) to apply.

For more info call 403-843-3151



Registration Deadline:

May 25, 2022



# Counselling

Do you struggle with  
Couples or Blended  
Family Issues,  
Communication, Anger  
management,  
Depression, Anxiety,  
Self-esteem?

Available in Rimbey, For Everyone – on  
a sliding scale fee – no financial  
barriers.

Call Red Deer Catholic Social  
Services intake; 403 347-8844  
and ask to be seen in Rimbey

This Service is brought to you by the  
Rimbey & Area Community Wellness  
Association, Rimbey FCSS & the United  
Way



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## Rimbey Royal Canadian Legion News

Legion Bingo - the 2nd & 4th Friday of the  
month. Doors open @ 6:30 p.m. Bingo Starts @  
7:00p.m. \*\* Progressive BINGO. For Legion  
Hall Rentals call: 403 843-2184 or 403 843-2343.  
For Legion Memberships call  
403 843-2464

Your greatest  
contribution to  
the world may  
not be  
something you  
do but who  
you raise.



**MENTAL ILLNESS** is characterized by changes in an individual's  
thinking, mood, or behaviour and is usually associated with significant  
distress or impaired functioning in social, occupational and other activities.<sup>1</sup>



ABOUT 1 IN 3 CANADIANS WILL BE AFFECTED BY A  
MENTAL ILLNESS DURING THEIR LIFETIME.<sup>2</sup>

EARLY CARE AND SEEKING TREATMENT can help individuals recover  
from or manage a MENTAL ILLNESS. However, stigma and other  
barriers can delay people from seeking help.

### Rimbey Community

### Addiction & Mental Health Services

Free services offered by AHS for  
Children and Adults, struggling with addictions, anxiety,  
depression or any other mental health concern.

“Hours of operation: Monday-Thursday 8:00-4:30p.m.,  
Closed during the lunch hour 12:00-1:00p.m., Closed for  
Statutory Holidays. Please call 403-843-2406 for an ap-  
pointment.”



A PLACE FOR FAMILIES OF  
0-6 YEAR OLDS TO CALL THEIR  
OWN



RIMBEY NEIGHBOURHOOD  
PLACE



Drop in

GROW & PLAY

Adults Please  
still wear a  
mask

Monday's @ 10 am,

BLINDMAN YOUTH ACTION BUILDING  
BACK DOOR

text 780 887-2702 for questions

Financial contribution from  
Public Health Agency of Canada Agence de la santé  
publique du Canada



# Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

Starting May 2nd we will be open on Mondays  
Tuesday Mornings 10:30 am – Storytime with Sue  
Wednesday May 11th – 4:30 pm – Memory Lane Kits Caregiver Session Wednesday afterschool 3:30 pm – Get Your Geek on!  
Come explore our new technology with Julia and Emma  
Thursdays afterschool 3:30 pm – Teen Hangout – must be in grade 7 – 12 to attend. Snacks will be provided.  
Thursday May 5th – Movie Night at the Library sponsored by the Rimbey Lions Club – Coco – 6:30 pm  
May 12th – Hey Clay Day! – 6:30 pm May 19th – Board Games and Hot Dogs – 5:30 pm May 26th – Book Club – Rabbit Foot Bill; Ellen Humphreys – 6:00 pm  
Fridays 10:00 am – It Takes a Village, coffee time for Parents and Caregivers – bring the kids! Friday May 20th – Music in the Park (behind the RCMP building) – 7:00 pm Ben Sures May 27th - Daniel Gervais In case of inclement weather we will be at the library  
Saturday May 21st and Monday May 23rd – Closed for Victoria Day long weekend Saturday afternoon Matinees sponsored by the Rimbey Lion's Club – 2:00 pm May 7th – Addams Family 2 May 14th – Space Jam a New Legacy May 28th – Wonder Park  
We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples. Check out <https://rimbeylibrary.beanstack.com/reader365>  
For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!



Neighbourhood Place  
Family Programming

Located in the BIAS Building  
back entrance: 4907 49st

THURSDAYS

9:30 – 11:30 AM



Parent Support Group

♡ PARENTS SUPPORTING PARENTS

♡ A PLACE TO CONNECT

♡ CHILD CARE PROVIDED

Email: [sam.rimbeynp@gmail.com](mailto:sam.rimbeynp@gmail.com)  
or Text/Call 403.872.1968

MORE INFO OR TO REGISTER

Financial contribution from  
Public Health Agency of Canada Agence de la santé publique du Canada



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Rimbey Family Community Collective



Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details [www.rfcss.com](http://www.rfcss.com)

“ When your mother asks, ‘Do you want a piece of advice?’ it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.”

ERMA BOMBECK



Rimbey & District Victim Services  
 Working in partnership with the Rimbey RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at [www.rimbeyvictimservices.com](http://www.rimbeyvictimservices.com) Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

 **Big Brothers Big Sisters of Rimbey**

Become a mentor today! One hour a week is all it takes. Mentors are greatly needed in area. Call 403-843-1066 for more information.

**Friendships: Enrich your life and improve your health—3rd in a series from [www.mayoclinic.org](http://www.mayoclinic.org) Discover the connection between health and friendship, and how to promote and maintain healthy friendships.**

**What are some ways to meet new friends?**

It's possible to develop friendships with people who are already in your social network. Think through people you've interacted with — even very casually — who made a positive impression.

You may make new friends and nurture existing relationships by:

- Staying in touch with people with whom you've worked or taken classes
- Reconnecting with old friends
- Reaching out to people you've enjoyed chatting with at social gatherings
- Introducing yourself to neighbors
- Making time to connect with family members
- If anyone stands out in your memory as someone you'd like to know better, reach out. Ask mutual friends or acquaintances to share the person's contact information, or — even better — to reintroduce the two of you with a text, email or in-person visit. Extend an invitation to coffee or lunch.

To meet new people who might become your friends, you have to go to places where others are gathered. Don't limit yourself to one strategy for meeting people. The broader your efforts, the greater your likelihood of success.

## One-on-One Employment Services

**FREE EMPLOYMENT READINESS AND JOB PLACEMENT SERVICES**

Are you finding it harder than ever to find the work you want? Do you live in rural areas that seem to have fewer work options? Don't worry, you're not alone, and we can help. If you are living in the Olds, Rocky Mountain House, Drayton Valley, Red Deer County, Lacombe County and Ponoka County regions and are needing support, call us at (403) 341-7811 today.



[WWW.RDCAN.CA](http://WWW.RDCAN.CA)



### Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills. You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.  
 Phone: 403-314-9129 Toll Free: 1-877-314-9129

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available during Covid restrictions at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store** Brought to you by Rimbey Neighbourhood Place in partnership with the town of Rimbey Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone: 403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: