

February



# Rimbey & Area Community Newsletter

## Rimbey Library

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

403 843-2841

As of December 12<sup>th</sup> all libraries in Alberta are closed to the public until further notice.

The Rimbey Municipal Library is still here to serve you. We offer curbside pickup. You can order your books online or give us a call, we will be more than happy to put your books on the table outside the library door for you to pick up at your convenience. Our COVID hours are Tuesday-Saturday 10 – 5.

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.

Thanks to Alberta Parks and Recreation, we have snowshoes for loan. We have two kits, one for two adults, and the other for two adults plus five children. Please take advantage of this beautiful weather and try something new!

We have one virtual program that runs through Facebook; Bed-time Story Time – Fridays 7:00 pm

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!

And most of all please stay safe. The library has some masks available courtesy of the Alberta Government. If you haven't already please come pick up a pack.

## OUR MIND, OUR HEALTH

### Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.



Brought to you by:  
Neighbourhood Place &  
Rimbey Adult Learning

Facilitator: Noah Boakye-Yiadom  
Health Promotion Facilitator  
Addiction and Mental Health

Second Thursday of the month  
10:00  
a.m. to 12:00 p.m.  
Starting January 14, 2021

For more information or to get the link to this free online workshop please email: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)  
Call or text (780) 887-2702

Happy Valentine's Day

# 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



Rimbey Neighbourhood Place will get you connected locally!

e-mail; [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Or (P) 403.843.6299

Find us on facebook!

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.



## 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 appointment."



## Free Employment Services

FREE WORKSHOPS AND SERVICES OFFERED ACROSS CENTRAL ALBERTA

Seeking help with resume or cover letter development, interview preparation, job search assistance, career planning, require industry specific certifications or job placement?

We are here to help in your area! Contact Career Assistance Network to see what programs you are eligible for by calling us directly at (403) 341-7811.

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



Big Brothers  
Big Sisters  
OF RIMBEY

Become a mentor today!

One hour a week is all it takes!

Mentors greatly needed in our area.

Call 403-843-1066 for more information!





Wetaskiwin & Lacombe FRN

# WORKSHOPS

- Jan. 27 - Building Attachment
- Feb. 3 - Supporting Children Through Grief
- Feb. 10 - Teenage Anxiety: Supporting Teens Through Life Transitions & More
- Feb. 17 - Coping with Covid19
- Feb. 24 - Self-Regulation: Beyond the Zones
- March 3 - Strategies to Support Your Anxious Child

JOIN US FOR THESE FREE SESSIONS WITH TAMMY AUTEN-DYE, LOCAL PSYCHOLOGIST 7-9PM VIA ZOOM!!

To register:  
 jessica.boyle@mcmcentral.ca  
 780.312.5422  
 karen.white@mcmcentral.ca  
 403.896.3408

Alberta



**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



## This is how to make your kids amazing: 4 secrets from research

- Part 4—continued from last month
- 1) Balance

You don't want the "terrible twos" to continue all the way out to the "frustrating forty-fours." Every parent wants their kid to stay in the emotional "green zone" – balanced, calm, in control and flexible. The "red zone" is losing control and acting out. And then there's the lesser-discussed "blue zone" where kids shutdown or withdraw. Your mission? Keep'em in the green zone, help them get back to the green zone when they cross the border, and, over time, help them expand their green zone so they can handle increasingly difficult situations.

Okay, so your kid freaks out. What's the first step back to the green zone? Don't shame or dismiss their emotions. "You're a big boy; there's no need to be sad" or "You have nothing to be worried about" teaches a kid not to trust their feelings. Expedient for parents but not long-term good as the kid grows increasingly distant from human emotions and ends up as a science-focused, wiseass blogger with a chip on their shoulder. No good can come of this.

Instead, when kids depart the green zone, you want to "connect and redirect." Take their emotions seriously and comfort them as if they were physically injured. Once they know you're on their side, then you can work on discipline – which means educating, remember?

No, it doesn't mean you have to cave. You can set limits and hold them accountable after the emotions have died down. Nobody's saying give the kid whatever they want to shut them up. That's called bribery and it should stay in politics where it belongs.

If you want fewer shouting matches you need to teach your kid, not just cow them into compliance. That means dealing with emotions first by helping them regain balance. *They literally cannot think straight or learn anything until those emotions die down.* They're not resisting your sovereign authority, they're temporarily insane. This is not fun for them.

You need to tune to their internal state – not their outward behavior. Your communication should be contingent; it must reflect what they are feeling and telling you. That's how they realize "hey, this adult is listening to me. They're on my side. They're trying to help." And then they can calm down and listen and you don't need to go shopping for tasers on Amazon. Right now your kid's green zone may only be one micron wide, visible only with an electron microscope. You can improve this by getting to know your child's idiosyncrasies and prepping for them in advance. What triggers them? Hunger? Being tired? Bedtime is always a nightmare? What often gets them back on track? Draw yourself a flow chart of your kid's behavior. (to be continued...) From Barking up the wrong tree

# Alberta Healthy Living Program

Free online educational workshops

## Diabetes the Basics

A workshop that provides information about Type 2 and pre-diabetes for those newly diagnosed or wanting an update.

- 4-Part series (4 x 2 ½ hours).

**Dates:** Feb. 4, 11, 18, 25 from 5:30 p.m. to 8:00 p.m.  
Feb. 9, 16, 23, Mar. 2 from 1:00 p.m. to 3:30 p.m.  
Mar. 18, 25, Apr. 1, 8 from 9:30 a.m. to 12:00 p.m.

## Heart Wise

A 2-part workshop that provides information about nutrition, exercise, and other lifestyle choices to help you maintain or improve your heart health.

- 2-part series 2 x 2 ½ hours).

**Dates:** Feb. 3 & 10 from 9:30 a.m. to 12:00 p.m.  
Feb. 22 & Mar 1 from 9:30 a.m. to 12:00 p.m.  
Mar. 9 & 16 from 1:00 p.m. to 3:30 p.m.  
Mar. 24 & 31 from 1:00 p.m. to 3:30 p.m.

## Managing Emotional Eating

A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.

**Dates:** Mar. 3, 10 & 17 from 9:30 a.m. to 12:00 p.m.  
Mar. 8, 15 & 22 from 1:00 p.m. to 3:30 p.m.

## Minding Stress

A 2-part workshop, to learn what stress is, and how to reduce its effect on your health. Learn tips to identify what causes your stress, and some simple techniques to relax.

**Dates:** Feb. 18 & 25 from 1:00 p.m. to 3:30 p.m.

## Better Choices Better Health

A 6-week online workshop to help you learn techniques to better manage pain, and fatigue. Discuss better nutrition and exercise choices that work for you. Learn tips to improve communication with your doctor, and family about your health.

**Dates:** Feb. 3, 10, 17, 24, Mar. 3 & 10 from 1:00 p.m. to 3:30 p.m.  
Mar. 4, 11, 18, 25, Apr. 1 & 8 from 1:00 p.m. to 3:30 p.m.

## Sleep Well

A free educational workshop for anyone who wants to sleep better.

**Dates:** Mar. 19 from 9:30 a.m. to 11:00 a.m.

## Stress Less

A free educational workshop for anyone who feels stress and is looking for ways to reduce or prevent it.

**Dates:** Mar. 1 from 1:00 p.m. to 2:30 p.m.

## Nutrition: Eating Well for Weight & Health

A 2-part workshop that provides information about nutrition and other lifestyle choices.

- 2-part series (2 x 2 ½ hours).

**Dates:** Feb. 4 & 11 from 1:00 p.m. to 3:30 p.m.

## Moving Matters

A free educational workshop for anyone looking to learn more about physical activity and how to include it in their day.

**Dates:** Feb. 23 from 6:00 p.m. to 8:30 p.m.  
Mar. 18 from 1:00 p.m. to 3:30 p.m.

## Nutrition: The 4 P's of Meal Planning (I Know I Should Eat Healthy But How)

A workshop to learn tips and strategies for planning and preparing food that will help you eat healthier.

**Dates:** Feb. 9 from 6:00 p.m. to 8:30 p.m.  
Mar. 4 from 1:00 p.m. to 3:30 p.m.

## Nutrition: Eating Away From Home

A workshop to help you learn how to reduce overeating when eating away from home and during special occasions.

**Dates:** Feb. 16 from 6:00 p.m. to 8:30 p.m.  
Mar. 11 from 1:00 p.m. to 4:00 p.m.

## What's happening at Ponoka & Rimbey Adult Learning



### Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email. Date TBA

### Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

### Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

### Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been re-scheduled for the New Year.*

### The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

### Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.

## Introducing Togetherall: An online peer-to-peer mental health community available free to Albertans!

**In an effort to enhance mental health supports for Albertans, Togetherall has partnered with Alberta Health Services and the Alberta Government to offer an online anonymous network that offers, peer-to-peer mental health services 24 hours a day, seven days a week. Best of all, Togetherall is FREE to ALL Albertans aged 16+! Register today using a valid Alberta postal code or learn more at [ahs.ca/virtualmentalhealth](https://ahs.ca/virtualmentalhealth).**