

Vermilion and Area Interagency

January 2021

Next Interagency Meeting: Thurs. April 8th

Online format, watch for further details by email

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**LINKING
INFORMING
COLLABORATING
HELPING ORGANIZATIONS**



For more information contact: Carol Coleman, Town of Vermilion Family & Community Support Services (FCSS) Coordinator 780.581.2413 ccoleman@vermilion.ca or CLASS Vermilion River Community Learning 780.853.2000, ceo@classab.ca.

Our Nature to Nurture: Rural Women's Online Conference Friday, February 12, 2021

- Vegreville Cares Coalition presents keynote speaker Lesly Kelly (High Heels & Canola Fields), What the Farm podcast and Do More Agriculture Foundation, with special guest Stephanie MacCormish of Our Crowded Nest Designs
- Tickets \$10 each, register by February 5th to receive free Activity and Self-care kits. Ticket information at www.ournaturetonurture.ca or info@ournaturetonurture.ca or call 780.632.7920.

Alberta Health Services - Community Addiction and Mental Health

Vermilion Addiction Services, Vermilion Provincial Building (4701 – 52 St.)

Keily Stetson, Addiction Counsellor 780.581.8000

Email: Keily. Stetson@albertahealthservices.ca

- Open to in-person office visits, phone and zoom sessions also possible. No wait list.
- Psychological First Aid is available as a virtual two hour session, no charge.

Parents Empowering Parents (PEP) Society, www.pepsociety.ca

2001 Sherwood Drive, Sherwood Park, AB T8A 3W7

Lerena Greig, Executive Director 780.410.8516

Support Line 780.293.0737

Email info@pepsociety.ca

- Starting free educational webinars and they will be held monthly starting January 25th at 7:00 p.m., 4C's of Family Recovery.
- Registered not-for-profit society, founded over 16 years ago, provides professional facilitated support and innovative family recovery programs.
- Family recovery support line day/evenings/weekends that are professionally managed.
- Newsletter available



Alberta Health Services – A resource for families who have a member with a positive covid test:

A Practical Guide to Support Family Stress after a Positive COVID-19 Test

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-guide-support-family-stress-after-testing-positive.pdf>

The document can be found here; the AHS Isolation & Quarantine page

<https://www.albertahealthservices.ca/topics/Page17239.aspx>

Catholic Social Services – Lloydminster Office 780.875.9084 www.cssalberta.ca

Todd MacIntyre, Counsellor

Email todd.macintyre@cssalberta.ca

- Counselling for people of all faiths and cultures. Vermilion residents receive five free visits (covered by Town of Vermilion FCSS), thereafter a sliding fee scale is used based on family income levels. Book face to face, phone, or virtual appointments through the Lloydminster office.
 - Payment will not be a barrier to providing services to those in need.
-

Edmonton Virtual Counselling Clinic – Offering Free Professional Counselling Sessions Remotely

Website www.cityuclinic.ca Call 780.918.8290

Email EdmontonVirtualClinic@cityu.edu

- The City University in Canada, Virtual Counselling Clinic offers no cost professional counselling sessions remotely to clients living across Alberta via a secured video conferencing platform. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist.
- Hours of Operation: Appointments available October 1, 2020 – March 31, 2021, Monday through Saturday, 8:00 a.m. – 8:00 p.m.
- Clients served: adults, youth, children (age 6+), couples, and families
- Technology Requirements: Clients will need access to a private (passworded) and reliable internet connection and a laptop/smartphone/tablet that can facilitate video calls (like Face Time or Skype, only more secure).
- How to Request An Appointment: Self-referral, go to Clinic Website www.cityuclinic.ca and click on “request an appointment” button. Requests are reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment

Rapid Access Counselling (RAC)

Shannon Kanda, Rural Family Engagement and Resource Coordinator, Counselling Services Catholic Family Service
Call 1.403.205.8533, Toll Free 1.877.244.2360

Email shannon.kanda@cfs-ab.org

www.CommunityConnectYYC.ca , choose Rapid Access Counselling

- Affordable counselling by secure video chat or phone to anywhere in Alberta
- The single session counselling program, delivered by Catholic Family Service in Calgary, supports families, couples, and individuals of all ages, faiths, and backgrounds. Whether you're facing a current crisis or an ongoing challenge, our change-focused conversations can help you identify the next steps.
- Appointments are often available within a week. Book online at <https://www.cfs-ab.org/what-we-do/mental-health-wellbeing/rapid-access-counselling/> for answers to frequently asked questions or call 1.877.244.2360
- A variety of skilled counsellors are available to choose from.
- Pay what you can afford, you choose a session fee that is comfortable and manageable for you, cost is not a barrier to support.

Vermilion & District Ministerial Association

Harvey Hussey, Chair 780.853.6235

Joanne McCrae, Secretary 780.853.2233 Email djmccrae@mcsnet.ca

- Events and programs such as the Mayor's Prayer Breakfast, Soup's On, and the Edge Youth are all on hold due to covid restrictions.
- Every church is responding to the covid restrictions in their own way due to their online capabilities and volunteer resources. Contact a specific church to get their details and check their online website.

Alberta Health Services – Healthy Living Programs

Trista Tesolin, Registered Dietician/Client Health Educator 780.632.3331 ext 218

Email Trista.Tesolin@albertahealthservices.ca

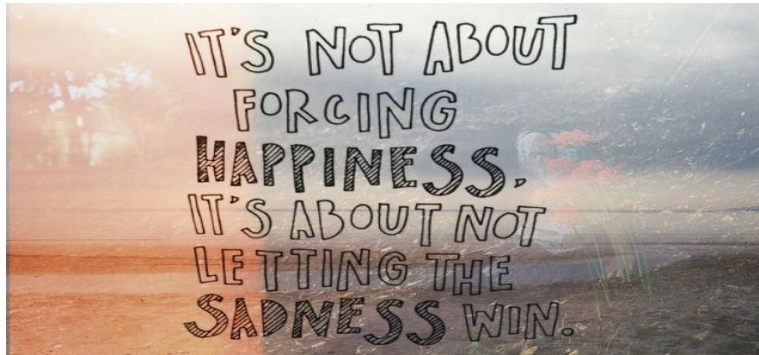
- Many free online educational sessions, daytime and evening times, each session usually 2.5 hours. You must pre-register to get the zoom link:
 - Sleep Well – One session
 - Diabetes Basics – Four part series
 - Heart Wise, Managing Blood Pressure & Cholesterol – Two part series
 - Managing Emotional Eating – Three part series
 - Minding Stress – Two part series
 - Stress Less – One session
 - Better Choices Better Health – Six week series
 - Nutrition Eating Well for Weight and Health – two part series
 - Reading Between the Lines, Nutrition Labels, one session
 - Moving Matters – One session
 - Nutrition: The 4 P's of Meal Planning – One session
 - Nutrition, Eating Away From Home – One session
 - Lifestyle Change – One session



Kalyna Country Primary Care Network (Located in Midtown Medical Clinic, Vermilion) 780.853.6966

Lynette Adamson, Nurse Practitioner Email: ladamson@kalynapcn.ca

- Available for healthcare services - footcare in-person appointments, LPN and Nurse Practitioners providing chronic disease education appointments, one-on-one in-person for zoom or telephone. Nurse Practitioners also offering Women's Clinics and Youth Wellness Clinics (up to age 21).
- Happiness Basics program offered via zoom – Daytime and evening options: Wednesday evenings 6:00 – 7:30 p.m. February 3,10,17,24 or Thursdays daytime at 10:00 – 11:30 a.m. February 4,11,18,25.



Lloydminster Interval Home Society

Leslie Bakker, Public Education Facilitator 780.808.5282, ext 2005

Email leslieb@lloydintervalhome.com

- Emergency Shelter remains open with safety protocols in place.
- Dol-Mar Manor Transitional Housing has suites available and will be reaching out to community partners who may have clients who can benefit from transitional housing.
- Community Programs are now being offered virtually. Self-empowerment for Women and Strength to Change Men's program offered via zoom. Call 780.875.0966 to register.
- Family Violence Outreach Services offered in-person and virtually with safety protocols in place.
- Public Education Presentations offered virtually. Topics include: Family Violence, Relationship Violence, Healthy Relationships/Friendships, Domestic Violence and Your Workplace, Leading Change, Elder Abuse.
- Lloydminster Community Youth Centre is open and running programming with safety protocols in place.

VIBE (Vermilion Is Being Empowered)

Pat Calyniuk, VIBE Wellness Manager 780.853.3718

Email pat.calyniuk@btps.ca

- February Kindness Week is February 14 – 20th.
- Pink Shirt Day is February 24th. VIBE is not selling shirts anymore but they are available through Bumps Babies and Beyond out of Kitscoty <http://www.bumpsbabiesandbeyond.ca/>
- VIBE is currently hiring for our Wainwright position after Leah Armitage resigned.
- If anyone has ideas for summer programming that you would like us to offer please let us know, contact Pat Calyniuk.



Alberta Health Services – Public Health Nutrition

Elizabeth Fraser, Dietician 780.842.4077

Email Elizabeth.Fraser@albertahealthservices.ca

- Infant Nutrition Class via ZOOM: January 27, February 10 or 24, March 10 or 24, April 14 or 28, from 10:00 – 11:30 a.m. To register call the Vermilion Community Health Centre at 780.853.5270.
- Goodbye Mealtime Struggles via ZOOM: January 20, February 18, March 18, April 21 (various times). To register call the Coordinated Intake – Children’s Rehabilitation Services at 1.886.937.7476.

Alberta Health Services – Children’s Rehabilitation Services

Nancy Whelan, Speech Language Pathologist/Team Lead 780.853.5270

Email Nancy.Whelan@albertahealthservices.ca

- The focus is now on children ages 0-5 years for in-person services or virtual services (90%). Contact Nancy for details on early language sessions offered.



Vermilion Public Library

Sheila Heit, Programs Coordinator 780.853.4288

Email programs@vplibrary.ca

- Please note the library is now closed to in-person visits until further notice. Request material using the trac app, by phone or online at www.tracpac.ab.ca. Staff will call to arrange a curbside pickup appointment.
- To print, scan or fax items please call us.
- Library programs are moving online. Check our facebook and website for details.
- What are you reading Vermilion? Zoom forum to share favourite reads. January 25 at 6:00 p.m.
- Journaling series – Free, partnership with the Nest Project, three zoom sessions January 20, 27, and February 3 at 7:00 p.m.
- Virtual Lego on School non-attendance Fridays – First zoom get-together January 29 at 1:00 p.m.
- Winter Craft Kits – Pick-up a kit with supplies to create winter crafts, puzzles, colouring pages. Available while supplies last.
- Bookmark Contest – For all ages. Chamber buck prizes for top picks in four categories.



Lloydminster Sexual Assault Services – Free Online Workshops, 11:30 a.m. – 1:30 p.m.

www.lsas.ca Call 1.306.825.8255

Jaime Balash, Director of Support Services

Email jaime.lsaic@sasktel.net

- To register for the following workshops and for any further inquiries, please contact publiced.lsaic@sasktel.net
 - Sexual Harassment – Friday, January 15
 - Compassion & Connection – Friday, February 19
 - Realizing Our Impact: A Look Into Diversity, Acceptance, & Equality – Friday, March 19

Walking Through Grief Society

Shirley Scott 780.846.2576/c 780.871.1750

Lynda Moses 780.853.1818 for Vermilion Groups

- The ten week Kid's program is running. Sessions will be located in Kitscoty with all covid-19 protocol in place.
- Support for one to one is available, contact Shirley or Lynda.

Alberta Health Services - Community Health Promotion

Joanne Stewart, Health Promotion Facilitator Direct Office Line 780.631.0032

Email Joanne.Stewart3@albertahealthservices.ca

- Covid-19 response is priority, promotion staff members have been re-deployed to assist with covid-19 screening appointments, supporting activities at Emergency Assessment Centre, contact tracing etc.
- Reducing The Impact of Financial Strain (RIFS) Project – Community Team meetings have continued virtually throughout the pandemic. We have completed the workplan required. Project funds will be distributed to the following: Border City Connects (transportation services to medical appointments), Hearts and Hands (coat recycling costs), Vermilion Public Library (memberships, printing costs), Diabetic Test Strips and Foot care services. The Kalyna Country Primary Care Network Clinic (Vermilion) will screen their patients as eligible for these project benefits that will support their overall health. From the pilot project we hope to have data that will lead to further community supports for those with chronic health issues and financial strain.

CLASS Vermilion River Community Learning

Jalene Mauws, CEO 780.853.2000

Email ceo@classab.ca

- Staff are working from home. CLASS is offering an online English Language class again. Contact them for details.
- It has been challenging to find learning opportunities and programming for an online program. We were successful offering our English Language online in the fall season. However our digital literacy, rhyme and read programs and many of our other general interest classes are not best suited for online forums. That being said, we are hopeful this new year we have found a couple of exciting opportunities to offer and look forward to sharing this in the coming months.



Midwest Family Connections (MFC)

Becky Walker, Family Engagement Coordinator 1.306.825.5911

Email becky@midwestfamilyconnections.ca

- Home Based Services programs still continue to run, supporting individual families through phone and virtual consults, as well as in-person visits in our centre. This individual family support is available through our Family Resource Centre programs of Home Visitation (HV) and Family Coaching and Mentorship, as well as the Early Intervention Program (EIP), Preschool Mental Health (PMH), and Parent Child Assistance Program (PCAP). Inclusive Child Care (ICC) services also continue to be provided to early learning and daycare centres.
- There is support for families prenatally and who have children 0-18 years of age. Make contact anytime if you have questions about any of our programs, more information about what services could look like for a family or about the referral process.
- Community based programs include weekly ZOOM meet-up for our Alberta Outreach families and individual playtimes can be booked in the Indoor Playground in Lloydminster. Mothers First Program runs virtually, parent of teenagers can access our Coffee Talk program virtually. Also provided is family support through developmental screens (ASQ & ASQ:SE), 1-1 parenting curriculum, behaviour support and will facilitate referrals and connections to other community agencies/organizations.
- Virtual Triple P Groups is starting in February and all the parenting curriculums can be delivered 1-1 to families through ZOOM or in the centre.
- We encourage families to check out our Facebook and Instagram pages for programming updates.

Town of Vermilion Family & Community Support Services (FCSS)

Carol Coleman, FCSS Coordinator Direct Office Line 780.581.2413

Email ccoleman@vermilion.ca

- FCSS funding for 2021 programs will be distributed throughout the year as per each specific funding agreement. The 2020 FCSS reports are due January 31 from all funded groups.
- Newcomer Advisory Committee will meet 1:00 p.m. April 13 on zoom.
- Health and Wellness Conference January 20 – There were 300 registrants for the live conference viewing and there is post conference registration available for viewing up to February 3. See the Vermilion & District Chamber of Commerce at <https://vermilionbertachamber.com/> website for the registration and recorded sessions.



Town of Vermilion Community Services - Parks, Recreation, Arts & Culture

Kevin Lucas, Director 780.581.2406 Email klucas@vermilion.ca

- Town facilities are currently closed as per the covid restrictions. Call Nadine Ferbey at 780.581.2402 or email nferbey@vermilion.ca for inquiries.
- For your outdoor activities and some fresh air, check out the two outdoor rinks available: one between Vermilion Elementary and St. Jerome's School and the other is located north of the Vermilion Health Care Centre (hospital).



Vermilion Regional Centre (5702 College Drive), Town of Vermilion

Carol Coleman, Facility Coordinator 780.581.2413

Email ccoleman@vermilion.ca

- This facility is currently closed as per the covid restrictions. Bookings can be made for future events.

Vermilion Food Bank 780.853.5161

Derek Collins, Food Bank Coordinator/Volunteer Leader

- Pick-ups are Fridays 12:30 – 2:30 p.m. at the Holy Name of Jesus Roman Catholic Church (4620 – 53 Ave.), Vermilion, using covid-19 guidelines.

Hearts and Hands 780.581.0521

- Reaching out to families and individuals
- Provides a gift of food, personal items, cleaning products, baby formula and diapers. Call and leave a message and your call will be returned.



Catholic Social Services – Family Care Program

Donna Damsgaard, Community Family Counsellor 1.403.347.8844

Email: donna.damsgaard@cssalberta.ca

Managing Anger Before It Manages You – Five consecutive virtual sessions for youth (ages 13-17) and their parents/guardians. Begins Wednesday, January 27, for more information and to register contact Donna by phone. Registration deadline is noon Monday, January 25. The group sessions are dependent on the number of participants. Sessions facilitated by Donna who has her MA, is a Registered Clinical Counsellor and co-facilitated by a Masters Level Intern. Sessions will be done on a virtual platform from 4:30 p.m. – 6:00 p.m.

Session 1: Introduction – Understanding Anger, Yours and your Child’s

Session 2: Catching Anger Before It Gets Out of Control

Session 3: Tools for Managing Anger

Session 4: Communication Skills and Problem Solving Skills

Session 5: Conflict Resolution and Putting it All Together

Togetherall, Centre for Social Innovation (NEW for Alberta residents)

- FREE to all Albertans aged 16+, available 24/7/365, no referral needed - A safe, online community where members remain anonymous to each other but can share how they are feeling and can draw strength and insights from others. Contact Victoria Senyard, Partnerships Manager 1-604-999-2406, email victoria.senyard@togetherall.com.

Next Vermilion and Area Interagency Meeting

Thursday, April 8, 2021 Meeting 12:00 p.m. *Zoom meeting online

Other Future Meeting Dates 2021: To be determined

Emails will be sent in advance regarding the format of future meetings, whether in-person or via online zoom link.



Vermilion & Area Interagency is a partnership between CLASS Vermilion River Community Learning and the Town of Vermilion Family & Community Support Services (FCSS)



CLASS Vermilion River Community Learning

