



## Crossfield finishes in Top 4 vying for Kraft Hockeyville, induces fevered community spirit and regional support

After an intense, weeks-long push to garner the needed momentum, Crossfield was victorious in the bid to fall into the top 4 finalists to become Kraft Hockeyville, a requirement to move to the next phase of the competition.

In finishing in the top 4, a prize of \$25,000 for use at the Pete Knight Arena was awarded to the community for their efforts. These funds will be used in the coming year to improve accessibility at the rink: Automatic doors and ramps will be installed to ensure patrons with mobility impairments have the opportunity to enjoy the facility which hosts not only hockey and skating, but also lacrosse and a variety of community events.

The hope, of course, is to walk away the champion of the contest which includes a grand prize of \$250,000 in arena upgrades and the opportunity to host a pre-season NHL game in the fall. The prize money would be dedicated to upgrading the concession which currently has no fire suppression system or cooking ventilation leaving it largely unusable for preparing food. Dressing rooms, including showers, would also see much needed improvements as well

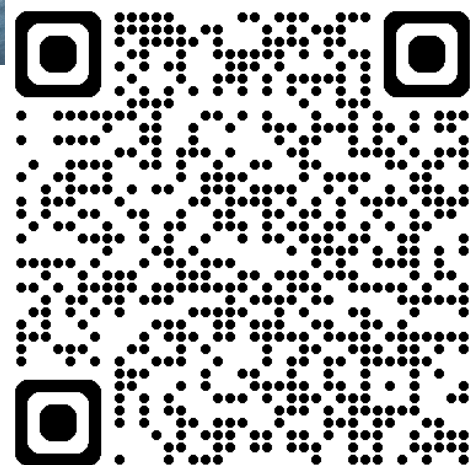
as the viewing space on the second level of the facility known as the Lion's Loft, a space used by local community clubs.

In order to take top spot on the podium, the game has turned to one of voting. The community who accumulates the most votes will be declared the winner and take home this year's title.

Voting will begin on April 4 at 7:00 am MST wrapping up the following day, April 5 at 3:00 pm MST. During this 32 hour voting window, eligible voters (age 14 and older) will have the opportunity to vote in an unlimited capacity to propel Crossfield ahead of the three competing communities, all found on the eastern side of the nation.

Community rallies are also being planned in conjunction with a Sportsnet live-broadcast viewing party to be held to announce the winner. Live music, indoor activities and games, and smokies courtesy of Carmen's Bigway, prepared by SMS Grills hope to draw the community out to celebrate the efforts of the region who have backed this initiative.

We encourage all to share this information and most importantly, #votecrossfield !



**Scan above to vote!**

**32 HOURS OF UNLIMITED VOTING**

**Apr. 4, 7 am MST**

**Apr. 5, 3 pm MST**

**KICK OFF RALLY**

**Fri., April 4  
6 pm - 8 pm**

**MEGA RALLY**

**Sat., April 5  
1 pm - 7 pm**

**Pete Knight Memorial Arena**



# Town staff to participate in emergency response exercise this May

On Thursday, May 8, 2025, the Town of Crossfield will be participating in a live exercise to practice emergency response procedures. The simulated scenario will involve a tornado that hits some areas in the south portion of Town including the industrial area. Residents will notice an elevated presence of emergency response personnel in those areas, as well as some media presence, from approximately 8:00 a.m. to noon.

Signage will be posted and additional notifications will go out to the community as we approach the date of the exercise.

If you have any questions, please contact the Town Office at 403-946-5565.



## Did you know?

**The Town of Crossfield offers e-billing for your utility bills!**

You can save \$2.00 per billing cycle by switching to e-bill.

Visit [www.crossfieldalberta.com](http://www.crossfieldalberta.com), under Residents - Utilities & click on E-Bill Utility Service Agreement.

Once completed, email the agreement to [town@crossfieldalberta.com](mailto:town@crossfieldalberta.com) or bring it in person to the Town Office.

## YOUR PAPER UTILITY BILL MAY LOOK DIFFERENT THIS MONTH!

**An opportunity to save some of your tax dollars!**

Due to increased costs in both postal rates and utility stationary, we are opting to discontinue the use of specialty paper for utility bills.



## Council Meetings

Council meetings are held on the first and third Tuesday of each month (except for council summer recess held in August).

### Upcoming Meetings

**April 1 & 15**

**May 6 & 20**

**June 3 & 17**

**July 15**

**Crossfield Community Center  
900 Mountain Avenue, 7 p.m.**

Council meetings are open to the public and also live streamed on the Town of Crossfield YouTube page.

If you have an item you would like placed on an upcoming agenda, please email [town@crossfieldalberta.com](mailto:town@crossfieldalberta.com) with your request.



The Town Administration Office will be

**CLOSED**

on Friday April 18th, 2025 for Good Friday

and

on Monday April 21st for Easter Monday.

Our apologies in advance for any inconvenience.



# 2025 COMBINED PROPERTY ASSESSMENT & TAX NOTICE

Your 2025 combined Property Assessment & Tax Notice will be mailed out in early May of 2025. If you do not receive your notice by the 1st of June or if you have any questions in regards to your property taxes, please call **403-946-5565** or email [receivables@crossfieldalberta.com](mailto:receivables@crossfieldalberta.com).

***Failure to receive a tax notice does not affect the responsibility to pay taxes by the due date.***

## We're here to help

We understand that property tax payments can have a financial impact on residents. If you find yourself in a situation where you don't know how you are going to pay your taxes, please contact us at: 403-946-5565 to talk about what options are available.

## PAYMENT OPTIONS FOR YOUR CONVENIENCE

### Mail:

Include the remittance stub with your payment to ensure payment is credited to the correct account.

Cheque or money order (do not mail cash) payable to:

Town of Crossfield

Box 500, Crossfield AB T0M 0S0

Payments submitted by mail must be clearly marked by Canada Post on or before **June 30, 2025** to avoid penalties.

### In Person:

Administration Office

1005 Ross Street

8:30 am - 4:30 pm Monday to Friday.

Payments may also be left in the secure drop box, located to the left of the main entrance.

Cash, cheque, debit and credit (except AMEX) are accepted.

You are also welcome to drop off or mail post dated cheques dated **June 30, 2025** anytime before that date.

### At your financial institution:

Make payments in person or through telephone/online banking. Please use your tax roll number and allow three (3) to five (5) business days for payment to be received.

***Any payment received after 4:30 pm on Monday June 30, 2025 will be subject to an additional 12% in penalties.***

**2025 PROPERTY TAX PAYMENT DUE:  
MONDAY JUNE 30, 2025**





Thank You



For grant funding to purchase refrigeration and food storage equipment to support the Food Hampers Program

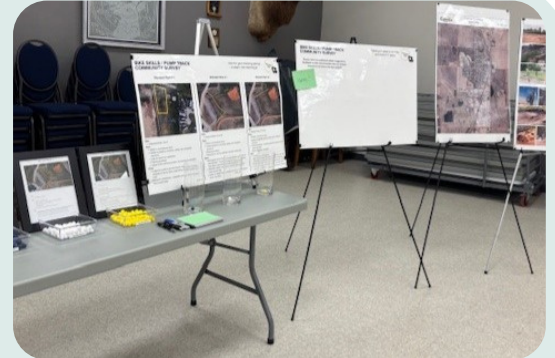


The Town of Crossfield hosted open house on March 26th for the Municipal Development Plan (MDP) project and for upcoming Community Services projects related to the community gardens in Amery Park as well as a new bike skills park.

Online surveys will be open the following week to collect feedback for each topic.

Next steps for the MDP includes a Public Hearing that will take place in May or June, notice for this will be posted at least two weeks prior to the event.

PLEASE VISIT THE TOWN'S WEBSITE AT [WWW.CROSSFIELDALBERTA.COM/P/THE-FUTURE-OF-CROSSFIELD](http://WWW.CROSSFIELDALBERTA.COM/P/THE-FUTURE-OF-CROSSFIELD) FOR MORE INFORMATION ON THE MDP PROJECT.



## What else is going on at the Pete Knight Memorial Arena?



Lacrosse is starting on April 7th.

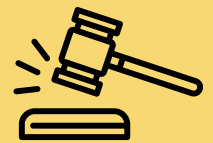
Lacrosse Rage Days is on April 12 and 13th.

Senior Lacrosse Games:

April 25 @ 7:30 pm - Mohawks VS Silvertips

April 26 @ 6:00 pm - Silvertips VS Tier 1 Mounties

## TOWN OF CROSSFIELD Subdivision and Development Appeal Board (SDAB)



Are you interested in helping to shape development in the Town of Crossfield?

The Town of Crossfield is looking for volunteers to sit as Members at Large on the Subdivision and Development Appeal Board for a 3-year term.

The Subdivision and Development Appeal Board is a quasi-judicial board made up of five citizen representatives and one Council representative. The SDAB handles appeals on planning matters relating to subdivision and development in accordance with the provisions of the Municipal Government Act.

This Board meets as necessary during the evening in the Town of Crossfield, Council Chambers. The board members are compensated for their time in accordance with our Subdivision and Development Appeal Board Bylaw 2024-05.

If you are interested in sitting as a member on the Subdivision and Development Appeal Board (SDAB), please visit the town's website at <https://www.crossfieldalberta.com/p/opportunities> or the Town Office for a Board and Committee Application form.

Completed applications can be mailed to:  
Town of Crossfield  
PO Box 500, Crossfield AB T0M 0S0  
Emailed to [town@crossfieldalberta.com](mailto:town@crossfieldalberta.com)





## NEW Updates to Recycling Program starting in April 2025

In 2022, the Alberta government passed a new regulation which introduces an Extended Producer Responsibility (EPR) framework for single-use producers, packaging and paper producers in the province. EPR shifts the financial and operational responsibility of recycling programs to producers.

Historically, Alberta's recycling programs were operated by communities who were responsible for paying the full costs of the program. Now, under the EPR regulation, Alberta is transitioning to a new model where producers – the organizations that produce the products and packaging – are responsible for funding the programs.

The Town of Crossfield is now a part of the EPR framework for curbside recycling, and is reviewing recycling fees considering the new available funding. The program takes effect April 1, 2025.

Residents will not notice any differences to when or how their recycling is collected. One minor change is that plastic bags, plastic wrap and bubble wrap will no longer be accepted. A summary of acceptable and non-acceptable material is presented below and can be found on the Town's website at: <https://www.crossfieldalberta.com/p/garbage-recycling>

Please direct any questions to the Town Office at 403-946-5565 or [town@crossfieldalberta.com](mailto:town@crossfieldalberta.com).

## RECYCLE RIGHT

- ✓ Place recyclables loose and unbundled in your recycling cart
- ✓ Rinse containers
- ✓ Check your local recycling guidelines



## Hold on to your lids!

Here are some tips to help on windy  
Waste/Recycling Collection Days

- Make sure the lid is closed – An open lid will catch the wind and tip the cart more easily. It also means any loose material on the top of your cart could fly out.
- Don't over fill your cart – A propped up lid will again catch the wind and more easily tip.
- Consider waiting for the next collection day to set out your carts. This will ensure that the carts stay put and do not blow away. If needed, residents can take extra recycling to the Transfer Station at 33 Laut Cres at no cost.
- If you choose to set out your carts, try to set out first thing in the morning before 7 a.m. rather than the night before. This will help to reduce the chance of your cart blowing over in the night.
- Try to return your carts to property as soon as possible after collection. Leaving your empty carts out following collection increases the chance that they will blow over.
- Write your address on your waste and recycling carts with a permanent marker to identify that they belong to your house. This will help with any windy day mix-ups with your neighbours.



**Town of Crossfield**

(403) 946-5565 1005 Ross St.

[town@crossfieldalberta.com](mailto:town@crossfieldalberta.com)

# CURBSIDE recycling collection acceptable & NON-ACCEPTABLE materials

ACCEPTABLE MATERIALS	NON ACCEPTABLE MATERIALS
<p><b>PAPER AND CARDBOARD</b></p> <ul style="list-style-type: none"> <li>• Newspapers and paper inserts (not tied in bundles).</li> <li>• Catalogues and magazines (with plastic wrapping removed).</li> <li>• Paper (e.g. letters, envelopes with window plastic removed, greeting cards, brochures, non-foil gift wrap, paper bags).</li> <li>• Cardboard (e.g. cereal boxes, pizza boxes, tissue boxes, paper towel tubes and toilet paper tubes).</li> <li>• Telephone books and paperback books.</li> <li>• Shredded paper (must be in a clear plastic bag and tied closed).</li> <li>• Soup and beverage containers (e.g. Tetra Pak® packages).</li> </ul> <p><b>METAL FOOD CANS AND FOIL</b></p> <ul style="list-style-type: none"> <li>• Clean metal food cans.</li> <li>• Metal lids and caps.</li> <li>• Clean aluminum foil, aluminum foil plates and containers.</li> <li>• Remove labels.</li> </ul> <p><b>PLASTIC JUGS, BOTTLES AND PACKAGING</b></p> <ul style="list-style-type: none"> <li>• Clean plastic containers labelled with the recycling symbol 1-7.</li> <li>• Liquid detergent, fabric softener and shampoo bottles, plastic clamshell trays, yogurt and margarine containers.</li> <li>• Plastic lids that have a recycling symbol 1-7.</li> <li>• Plastic film with recycling symbol 2 or 4.</li> </ul> <p><b>BEVERAGE CONTAINERS</b></p> <ul style="list-style-type: none"> <li>• Refundable beverage containers can be returned to bottle depots for deposit refunds. However, they are also accepted in blue carts and at community depots.</li> <li>• Milk containers, juice cartons, wine and beer bottles, water bottles, beverage cans and Tetra Pak® packages are all refundable.</li> </ul> <p><b>GLASS BOTTLES AND JARS</b></p> <ul style="list-style-type: none"> <li>• Free of food and other residue.</li> </ul>	<p><b>NO MIXED PACKAGING</b></p> <ul style="list-style-type: none"> <li>• Deodorant sticks, toothpaste tubes, frozen juice containers, potato chip bags, foil from yogurt containers or items made from more than one type of material.</li> </ul> <p><b>NO FOAM CUPS OR REUSABLE FOOD CONTAINERS</b></p> <ul style="list-style-type: none"> <li>• Polystyrene foam packing materials (blocks or peanuts), cups, food containers or trays (even if labelled with recycling symbol 6).</li> <li>• No foam cups.</li> <li>• No items meant for long term storage or use such as reusable water bottles, reusable food containers, lunch boxes etc. even if labelled with recycling symbol.</li> </ul> <p><b>NO CONTAMINATED MATERIALS</b></p> <ul style="list-style-type: none"> <li>• Containers need to be free of food and other residues.</li> </ul> <p><b>NO HAZARDOUS MATERIALS</b></p> <ul style="list-style-type: none"> <li>• Paint cans, aerosol cans, lighters, car batteries, oil or other hazardous material. Please visit <a href="http://www.crossfieldalberta.com">www.crossfieldalberta.com</a> for drop-off locations and proper disposal instructions. Note, if a container has both a hazardous materials symbol and recycling symbol, do not place it in the blue cart. Hazardous materials can harm people, equipment and the environment.</li> </ul> <p><b>NO ELECTRONICS</b></p> <ul style="list-style-type: none"> <li>• Electronics such as TVs, computer monitors, CPUs and printers.</li> </ul> <p><b>NO TOYS, SPORTING GOODS, SHOES OR CLOTHING</b></p> <p><b>NO WASTE OR BAGGED RECYCLABLES</b></p> <p><b>NO PLASTIC BAGS, PLASTIC WRAP OR BUBBLE WRAP</b></p> <p><b>NO BUILDING MATERIALS</b></p> <ul style="list-style-type: none"> <li>• Wood, drywall, nails, tile, concrete, bricks, vinyl siding, etc.</li> </ul> <p><b>NO SCRAP METAL</b></p> <ul style="list-style-type: none"> <li>• Car parts, pots, pans, shelving racks, wire or wire coat hangers do not go in the blue cart</li> </ul> <p><b>NO HOUSEWARE ITEMS</b></p> <ul style="list-style-type: none"> <li>• Drinking glasses, garden hoses, mirrors, light bulbs, dishes, ceramics, utensils, appliances, etc.</li> <li>• Food, grass clippings and yard waste.</li> </ul>

# SPRING WATER UPDATE

## **Did you know the Town of Crossfield receives its water from the Red Deer River and is treated at the Anthony Henday Water Treatment Plant?**

The Red Deer River is the source of raw water for the Anthony Henday Water Treatment Plant. Generally, the river is a good source of water, but quality does naturally degrade during heavy rains or spring run-off during the early months of the year. Spring run-off can create water quality concerns.

As the weather warms up, you may notice your water has a slightly different taste at times. Often this is a result of a recent snowmelt and a high level of debris in the river water entering the water treatment plant. When quality degrades, additional treatment processes are used to maintain safe and aesthetically pleasing treated water. The water remains safe for drinking, cooking and bathing.

Chlorine levels may be increased to address this issue. Chlorine is used to disinfect water so it is safe for drinking purposes. This chemical destroys micro-organisms such as bacteria and viruses that can pose a threat to public health. When this happens, residents may notice a stronger than usual chlorine odor and taste to the Town of Crossfield water supply. Again, the water remains safe for drinking, cooking and bathing.

## SPRING RUN-OFF FAQ'S



### **Why does the water taste and smell different?**

As the river picks up mud, silt, and other organic material during spring run-off, these materials may dissolve slightly and can give the water an earthy odour or taste. The water treatment plant removes most of these organics; however, due to higher levels during spring run-off, trace levels of organics may remain and be noticeable.

### **Why do I smell chlorine in the water?**

Chlorine is a disinfectant used in the treatment process year-round. During spring run-off, some of the remaining organic material reacts with the chlorine in the treated water. This may make this smell more noticeable in the spring.

### **How long will the taste and smell last?**

Each year is different, but on average, run-off conditions last between three and six weeks. Mountain run-off in late June and early July can also cause these conditions, as will heavy rainfall events.

### **How can I combat the smell and taste in the spring?**

Put water in a pitcher and let it sit on the counter or in the fridge or try adding lemons. Filtering the water through a consumer charcoal filter can also help improve the smell and taste.

### **I've noticed a slight colour to the water when filling the sink or tub. Why?**

Organic material will actually dissolve and stain the water a light brown color, similar to tea leaves in hot water. The treatment process removes most of the color; however, at times when the organic load is high, some color may be carried into the treated water.





## Volunteering in Crossfield

Volunteering is a great way to meet new people! It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Some of the volunteer groups in Crossfield include:

- CORA (Crossfield Outdoor Recreation Association)
- Crossfield Adult Slo Pitch
- Crossfield AG Society
- Crossfield Chamber of Commerce
- Crossfield Curling Club
- Crossfield Day Camp
- Crossfield Elementary School Parent Council
- Crossfield Elks
- Crossfield Golden Key Club
- Crossfield Good Food Box Program
- Crossfield Legion Branch #113
- Crossfield Madden 4-H Beef Club
- Crossfield Madden Food Bank
- Crossfield Minor Baseball
- Crossfield Minor Hockey
- Crossfield Playschool Society
- Crossfield Recreation Board
- Crossfield Rodeo Society
- Crossfield Scouts
- Crossfield Skating Club
- Crossfield Soccer Association
- Crossfield Wellness Network
- Crossfield Fire Department
- Friends of WG Murdoch
- Garden of Hope
- Girl Guides - Sparks
- Helping Hands 4-H Multi Club
- Mothers of Preschoolers (MOPS)
- Rocky Mountain Athletic Association
- Tails to Tell Animal Rescue
- Town of Crossfield Library Board and the Ann Grover Library Society
- Town of Crossfield Volunteer Driver's - Meals on Wheels
- WG Murdoch Parent Council
- Whoo's Crew Parent Society

**THANK YOU**





# Community Programs & Events

Please note, the Town of Crossfield is not directly connected with all the programs, services or content provided by the organizations or programs presented below and as such are not responsible for the content of these programs and services.

## Do Good in Your Hood

Catch a youth doing something that helps our community? Report them!



Every youth that is reported and has made a positive impact on our community, will be ticketed by our local law enforcement officers and will receive a prize! In December, all "good deed doers" will have a chance to be entered to **WIN an iPad** and be declared the "Crossfield Youth of the Year"!

report to: [nicolev@crossfieldalberta.com](mailto:nicolev@crossfieldalberta.com)



## SENIOR'S CHAIR YOGA

Join us for a **FREE 8-week Chair Yoga Session**  
One-hour session, each week, for 8-weeks

Only 25 Spots | Register by calling Nicole:  
(403) 946-5565 ext. 262

Registration Opens: **Tues., April 8th at 9:00 a.m.**

Ages 50+ | Please arrive 5 to 10 minutes early (but not earlier than 10:45 am)



Instructed by:  
Alice Dobson,  
M-Powered Living  
200HR RYT

Thurs., Apr. 24th to  
Thurs., Jun. 12th  
11 am-12 pm  
Crossfield Golden  
Key Club

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



## Babysitting Basics



INSTRUCTOR:  
HEATHER  
BURTON



Youth will have a chance to learn responsibility and skills for the future. Topics include:

- ▶ Becoming a babysitter
- ▶ Basic first aid
- ▶ Nutritious meals and snacks
- ▶ Safe and age appropriate play
- ▶ Handling emergencies around the home; and more!

Registration Online Only  
[www.crossfieldalberta.com](http://www.crossfieldalberta.com)

\$45

Wednesday, April 23  
9 a.m. - 4 p.m.  
Crossfield Community Center

Ages 11 to 16; only 12 spots available.  
Registration opens Monday, Mar. 10 at 7am  
Course Fee is subsidized by FCSS Crossfield -  
Registration will close Thursday, April 17th at noon



CROSSFIELD SENIORS' TOURS  
Bussed Excursions



- Private Pool Rental
- Coach Bus

FREE

Wednesday, April 16th  
12:15 - 3:15 p.m.  
Departing from the Crossfield  
Community Center

Ages 50+, 50 spots available  
Call Nicole to register: (403) 946-5565



Funded by the  
Government of Canada's  
New Horizons for Seniors Program



## Crossfield AG Society

Come volunteer with us!  
Join us on Mondays at 7pm

Upcoming Meeting Dates:

March 3, 2025  
April 7, 2025  
May 5, 2025

Multi-Purpose Room  
Community Centre  
(900 Mountain Ave)

**CREATIVITY SATURDAYS**  
@ THE LIBRARY

Ages 14+

Drop-in self directed program where creativity & socializing collide!

Last Saturday of the month  
11am-2pm

Crossfield Municipal Library

**Teen Games Night**

Grades 7-12

Every second Thursday  
7 - 9 pm

Register at  
[crossfieldlibrary.ca/Events](http://crossfieldlibrary.ca/Events)

Crossfield Municipal Library

# Community Programs & Events



## SPRING MARKET



**April 5, 2025**  
**10 AM - 4 PM**

**CROSSFIELD COMMUNITY CENTRE**  
**900 MOUNTAIN AVE.**



SPONSORED BY: Crossfield AG Society



**CROSSFIELD**  
FARMERS' MARKET

## RODEO WEEKEND FARMERS MARKET JUNE 14, 12-4

**Crossfield Community Centre**  
**900 Mountain Ave**



Sponsored by the  
Crossfield AG Society



Community Mediation Calgary Society

**Your neighbours  
aren't getting any  
quieter...**

**So what's your next  
move?**

Call us: 403-269-2707

*Silver Service*  
**HIGH TEA**

A CROSSFIELD LIBRARY FUNDRAISER  
WITH SILENT AUCTION

*Hosted by The Crossfield Library Board*

HOMEMADE SWEET AND SAVOURY TREATS  
WITH A SELECTION OF TEAS

SATURDAY | MAY 10 @ 2 PM  
CROSSFIELD COMMUNITY CENTER

Tickets  
\$40.00

Limited Seating  
REGISTRATION AND PRE-PAYMENT REQUIRED  
VISIT [CROSSFIELDLIBRARY.CA/EVENTS](http://CROSSFIELDLIBRARY.CA/EVENTS)  
OR CALL 403-946-4232 TO REGISTER





# Community Links

STRONG INDIVIDUALS STRONG FAMILIES STRONG COMMUNITIES

## **Community Links Updates – April 2025**

Are you facing challenges and are looking for support to get connected to programs and services? Our Information and Referral Service can help. This Service can be accessed in-person by appointment at the Airdrie Office during business hours. Phone service is available by calling toll free to 1-866-945-3905. We provide outreach services in Beiseker, Crossfield and Irricana. Support Services will be partnering with various community groups in Crossfield with the goal of increasing in-person services to you.

Support Services staff provide information, supported referrals, and advocacy to help community members connect to services and programs within Community Links, within your community, or from Government. The program is designed to empower community members to identify their specific needs and build knowledge and problem-solving skills to address challenges now and in the future.

In partnership with the Community Volunteer Income Tax Program, community members with a modest income and simple tax situation can have their income tax completed at no cost.

### **Adult Programs**

#### **Adult Grief & Loss Support Group (registration deadline April 25, 2025)**

**18+**

During this 6-week group, adults will become more aware of their own grief process and learn how to deal with it more effectively. This group will offer education, coping tools, and strategies, as well as support while individuals cope with their loss. |

**Fridays, May 2 - June 6, 2025, 10:00 am - 11:30 am**

<https://mycommunitylinks.ca/programs/adult-grief-loss-support-group>

#### **Adults Experiencing ADHD Workshop (registration deadline April 23, 2025)**

**18+**

Have you been diagnosed with ADHD or have symptoms and would like to understand more? This support group offers education, coping tools, and strategies, as well as support for individuals experiencing ADHD in their lives. This is a year-round group where you can attend once or all the offered sessions.

**Wednesday, April 30, 2025, 6:00 pm - 7:30 pm**

<https://mycommunitylinks.ca/programs/adults-experiencing-adhd-workshop>

#### **Older Adults Community Presentations (drop-in)**

##### ***Adults 55+ and their family members***

Community Links works with various community partners to provide monthly (drop-in) educational presentations and workshops on a variety of topics of interest to seniors.

**Wednesday, April 2, 2025, 1:30 pm - 3:30 pm, Presentation on Estate Planning**

<https://mycommunitylinks.ca/programs/community-presentations>

# Community Links

STRONG INDIVIDUALS STRONG FAMILIES STRONG COMMUNITIES

## **Women Supporting Women in Healing from Abuse (registration on-going)**

### ***For women 18+***

Have you been subjected to abuse (emotional, sexual, financial, psychological, physical, and/or spiritual) in a relationship? This group will discuss what family violence is, barriers in leaving, boundaries, beyond trauma, gender oppression, roles of culture and environment, parenting in adversity, anger and moving forward.

**Thursdays, April 10 & 24, 2025, 6:00 pm - 7:30 pm**

**<https://mycommunitylinks.ca/programs/women-supporting-women-in-healing-from-abuse>**

## **Children's Programs**

### **Baby Babble (registration deadline April 1, 2025)**

#### ***For parents/caregivers and children 0 - 6 months***

In this group, you will receive information about your baby's development and the changes a new baby can bring while networking with other new parents. You will explore challenges such as self-care, finding support and post-partum signs and symptoms.

**Tuesdays, April 8 - May 6, 2025, 1:30 pm - 3:00 pm**

**<https://mycommunitylinks.ca/programs/baby-babble>**

### **Baby Networks (registration deadline March 31, 2025)**

#### ***For parents/caregivers and children 6 - 12 months***

This 5-week group helps you learn about your baby and your changing role as a parent and provides an opportunity to meet other families. You will explore challenges such as self-care, finding support and post-partum signs and symptoms.

**Mondays, April 7 - May 12, 2025, 1:30 pm - 3:00 pm**

**<https://mycommunitylinks.ca/programs/baby-networks>**

### **Dadderday (registration deadline March 29, 2025)**

#### ***For male parents/caregivers and children 0 - 5 years***

Connect with your child in a fun, imaginative and messy environment where you can both explore the world through your senses and gain valuable tools to support you on this important journey!

**Saturday, April 5, 2025, 10:00 am - 11:30 am**

**<https://mycommunitylinks.ca/programs/dadderday>**

### **Music & Messy Play in Beiseker (registration on-going)**

#### ***For parents/caregivers and children 0 - 4 years***

This child-led group is for parents/caregivers and children who like to get messy, use their imaginations, and explore the world around them. This group is offered in collaboration with the Beiseker Municipal Library and Rocky View County FCSS.

**The fourth Wednesday of each month, 1:00 pm - 2:30 pm**

**<https://mycommunitylinks.ca/programs/music-messy-play-in-beiseker>**

### **Rhyme Time in Irricana (registration on-going)**

#### ***For parents/caregivers and children 0 - 5 years***

Does your child love songs, rhymes, and stories? We will discuss the importance of early literacy, language, and a variety of parenting topics to promote healthy child development. This group is offered in collaboration with the Irricana & Rural Municipal Library and Rocky View County FCSS.

**The third Wednesday of each month, 10:00 am - 10:45 am**

**<https://mycommunitylinks.ca/programs/rhyme-time-in-irricana>**



CommunityLinks

# Community Links

STRONG INDIVIDUALS STRONG FAMILIES STRONG COMMUNITIES

## Parenting Programs

### **Parenting after Family Violence (registration deadline April 23, 2025)**

**18+**

Are you looking to build new strategies to parent following family violence? The last Wednesday of each month we are hosting space for parents to explore a variety of topics.

**The last Wednesday of each month, 6:00 pm - 7:30 pm**

**<https://mycommunitylinks.ca/programs/parenting-after-family-violence>**

### **Parenting Children with ADHD (registration deadline April 10, 2025)**

***For parents/caregivers of children 5 - 12 years (ADULTS ONLY)***

We will discuss information about ADHD such as symptoms and causes, resources available to support you and your child, the process of getting a diagnosis and explore parenting strategies that can help set your child up for success.

**Thursday, April 17, 2025, 6:00 pm - 7:30 pm**

**<https://mycommunitylinks.ca/programs/parenting-children-with-adhd>**

### **Parenting Children with Anxiety (registration deadline April 17, 2025)**

***For parents/caregivers of children 7 - 14 years (ADULTS ONLY)***

We will discuss information about anxiety such as symptoms and causes, resources available to support you and your child, and explore coping and parenting strategies that can help set your child up for success.

**Thursday, April 24, 2025, 6:00 pm - 7:30 pm**

**<https://mycommunitylinks.ca/programs/parenting-children-with-anxiety>**

### **Triple P: Raising Resilient Children (registration deadline April 1, 2025)**

***For parents/caregivers and children 7 - 12 years (ADULTS ONLY)***

Would you like to know how to encourage your child to develop the skills they need to be able to cope with their feelings to build emotional resilience? Would you like to develop your own approach to creating children who can recognize and accept their feelings and express them in positive ways, have a positive outlook and be better able to manage stressful life events? During this group we will focus on ways to help your tween navigate life's ups and downs in a positive, productive way.

**Tuesday, April 8, 2025, 6:00 pm - 7:30 pm**

**<https://mycommunitylinks.ca/programs/triple-p-raising-resilient-children>**

**For more information, visit our website at [www.mycommunitylinks.ca](http://www.mycommunitylinks.ca) or contact us at 403-945-3900, 1-866-945-3905 or [info@nrvc.ab.ca](mailto:info@nrvc.ab.ca)**



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