



Four Events to Thank You!

in Celebration of
National Volunteer Week April 7-13, 2019



FREE Bowling Night!
Tuesday, April 9 (two time slots)
5:30 - 6:30 p.m. or 6:30 - 7:30 p.m.
Innisfail Bowling Lanes (5039 50 St.)

Join us for a night of bowling which also includes non-stop pop and one hotdog per person.



FREE Afternoon of Music, Mocktails & Munchies!
Wednesday, April 10
2:00 - 4:00 p.m.
Royal Canadian Legion (5108 49 Ave.)

Entertainment by Silence in B'tween which also includes mocktails and munchies. For Handivan transportation to the Legion call 403-227-3622.



FREE Swim Night!
Thursday, April 11
7:00 - 8:30 p.m.
Innisfail Aquatic Centre (5117 42 St.)

Join us for a night of swimming which also includes a take-home pop and chips.



FREE Matinee Show!
FEATURE: A Dog's Way Home
Saturday, April 13
1:30 - 4:30 p.m.
Innisfail Century Theatre (4939 50 St.)

Join us for a matinee which also includes a small pop and popcorn.

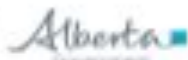
RSVP is Required for ALL Events!
Call to reserve your spot
403-227-3376
ext. 233 or 225

Draw Prizes at each Event!
- Sunday Family Bowling Pass
- Recreation Gift Card
- Family Movie Pass
- Appreciation Gifts

Volunteer Information Table!
Learn about volunteer opportunities in our community.

www.innisfail.ca/volunteer | www.innisfail.ca/events

Grant Funding for National Volunteer Week is provided by the Government of Alberta and distributed by Volunteer Alberta



Innisfail Envision Children First is taking over CHIPS for a day to Welcome Spring to Innisfail!



Come join us at CHIPS for Musical Kids
with Kelly Kalden!

FREE

Musical Kids is a program using music as the vehicle to offer a multisensory experience in children.



Music is an incredible messenger of information as it is one of the few activities in which stimulates all parts of the brain simultaneously.

FUN

This is a FREE Event

March 19, 2019
**Innisfail Library Learning
Centre**
Community Room
10-11am



ENVISION
CHILDREN
INNISFAIL

**FREE Event Hosted by Envision Children First
Innisfail Early Childhood Coalition and our partners!**

Growing Great Kids!

Saturday March 23, 2019 10-12noon

Presented by Sylvan Lake SPARC's

Krista Carlson

Did you know there are 40 developmental assets children need to grow and develop?



Parents, caregivers, and community members can all work together to develop these assets in our children to help them thrive!

Come join us for this interactive workshop!

We will explore some parenting strategies that will help kids grow up healthy and happy.

We will develop an understanding of the 40 developmental assets and the power they hold in helping kids thrive.

We will develop an understanding of how our interactions with kids impact the number of assets they have.



Refreshments Available

Where: Innisfail Library Learning centre— in the Heday Learning Room

Cost: FREE! Space is limited

Register at 403-227-2767 or innisfailfdh@shawbiz.ca

Turn on the SWITCH!

Thursday April 4, 2019 7-9pm

Presented by Carla O'Reilly

Find a passion and obsess about it!

Learn the 15 wellness tools that will transform your life!



Carla is an advocate and speaker of Maternal Mental Health.

Join us in learning the power of positive thought, destroying the stigma of mental illness, and the tools of awareness, forgiveness, acceptance, and love in order to begin healing.

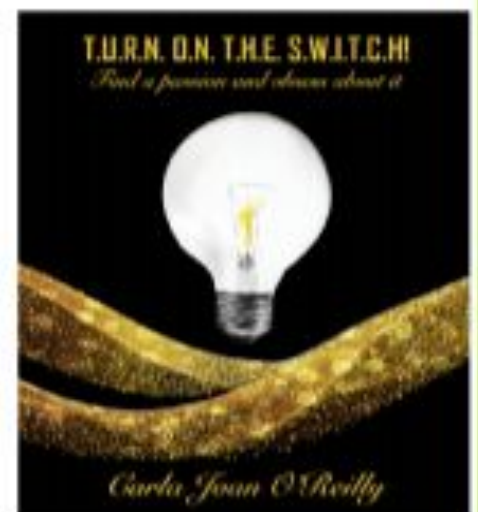


Free!

Refreshments available

Where: Innisfail Library Learning Centre— Community Room

Register at 403-227-2767 or innisfailfdh@shawbiz.ca





April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Learn, Play, Grow 9:00-11:30 Baby N Me *** 1:00-2:00 Toddler Time *** 2:00-3:00	2 Learn, Play, Grow 8:30-11:30 (Speech) Preschool Yoga *** 1:00-2:00 (3 and up) Stay and Play 2:00-3:00	3 No Programs Today	4 No Programs Today	5 Tradeshow @ Innisfail Arena 5:00-9:00!	6 Tradeshow Innisfail Arena 9:00-5:00!	
7	8 Learn, Play, Grow 9:00-11:30 Baby N Me *** 1:00-2:00 Toddler Time 2:00-3:00	9 Learn, Play, Grow 8:30-11:30 Preschool Yoga *** 1:00-2:00 (3 and up) Stay and Play 2:00-3:00	10 Learn, Play, Grow 8:30-11:30 No Programming This Afternoon	11 Learn, Play, Grow 9:00-11:30 Parent Support *** 1:00-3:00 Stay and Play *** 3:30-6:30	12 BirthDay Wishes *** 10:30-11:30	13 *** Indicates pre-registration is Required.	
14	15 Learn, Play, Grow 9:00-11:30 Baby N Me *** 1:00-2:00 BP's Build a Pizza 4:30-6:30 ***	16 Learn, Play, Grow 8:30-11:30 Preschool Yoga *** 1:00-2:00 (3 and up) Stay and play 2:00-3:00	17 Learn, Play, Grow 8:30-11:30 Parent Support 1:00-3:00 ***	18 Learn, Play, Grow 9:00-11:30 Circle of Security 1:00-3:00***	19 Good Friday No Programs Today	20	
21 	22 Easter Monday No Programs Today	23 Learn, Play, Grow 8:30-11:30 Mini Movers 1:00-3:00	24 Dental Day! Call 403-227-7820 to register! Learn, Play, Grow 8:30-11:30 Discovery Kids 1:00-2:00 *** Stay and Play @ Centennial Park 2:00-3:00 ***	25 Learn, Play, Grow 9:00-11:30 Circle of Security 1:00-3:00 ***	26 Aqua Kids *** 10:30-11:30	27	
28	29 Learn, Play, Grow 9:00-11:30 Baby N Me *** 1:00-2:00 (Speech) Toddler Time 2:00-3:00	30 Learn, Play, Grow 8:30-11:30 Preschool Yoga *** 1:00-2:00 (3 and up) Mini Movers 2:00-3:00	Innisfail Parent Link Centre Phone: 587-679-5861 Email: Innisfailplc@mcman.ca Website: www.mcmancentral.ca Follow us on Facebook: Innisfail Parent Link Centre, for program updates!				

Alberta

Parent Link News



Circle of Security!

Join on April 18th and 23rd as we learn about The Circle of Security and enhancing attachment in early Parent-Child Relationships. Call 587-679-5861 to register!

Mini Movers

Join us this Spring and Summer as we stroll the paths of Innisfail! We will have scavenger hunts, learn about environmental print, and much more!! Plan to join us !!

*Innisfail Parent Link programming is as follows: Monday 9:00am-3:00/6:30pm, Tuesday 8:30 am-3:00pm, Wednesday 8:30am-3:00pm, Thursday 9:00am-3:00/6:30pm, Friday 8:30am-11:30am, and Saturdays vary by program. We are open by appointment from 11:30am-1:00pm. Call 587-679-5861 for more details. Asterisks (***) indicate program requires pre-registration.*



Life Skills Program for Single Parents

Innovative Delivery



Are you a single parent looking for employment?

Do you:

- Live in a rural or small town in central Alberta?
- Want to enhance your skills and increase your employability?
- Need help connecting to resources?
- Have limited access to transportation?

The Life Skills Program for Single Parents offers distance delivery through virtual meetings and teleconferencing

Everyone eligible for the program will go through an individualized assessment to determine the best possible path for them. A Career/Life Skills Coach will help you to develop your own unique plan to identify your personal and employment goals and strengths, stay motivated and organized, build confidence and achieve your employment goal one step at a time. We understand that life can get overwhelming and that you want something better, but may not know where to start.

You do not have to do it alone.

Our services include:

- Life Skills Sessions
- Supported Job Search
- Career Counselling
- Resume/Cover Letter Development
- Employment Readiness Coaching

What are Life Skills?

Empowering skills that enable people to cope with life's challenges and changes. Strengthening life skills helps to manage challenges and risks, maximize opportunities and solve problems in realistic, practical and constructive ways.



Bredin Centre for Learning

500, 5010 43 Street
Red Deer, AB T4N 6H2
587.273.0225

Our Mission Statement

Bredin Centre for Learning provides responsive services that empower and connect people to fully contribute to our community through pathways to education and employment.

Alberta 

2019 CENTRAL ALBERTA SPRING

JOB FAIR

10TH
OF APRIL

DOORS OPEN FROM
12-6PM



PIDHERNEY CURLING CENTRE

4725 43RD STREET, RED DEER, ALBERTA

FOR MORE INFO VISIT CENTRALALBERTAJOBFAIR.COM OR CALL 403.341.7811

CAN 
CAREER ASSISTANCE NETWORK