## **CONKLIN NAKEWIN NEWS**





May 2025





#### Some municipal service fees and rates are increasing April 1

In November, RMWB Council approved increases to several user rates and fees as part of the annual update to the user fees, rates and charges bylaw. These include:

- Utilities (water, sewer, garbage + curbside)
- Transit
- Landfill
- Cemeteries
- Development and building permits and services

The increases will help offset the cost of delivering these services.

#### Rural transit fare increasing April 1, 2025

Rural transit cash fares for adults and children are increasing by 11%, effective April 1.

- Adult fares (ages 13 64):
- Current fare: \$12
- o New fare: \$13.50 (11% increase).
- Child fares (ages 5 − 12):
- Current fare: \$6
- New fare: \$6.75 (11% increase).

#### Utility rates increasing by 10-15%

Utility rates for municipal water, wastewater, and certain solid waste services are increasing by 10 to 15%. The changes vary depending on the size of the property's water meter and between rural, urban, and commercial services.

#### New fee structure in place for some administrative services

Additional new fees cover certain ambulance services and community backyard rink applications.

To view the updated rates and learn more about user fees and charges, visit <a href="mailto:rmwb.ca/userfees">rmwb.ca/userfees</a>





Wood Buffalo Victim Services provides victims of crime and trauma with support, information and referrals based on their needs. The intent is to ease the crisis and help them return to stability.

#### Why should victims of crime and trauma contact us?

Our support workers are empathetic listeners. They will give you information to help you make decisions that are best for you and your circumstances. Part of our role is to make sure you are treated fairly. You have rights under the *Alberta Victims of Crime Act*. Please call or email to speak to a support worker. We can arrange to meet in your community.

#### **Community visit dates for May**

- Fort Chipewyan May 1 Court/Restorative Justice
  - o May 13 Fort Chipewyan RJ Community Engagement
- Fort McKay May 15 and May 29
- Conklin May 5 and May 20
- **Janvier** May 7 and May 21
- **Anzac/FMFN 468** May 8 and May 22

Wood Buffalo Victim Services Phone: 780-788-4250 Toll Free: 1-888-788-4250

Email: victim.services@rmwb.ca





# **Take a seat at the table** - Join the Municipal Policing Advisory Committee

# Interested in helping your community represent local policing priorities and concerns to local RCMP leadership?

Apply for a position on the Municipal Policing Advisory Committee by:

- Visiting rmwb.ca/boards
- Stopping by your local municipal office
- Contacting Pulse for assistance at 780-743-7000 or 1-800-973-9663

#### The committee will have the authority to:

- Represent public interests and concerns to local RCMP leadership.
- Collaborate with local detachments to plan yearly priorities and strategies.
- Develop community safety plans.
- Ensure service delivery reflects and addresses local needs.



#### Candidates needed for seven voting positions on the committee:

The committee needs five ward representatives, from communities in each ward in the region. This includes First Nations within the Wood Buffalo or Fort Chipewyan RCMP detachment boundaries.

Voting positions are also available for two public-at-large members from the following groups: Black, Indigenous and persons of colour (BIPOC), immigrants, LGBTQ2S+, persons with disabilities, religious minorities, seniors, women, and youth.

Appointed committee members will need to get the required security clearance.

#### Is it easy to participate if I live in a rural community?

Many committee meetings can be attended remotely by video call, making it easier for rural residents to participate. Rural committee members will be reimbursed mileage expenses for driving to attend meetings in person.

Learn more at rmwb.ca/boards





#### Candidate nominations open for 2025 municipal election

New rules in place for campaigning, find more information at <a href="mailto:rmwb.ca/elections">rmwb.ca/elections</a>

Candidate nominations are now open to all eligible residents interested in running for the position of RMWB mayor, councillor or school board trustee.

#### New rules are in place for 2025 municipal election

Changes to the <u>Local Authorities Elections Act</u> require candidates to submit a notice of intent to appear on the official register of candidates before accepting campaign donations and incurring expenses. In addition, all candidates must complete the nomination process to appear on the ballot.

#### Call for candidate nominations

Nominations are now being accepted from candidates for the upcoming 2025 municipal election. Prospective candidates must file their notice of intent and complete the nomination process by **noon on Monday, Sept. 22, 2025**.

Find the notice of intent form, nomination forms, required documentation and additional information for interested candidates at <a href="mailto:rmwb.ca/elections">rmwb.ca/elections</a>.

Potential candidates with questions or in need of assistance, can contact the Elections Office through Pulse at 780-743-7000 or email <u>elections@rmwb.ca</u> and a Legislative Services staff member will assist.

The general election for the RMWB and all municipalities in Alberta will be held on Oct. 20, 2025.



## Census 2025

#### Can we count on you?

The 2025 Municipal census is underway until June 30, 2025. It's important for everyone, including Municipal residents in rural communities to complete the census.

#### Why should you fill out the Census?

- It helps us to understand the needs of your community.
- It helps us plan for community services, to make Wood Buffalo a better place to live, work and explore.
- It provides demographic information to industry, community groups, businesses and the social profit sector. This information also supports and enhances diversity in the region.

You can complete the census online at rmwb.ca/census, call Pulse at 780-743-7000 or watch for an enumerator at your door.

rmwb.ca/census







#### Refresh your community and pick up the trash from winter

Get involved with the Adopt-A-Trail program or host a Community Cleanup event!

How can I register?

- Online at <u>rmwb.ca/cleanup</u>.
- By calling Pulse
- At your local municipal rural office.

Registration for both programs will close Sept.15, and all cleanup supplies must be returned by Sept. 30.

Learn more at <a href="mailto:rmwb.ca/cleanup">rmwb.ca/cleanup</a>.



#### Bring your creative vision to life in the region







The **Arts, Culture and Heritage Grant** provides **up to \$5,000** for projects that create, inspire and preserve within the cultural landscape of the region.

#### Apply early!

Individuals and groups may apply for a maximum of \$5,000. The deadline for grant applications is Dec. 31, 2025 at 4:30 p.m. MST or until the total \$50,000 funding is exhausted, whichever comes first. Apply early through the Community Investment Program (CIP) Grant Portal as funding is awarded in order of completed applications received.

#### What projects are eligible?

Projects must align with one or more <u>Wood Buffalo Culture Plan</u> priorities. The eligibility list varies and ranges from performing arts to heritage restoration to landscape design. Projects that have received grant support in previous years include:

- Palette Town, a video showcasing the potential for art in Wood Buffalo.
- Rock the Rails, an annual skateboard and BMX competition that also features local musical acts.
- Lavender Skies: Exploring Queer Creativity in Wood Buffalo, a local art show at the Kirschner Family Community Art Gallery at MacDonald Island Park.

Get started today by visiting <a href="mailto:rmwb.ca/CIP">rmwb.ca/CIP</a>.



## Step up in an emergency

#### Be the Helping Hand When It Matters Most -

Volunteer with the Emergency Social Services team

Join a team that helps residents during an emergency or disaster.

- Build your knowledge, confidence, and experience.
- No experience required. Training will be provided.



#### RMWB.ca/ESSVolunteer

For more information call:

- 780-743-7000
- Toll Free 1-800-973-9663



#### What we do:

Emergency Social Services helps people during large emergencies or incidents in the Municipality.

#### Who we are:

Volunteers, community partners, and municipal employees who work together under the Emergency Management Branch of Regional Emergency Services.

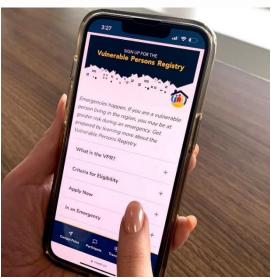






Emergencies happen. If you are a vulnerable person living in the region, you may be at greater risk.

Apply to be added to the Vulnerable Persons Registry (VPR) - a free, voluntary and confidential service for residents living at home who would be at greater risk during emergencies.



To sign up or learn more visit - <a href="mailto:rmwb.ca/vpr">rmwb.ca/vpr</a>



## Join the Volunteer Fire Department We need paid on-call members!



#### What we do:

 We respond to fire emergencies, helping people and protecting property.

#### Who you are:

 Reliable and dedicated - with time for weekly training and the ability to respond

#### Learn more:

Call 780-743-7000 (toll free 1-800-973-9663) and someone from the fire department will contact you.





#### Now Available in Fort Chipewyan, Janvier and Conklin

Get a free fire safety check of your home by firefighters

**Free** smoke and carbon monoxide (CO) alarms will be provided to replace expired, missing or non-working alarms in your home

Check your alarms today!





#### **Book your appointment:**

Regional Emergency Services: 780-792-5519

OI

Call the Municipal Pulse line toll-free:1-800-973-9663



#### The Rural Sharing Network

The Rural Sharing Network supports the social profit sector with relationship building and networking of services offered to rural communities in effort to address gaps to meet the needs of rural residents.



The Rural sharing network is open to community members and services providers. Coming together in collaboration to learn about the services available in community, identify the needs of the community and understand service gaps while working together to better service rural communities is the common goal.

May 6, 2025

Conklin Multiplex

1:00pm-2:30pm



#### **Regional Municipality of Wood Buffalo**









1, 8, 15, 22, 29

The RMWB Rural Relations staff will be at the **Conklin Multiplex** from

11:30 am until 2:00 pm to assist with paperwork, address community needs, and fill service gaps.

Residents are encouraged to stop by for support, questions, or a friendly chat.

Stop by for a fresh cup of coffee and a friendly chat!





#### **Conklin Seniors Luncheon**

Thursday, May 15, 2025 12 - 3pm in the Senior's room.



## **Senior Luncheon**

Thursday, May 15, 2025 3:30 – 5:30pm Youth activity





#### **Community Policing - presentations available**

The Wood Buffalo Community Policing Unit has a great list of presentations they can bring to communities when requested.

#### **Available presentations**

- A Career in the RCMP Gr 7-Adult
- ATV Safety Gr 10-Adult
- Being a Good Citizen ECDP-Gr 6
- Being a Mountie ECDP-Gr 6
- Bicycle Safety ECDP-Gr 6
- Bullying (includes Cyberbullying) ECDP-Gr 9
- Consent Gr 7-Adult
- Crime Scene Investigations ECDP-Adult
- Drug Awareness
  - For Teens (cannabis, alcohol, vaping and opioid awareness) -Gr 7-12
  - For Adults (includes clandestine drug labs, methamphetamines, opioids)
- Fraud & Identity Theft Adult
- Halloween Safety ECDP-Gr 6
- History of the Force Gr 4-Adult
- Online Safety (includes Cyberbullying) ECDP-Gr 6
- Online Safety (include Cyberbullying, Social Media & the Law) Gr 7-Adult
- Personal Safety ECDP-Adult
- Police & Canadian Law (for New Canadians) Gr 10-Adult
- Property Crime Prevention Adult
- Restorative Justice Gr 9-Adult
- Senior Safety Adult
- Sexting Gr 7-Adult
- Traffic
  - Impaired Driving (Alcohol & Drugs) Gr 9-Adult
  - Distracted Driving Gr 9-Adult
  - Winter Driving Gr 9-Adult
- Unhealthy Relationships/Dating Violence Gr 7-Adult
- Youth Criminal Justice Act Gr 7-Adult

#### Want a presentation?

Contact us if you'd like a presentation for your group, class or community at <a href="mailto:communitypolicing@rmwb.ca">communitypolicing@rmwb.ca</a> or call 780-788-4040 and ask for the Community Policing Coordinator.







#### What is it?

- A voluntary program that offers a safe, respectful way to promote healing after harm has occurred.
- Allows offenders to take responsibility for their actions and allows the community to see its role in contributing to reconciliation.
- Provides an opportunity for everyone involved to have a voice and determine actions and outcomes to ensure accountability.

#### **Restorative Justice Contact Information:**

Phone: 780-788-4253Toll Free: 1-888-788-4250

• Email: <u>restorative.justice@rmwb.ca</u>

#### Get involved.

We need committed volunteers to help! Please contact us.

#### For any questions, please contact Pulse!



Residents in rural communities can contact the Regional Municipality of Wood Buffalo 24/7 by contacting Pulse via the following:

- 780-743-7000
- 1-800-973-9663 (toll-free)

www.rmwb.ca/pulse





Wood Buffalo Victim Services provides victims of crime and trauma with support, information and referrals based on their needs. The intent is to ease the crisis and help them return to stability.

#### Why should victims of crime and trauma contact us?

Our support workers are empathetic listeners. They will give you information to help you make decisions that are best for you and your circumstances. Part of our role is to make sure you are treated fairly. You have rights under the *Alberta Victims of Crime Act*. Please call or email to speak to a support worker. We can arrange to meet in your community.

#### **Community visit dates for May**

- Fort Chipewyan May 1 Court/Restorative Justice
   May 13 Fort Chipewyan RJ Community Engagement
- Fort McKay May 15 and May 29
- Conklin May 5 and May 20
- Janvier May 7 and May 21
- Anzac/FMFN 468 May 8 and May 22

Wood Buffalo Victim Services Phone: 780-788-4250 Toll Free: 1-888-788-4250

Email: victim.services@rmwb.ca





#### Anzac, Conklin, Gregoire Lake Estates Schedule: Wednesday and Friday - Trip #1

Time	Pick Up/Drop Off	Location	
9:00 a.m.	Pick up	Conklin RMWB Office	
9:10 a.m.	Pick up	Conklin Corner Store	
10:20 a.m.	Pick Up	Anzac Recreation Centre	
10:35 a.m.	Pick up	Gregoire Lake Estates (mailboxes)	
12:05 p.m.	Drop off	Hardin Street & MacDonald Avenue (Across from Provincial building)	
12:10 p.m.	Drop off	Manning Avenue (AMA Parking Lot)	

#### Anzac, Conklin, Gregoire Lake Estates Schedule: Wednesday and Friday - Trip #2

Time	Pick Up/Drop Off	Location		
17:00 p.m.	Pick up	Manning Avenue (AMA Parking Lot)		
17:05 p.m.	Pick up	Hardin St & MacDonald Ave (Across from Provincial Building)		
17:35 p.m.	Drop off	Gregoire Lake Estates (mailboxes)		
17:55 p.m.	Drop off	Anzac Recreation Centre		
19:25 p.m.	Drop off	Conklin Corner Store		
19:30 p.m.	Drop off	Conklin RMWB Office		



#### **Conklin Garbage and Recycling Drop-off**





Do you know that you can drop off residential garbage and recycling, including household hazardous waste, for free at the Conklin Waste Transfer Station? All community members are encouraged to use the facility located on the Conklin West Road (Range Rd 82A).

Help protect the environment and keep Conklin clean by disposing of items properly. All items are brought to the Municipal landfill for proper disposal or recycling.

#### Seasonal Hours of Operation (April 1 – Oct 31, 2025):

• Monday: 9:00 a.m. – 5:00 p.m.

• Tuesday: 9:00a.m. – 5:00 p.m.

• Friday: 9:00 a.m. – 5:00 p.m.

• Sunday: 9:00 a.m. – 5:00 p.m.

The following items are not allowed to be dropped off at the Conklin Waster Transfer Station:

Commercial waste
Ammunition
Explosives
Radioactive waste
Biological, biomedical or pathological waste

Animal carcasses or deceased pets Asbestos Oil Field Waste Waste containing free liquids Vehicles and vehicle parts

Learn more about garbage and recycling services at rmw.ca/garbage. If you have any questions, connect with Pulse at 780-743-7000, toll-free at 1-800-973-9663 or online at rmwb.ca/pulse.



#### **Community Programs, Activities & Events**



# Join us for Senior Bingo Luncheon Fun!

Come enjoy a lively afternoon of **bingo games** and delightful food with friends!

Prizes will be awarded to everyone!

12pm-3pm / May 8th 2025 (Seniors Room)

@Conklin.activities@gmail.com 780-740-4628







Did a family member recently call you because they were arrested?

Does someone you've met online need money for an overseas emergency?

Are you expecting money or a package, but now there's a problem?

#### Did the person on the phone mention something about:

- □ A family member being arrested?
- Needing money for a lawyer or bail?
- Needing money for a medical emergency?
- Needing money for unexpected taxes or fees?
- □ A courier coming to collect cash?
- A gag order? (Not to talk to trusted people about the call/event/requested items)

FRAUDSTERS ARE INVENTING THESE STRESSFUL SITUATIONS TO CONVINCE YOU TO GIVE THEM MONEY.





## They may <u>claim to be police</u>, or <u>tell you not to call police</u>.

Your RCMP detachment can help you to check if someone is trying to defraud you. We're just a phone call away and you can remain anonymous.

If you suspect you have been targeted contact the

Canadian Anti-Fraud Centre at

1-888-495-8501 or antifraudcentre.ca

Royal Canadian Gendarmerie royale Mounted Police du Canada

Contact your local police rcmp.gc.ca

Put your detachment contact info here!!





## **Board Meeting Highlights March 22, 2025**

#### Northland Online School shares exciting growth and future plans





Principal Mark Burke and Vice-Principal Tessa Dagenais gave an engaging update to the Board about how Northland Online School is growing and evolving. Since opening in 2021, the school has added new grades each year and now serves students from Kindergarten to Grade 12. This spring, they will proudly celebrate their first graduating class.

Northland Online School has become a key part of how students learn across the division. In fact, over 70 percent of Northland's 2023-2024 graduates took at least one course through Northland Online School. Looking ahead, the school plans to launch a summer school in July 2025 and develop an asynchronous adult education program. Students can choose between real-time online classes with a teacher (synchronous learning) or working on their own time with teacher support (asynchronous learning). Learn more about Northland Online School by visiting their website: <a href="https://www.northlandonlineschool.ca/">https://www.northlandonlineschool.ca/</a>.

#### **Board nominates Anzac educator for Edwin Parr Teacher Award**



The Board has nominated Emily Griffin, a teacher at Anzac Community School, for the 2025 Edwin Parr Teacher Award. This award recognizes outstanding first-year teachers in Alberta. You can read the full news release here: <a href="https://tinyurl.com/3hw96tcp">https://tinyurl.com/3hw96tcp</a>.

#### 2025-2026 Northland School Division Calendar approved by the Board

The Board approved the 2025-2026 School Year Calendar. On an annual basis, the Board has the responsibility to set the school division calendar as set out in Section 60 of the Education Act. The calendar outlines operational days, professional learning dates for staff and holiday breaks. The first day of school for students is after the Labour Day weekend on Tuesday, September 2, 2025. To access a PDF copy of the calendar, click on the website link: <a href="https://www.nsd61.ca/download/493433">https://www.nsd61.ca/download/493433</a>.





#### Tri-Annual Report #2 for 2024-2025 presented to the Board

Superintendent of Schools/CEO Cal Johnson shared the second Tri-Annual Report for the 2024-2025 school year. The report highlights how Northland is meeting its goals and improving student learning.

To read the full Board Highlights, visit: https://www.nsd61.ca/download/493458.





The Northeast Alberta FASD Network enhances regional capacity to prevent FASD and support those impacted by it through coordinated planning, collaboration, education, and service delivery.

- **Assessment and diagnosis:** Diagnosis is the first step to getting the help that individuals with FASD need.
- **Rural outreach**: Our Outreach program is designed to assist and support individuals affected by FASD as well as their Families/caregivers. Through a strength-based approach clients are prepared to achieve greater success.

#### **NEAFAN** team is available in:

Janvier Multiplex Building – May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> #468: Wellness Centre – May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

Fort McKay: Family Support Building – May 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>

Anzac: Recreation Centre – May 22<sup>nd</sup>

Fort Chipewyan: Nunee Health Centre – May 29<sup>th</sup>

Conklin: Multiplex Building – May 15th

\*Please refer to the community Events and programs Calendar for date and time for information or to schedule an intake appointment, please contact:

FASD Rural Outreach Worker: Kenisha

Boothe

9916 Manning Avenue Fort McMurray AB

Phone: 780-799-1748

Email: Kenisha.boothe@mcman.ca

FASD Rural Outreach Worker: Alyssa

Nicolle

9916 Manning Avenue Fort McMurray AB

Phone: 587-919-5237

Email: Alyssa.nicolle@mcman.ca



# WAYPOINTS OUTREACH TEAM

WE WILL BE IN:

Conklin May 6<sup>th</sup> at the Multiplex from 1pm-6pm

Janvier May 7<sup>th</sup> & 21<sup>st</sup> for Wellness Wednesday's at the Multiplex from 11am-4:30pm

Anzac May 8<sup>th</sup> & 22<sup>nd</sup> at the Recreation Centre fror 1pm-6pm

FMFN 468 May 12<sup>th</sup> & 26<sup>th</sup> at the Health Centre from 10am-5pm

Fort McKay May 20<sup>th</sup> at the Family Resource Centre from 11am-4pm

HAVE YOU BEEN IMPACTED BY FAMILY AND/OR SEXUAL
VIOLENCE? ARE YOU LOOKING FOR SUPPORT AND WAYS TO COPE
IN A SAFE ENVIRONMENT?

To book an appointment please call/text our systems navigator at 780-713-6682 or email at system.navigator@waypointswb.ca

WE OFFER FREE
COUNSELLING
AND SUPPORT
SERVICES



www.waypointswb.ca



100-130 Prospect Drive Fort McMurray, AB, T9K 2Z5





# SEXUAL VIOLENCE AWARENESS

Month

Join Us This May for Awareness, Education, and Action!

Waypoints is hosting multiple events throughout May to raise awareness, support those impacted, and foster conversations about preventing sexual violence in our community.

Join us and be part of the movement for change.



INSTAGRAM: @WAYPOINTSWB





#### How to Get Involved:

For a complete list of events during Sexual Violence Awareness Month, visit our website or follow us for updates on social media at @waypointswb!

To learn more about sexual violence, resources, and support services available, please visit www.waypointswb.ca/stss or contact us at system.navigator@waypointswb.ca.

#SVAM2025

#UNITEDWEACTTOGETHERWECHANGE





## Conklin Public Health Services

Public Health Nurse visits occur every two weeks at this location throughout the year, see schedule below.

#### Public Health Nurses provide:

- Well Child Clinic
- Support for families with infants
- Infant and child growth monitoring
- Breastfeeding support
- Child & adult immunizations
- Health teaching and advice
- Disease control & follow-up
- School immunizations
- Take home Naloxone kits
- Seasonal influenza immunization



The Public Health Nurse will be available between

**11:00 a.m. – 2:00 p.m**. Spring – Summer '25, as follows:

May 6th & 20th,

June 3<sup>rd</sup> & 17<sup>th</sup>, July 15<sup>th</sup> & 29<sup>th</sup>,

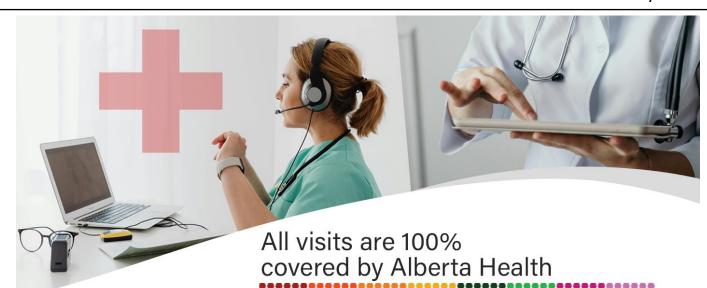
Aug. 12th & 26th, Sept 9th & 23rd

Please call or text 780-215-8125 for more information or to book an appointment with the Public Health Nurse. Walk-ins are also welcome.

www.albertahealthservices.ca







**1.888.342.4822** AIVCC.ca

3 EASY STEPS



Alberta Indigenous Virtual Care Clinic (AIVCC)

#### HOW OUR VIRTUAL CLINIC WORKS

,

Call **1-888-342-4822** and a Medical Office Assistant will **register** you and **book** your appointment.

2



Speak to a Doctor by telephone or video using your preferred device. 3



Our office will fax prescriptions, requisitions and more where you would like them to go.



MONDAY, WEDNESDAY OPEN LATE
TUESDAY, THURSDAY, FRIDAY
SATURDAY, SUNDAY AND SOME HOLIDAYS

8:30AM - 8:30PM 8:30AM - 4:30PM

12:30PM - 4:30PM



A provincial non-profit organization dedicate to building strong, vibrant communities to enable youth on their path to rewarding careers.

#### **ATC Career Fair**

On April 8th, CAREERS was honoured to be invited to participate at the Athabasca Tribal Council Career Fair where over 400 Indigenous students from across Wood Buffalo attended. The youth benefitted from connecting with employers as well as hearing from Keynote Speaker, Carey Price, a former NHL player and Team Canada Gold Medal Winner, who spoke on his experiences as a young Indigenous person growing up in a remote community.





#### **Employers Looking for Summer Staff**

Are you looking to hire a summer student this year? CAREERS is working with local high school students to find summer internships in a variety of fields. We can also provide financial support for hiring. The Youth Internship Incentive Program is designed to increase the number of employers supporting work-integrated learning internships in trades, technologies, and in-demand occupations. This financial incentive supports new employers to offer CAREERS internships, and existing employers to expand their ability to provide more internships, and employers to support more internships.

#### Outland Youth Employment Program – Applications Open

A national network of land-based education, training and work opportunities for high school aged Indigenous youth. OYEP is a six-week work experience providing training and education in a supportive space that replicates various work environments. Applications close May 31.

Check out our website: www.careersnextgen.ca

If you are interested in learning more about any of these programs, please contact Ali Grinham, who will be happy to meet with you in person, virtually, or by phone to provide the details on how to apply.

P: 587-442-7628 | E: agrinham@nextgen.org



# Peer Coaching for Healthy Living

## Reach your best health with the help of a coach



People need support when taking care of long-term health concerns. There are trained peer coaches who will talk with you over the phone about ways to take care of your own health conditions.

#### What Will a Peer Coach Do?

- •Talk about how to solve problems, set action plans, and achieve goals
- ·Help you stay on track and check in with you on your goals, and help make decisions towards healthy habits
- ·Help find services and programs in your community
- Provide social and emotional support
- •Talk with you for 30 minutes every week for 3 months
- •Connect with adults in the Edmonton and Northern Alberta areas who cannot use online options

To register:

North Zone: 1-877-349-5711

Edmonton Zone: 825-404-7460 (press 3)





#### Who are the Peer Coaches?

They are trained AHS volunteers who may be living with similar health issues.

They are not health professionals and cannot provide medical advice.

## How Do I Get a Peer Coach?

It is FREE to be paired with a coach, and each person is matched to the coach who will offer the best support. Scan the QR code or call the number listed.





#### Resource List (National/RMWB)

#### **Emergency Support Contacts**

Suicide & Crisis Lifeline: Call/Text 988

Hope for Wellness (24 Hour Crisis Intervention and Counselling):

1-855-242-3310

Crisis Service Canada: 1-833-456-4566 or text 45645 (4pm-12am)

Wellness Together Canada: 1-866-585-0445 or text 'wellness' to 741741

Alberta Rural Distress line: 1-800-232-7288

Waypoints Crisis Line (Sexual and Family Violence): 780-743-1190

Alberta Mental Health Help Line: 1-877-303-2642

Healthlink: 811

Information and Referral: 211

#### RMWB Mental Wellness Education and Support

Canadian Mental Health Association: 780-743-1053

Some Other Solutions: 780-743-8605

St. Aidan's Society (Senior): 780-743-4370 ext.2

Stepping Stones (Youth): 780-750-2252

Unity House Emergency Shelter: 780-743-1190

Sexual Assault Healing Centre: 780-791-6708

#### **RMWB Addiction and Recovery Support**

Wood Buffalo Wellness (Mark Amy Treatment): 780-334-2398

Pastew Place Detox: 780-791-2525

Northreach Society: 780-876-2974

#### RWMB Free/Low-cost Counselling Support

AHS Walk-in Clinic: 780-793-8360

Waypoints Counselling and Support: 780-750-8650

Some Other Solutions Counselling: 780-743-8605

Legacy Counselling Centre: 587-536-6619

Wood Buffalo Primary Care Network (need Dr. referral) 780-714-2193

Wellness Solutions Inc.

Janene Hickman BSW, RSW C: 780-972-1650 E: wellness.solutions@outlook.com



Children: Ages 0 - 3: Orange
Youth/Teen: Ages 5 - 17: Ulum
Adult & Seniors: Purple
Family Programs: Green
Community User Groups: Brown
Events: Fink





## May 2025

S	M	T	w	TH	F	S
				The Hub  1 1-3pm Location: Concourse AHS: Location main offices Community Futures of Wood Buffalo Workshop 10:00am - 3:00pm Location: Gymnasium	2 Floor Hockey 10:00am - 5:00pm Location; Arena Adult Ball Hockey 6:00pm - 8:00pm Location: Arena	Mother's Day Craft Making 1:00pm - 3:00pm Location: Youth Room
Conklin Metis Local Community Bingo 5:30pm - 8:30pm Location: Gymnasium	5 Adult Volleyball 6:30pm-8:30pm Location: Field House Ball Hockey 10:00am - 5:00pm Location: Arena	6 Badminton 3:00pm - 4:00pm Location: Gymnasium RMWB Rust Sharing Network 2:00pm - 2:30pm Location: Elders Room Wilypoints: 1:4pm Location: Coccourse	7 Tot Floor Play 11:00am - 1:00pm Location: Indoor playground Ball Hockey 10:00am - 5:00pm Location: Arena	8 The Hub 1-3pm Location: Concourse AHS: Location main offices	9 Ball Hockey 10:00am - 5:00pm Location: Arena Adult Ball Hockey 6:00pm - 8:00pm Location: Arena	10
11 Mother's Day	Adult Volleyball 6:30pm -8:30pm Location: Field House 8all Hockey 10:00am - 5:00pm Location: Arena	Badminton 3:00pm - 4:00pm Location: Gymnasium	Tot Floor Play 11:00am - 1:00pm Location: Indoor playground  Ball Hockey 10:00am - 5:00pm Location: Arena	15 The Hub 1:00pm - 3:00pm Location: Concourse  AHS Location: Main Offices  Bubble Balls : 3:30-5pm Location: Field house	16 Ball Hockey 10:00am - 5:00pm Location: Arena  Adult Ball Hockey 6:00pm - 8:00pm Location: Arena	17
Wood Buffalo Library Story Time / Drop In Activities 11:00am - 2:00pm Location: Gymnasium	Facility Closed	Badminton 3:00pm -4:00pm Location: Gymnasium Nerf-Wars 3:30-5pm Location: Field house	21 11:00am - 1:00pm Location: Indoor playground Ball Hockey 10:00am - 5:00pm Location: Arena World Tea Day Location: Elders Room	The Hub 1:00pm -3:00pm Location: Concourse AHS Location Main Offices	23 Ball Hockey 10:00am - 5:00pm Location: Arena Adult Ball Hockey 6:00pm - 8:00pm Location: Arena	24
25	26 Adult Volleyball 6:30pm -8:30pm Location: Field House Ball Hockey 10:00am - 5:00pm Location: Arena	Badminton 3:00pm - 4:00pm Location: Gymnasium	Tot Floor Play 11:00am - 1:00pm Location: Indoor playground Ball Hockey 10:00am - 5:00pm Location: Arena	The Hub 1:00pm-3:00pm Location: Concourse  AHS Location: Main Offices	30 Ball Hockey 10:00am - 5:00pm Location: Afena Adult Ball Hockey 6:00pm - 8:00pm Locatior: Arena DR. Seuss Birthday Bash Location: Connourse 10:12am	31

Visit our website for program information www.anzacrec.ca





Doing this can help prevent problems with other kinds of wildlife, too.

#### www.bearsmart.alberta.ca

If the presence of a bear is a safety concern, contact the nearest Fish and Wildlife office at 310-0000 or, if after regular business hours call Report a Poacher at 1-800-642-3800.





### **Happy Birthday!**

May 2 Sharice Atkinson

Keyanah Adby

May 6 Tanis Robillard

May 5 Chris Desjarlais

May 8 Tiarra Tremblay

**Grant Martin** 

May 10 Richard Martin

May 11 William Martin

May 12 Martha Desjarlais

May 15 Paul Tremblay

May 18 Pam Tremblay

Elizabeth Desjarlais

May 21 Ava Monias-Boucher

May 28 Marjorie Adby

May 30 Dennis Quintal

May 31 Peter Quintal

**Cory Tremblay** 



If you wish to have your birthday and anniversary published in the Newsletter, please contact Wendy at the Municipal Office (780) 559-2235







#### **CONKLIN MUNICIPAL OFFICE**

244 Northland Drive Conklin, AB TOP 1H1 780-559-2235 (fax: 780-559-2277)

#### Office hours are:

Monday to Friday: 8:30 a.m. - 12:00 p.m. & 1:00

p.m. - 4:30 p.m.

Wendy.Desjarlais@RMWB.CA

#### **IMPORTANT CONTACT INFORMATION**

1-800-973-9663 780-743-7000	PULSE@RMWB.CA	RMWB.CA/PULSE		
-1	SOCIAL MEDIA:			
780-559-2228				
780-793-6970	@WOODBUFFALORURALCOMMUNITYCONNECTION			
780-559-9107	<b>S</b>			
780-559-9134	@RMWOODBUFFALO			
	O			
HEALTH NURSE 780-559-2011 OR 780-791-6247		@RMWOODBUFFALO  MUNICIPAL OFFICE SERVICES		
780-613-0658	UTILITY BILL F	PAYMENTS		
ALL EMERGENCIES 911		<ul> <li>WATER AND SEWER HOOK UPS</li> <li>ANIMIAL LICENSES ETC</li> <li>DEBIT/CREDIT MACHINE AVAILABLE FOR PAYMENT</li> </ul>		
	780-743-7000  780-559-2228  780-793-6970  780-559-9107  780-559-9134  780-559-2011 OR 780-791-6247 780-613-0658	780-743-7000  SOCIAL MEDIA:  780-559-2228  780-793-6970  780-559-9107  780-559-9134  @RMWOODBUFFALO  @RMWOODBUFFALO  @RMWOODBUFFALO  @RMWOODBUFFALO  ### MUNICIPAL OFF  UTILITY BILL F  WATER AND S  ANIMIAL LICE  DEBIT/CREDIT		

Deadline for June newsletter Submissions is May 26, 2025

e-mail: info.rr@rmwb.ca OR wendy.desjarlais@rmwb.ca



### **Conklin Community Programs & Events**

SUN	MON	TUES	WED	THURS	FRI	SAT
				Addictions & Mental Health 12 – 4pm HUB-on-Wheels visit 12 – 2pm RMWB Coffee Connect 11-2pm	2	3
4	RED DRESS DAY! Victim Services visit	6 Rural Sharing Network mtg. 1 – 2:30pm Health Nurse visit 11 – 2pm Waypoints Visit 10 – 3pm	7	8 CCA Senior's Lunch & Bingo 12 – 3pm Addictions & Mental Health 12 – 4pm HUB-on-Wheels visit 12 – 2pm RMWB Coffee Connect 11-2pm	9	10
Mothers Day	12	13	14	Addictions & Mental Health 12 – 4pm HUB-on-Wheels visit 12 – 2pm RMWB Senior's Day 12 – 3pm RMWB Youth Activity 3:30 – 5:30pm NEAFAN Visit	16	17
18	Victoria Day.  Municipal office closed.	Victim Services visit Food Bank Delivery 12 – 2pm Health Nurse visit 11 – 2pm	21	Addictions & Mental Health 12 – 4pm HUB-on-Wheels visit 12 – 2pm RMWB Coffee Connect 11-2pm	23	24
25	26 NEWSLETTER DEADLINE	27	28	Addictions & Mental Health 12 – 4pm HUB-on-Wheels visit 12 – 2pm RMWB Coffee Connect 11-2pm Food Bank Delivery 12-2pm	30	31

