

# Vantage Point



## In This Issue

### Rocky View County's Guide to Family and Community Support Services

Rocky View County strives to make our municipality a great place to live, learn, work, and play. It's easy to see the physical aspects of the County's efforts in supporting quality of life. Our roads, community halls, waste and recycling centres, pathways, fire stations, and other services are visible and tangible. But Rocky View County works hard on supporting people in our municipality, too.

The services the County supports for individuals and families are sometimes more difficult to see. By their very nature, they are often private and individualized. And because of the County's size and low overall population density, our services are often offered in partnership with not-for-profit groups in neighbouring municipalities.

These "people services" are an important part of the health and success of Rocky View County. From newborns to seniors, Rocky Viewers can access programs that help them cope and thrive, no matter what challenges they face.

In this issue of *Vantage Point*, you'll see many of the programs the County supports with funding assistance from Alberta Human Services' Family and Community Support Services (see page 2).

We encourage you to become familiar with these programs – you never know when you, a loved one, a friend, or a neighbour might need the support they can offer.







## Help When You Need It

We encourage you to read through this issue of *Vantage Point* to see the preventive programs that Rocky View County supports in the region. Should you need it, help is only a short phone call or web address away.

All social resources can be found by using 211 Alberta, a province-wide information and referral system. The 211 service is confidential and available 24 hours a day, seven days a week.

When you call you'll be connected with an information referral specialist, or you can find the information yourself online. Information can be provided on:

- Financial and social assistance
- Housing and utilities
- Food assistance and meal programs
- Seniors' services and home care
- Parenting and family programs
- Government program assistance
- Disability support services
- Volunteer organizations
- Newcomer services
- Mental health support
- And more

call 2-1-1 or visit [www.ab.211.ca](http://www.ab.211.ca)

## Family and Community Support Services

Family and Community Support Services (FCSS) is a partnership between the Province of Alberta and municipalities such as Rocky View County. A funding agreement between the Province and the municipality helps develop locally-driven preventive initiatives that enhance the well-being of individuals, families, and communities.



FCSS programs must be of a preventive nature, aimed at enhancing the social well-being of individuals and families through promotion or intervention strategies provided at the earliest opportunity. Services under a program aim to help people:

- Become active participants in the community
- Develop independence, strengthen coping skills, and become more resistant to crisis
- Develop an awareness of social needs
- Develop interpersonal and group skills which enhance constructive relationships among people
- Assume responsibility for decisions and actions that affect people and their communities

The FCSS philosophy is based on a belief that social support contributes to a sense of integrity, self-worth, and independence. The programs developed are intended to help individuals in their community adopt healthy lifestyles, thereby improving quality of life and building the capacity to prevent and/or deal with crisis situations should they arise.

Local municipalities such as Rocky View County set the priorities and the resource allocations to best meet the needs of the community, within the parameters of the FCSS Act.

## On the Cover

Instructor Dawn Kingshott is joined by Sarah (far left), Kayla (middle), and Emmy (far right), members of the Girls Group at the Bearspaw Lifestyle Centre. The group meets weekly to discuss and engage in activities that promote wellbeing.

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# Family and Community Support Services for Rocky Viewers

On the following pages you'll see information on the special programs that Rocky View County funds through Family and Community Support Services. We've included the names, descriptions, and contact information. There are opportunities for:

- Families with young children to connect with others, develop parenting skills, and access developmental resources
- Kids of all ages, with programs and services including day camps, sports, leadership, bullying prevention, and self-esteem classes
- Youth to develop academic skills, leadership skills, self-esteem, and social connections, and to participate in sports and music, as well as to spend time with friends and mentors in a safe place
- Adults to foster social connections, professional skills, and fitness, and to cope with the stresses of life, including support for issues with finances, family, and relationships
- Seniors to create social relationships, increase fitness, and cultivate community connection
- People of all ages in need of support, or who are in crisis through 24-hour crisis services



## Art Therapy

This program supports seniors in the Irricana area by holding art classes to develop interpersonal and group interaction skills, reduce social isolation, and build social connections with others.

Contact information:  
KIK Seniors | 519 1 Ave., Irricana, AB, T0M 1B0



A quiet and shy participant enjoyed feeling connected while learning new things. She is very proud of her finished art projects, and has become more active and involved in other community activities.

## Bearspaw/Glendale Community Enrichment



Tatum, Fiora, Sadie, Alyssa, Emmy, Kayla, Angalie, Isabella, Claire, Sarah, and Ceilee

The Community Enrichment Program engages the residents of the Bearspaw/Glendale area through senior lunch-and-learn programs, family life enrichment programs (such as parent and child socialization groups), volunteering opportunities, and community events (such as Christmas markets).

Programs include sport and fitness classes for kids, youth, adults, and seniors including:

- Parent and tot drop-in classes
- After school sports
- Lunch-and-learn sessions on various topics, with special guests
- Badminton
- Fitness and yoga classes

Contact information:  
Bearspaw Lifestyle Centre | 403-239-1502 | [www.bearspawlc.org](http://www.bearspawlc.org)

The weekly Girls Group program is for girls 9 to 12 years old. Activities and discussions help develop social-emotional skills to improve overall well-being. Sessions have topics that are explored through presenters, crafts, stories, discussion, play, and activities. Topics include communication, leadership, bullying, decision making, health awareness and concerns, smart use of social media, self-image, self-esteem, and friendship.



# Big Brothers and Big Sisters



Big Brothers and Big Sisters is a volunteer-driven organization founded on mentoring as a proven strategy for ensuring resiliency, future orientation, and social support for children and youth. Mentors teach about giving and giving back, staying in school, and having respect for family, peers, and community.

Mentoring relationships challenge and support young people, allowing them to realize they have the ability to succeed and make life-changing decisions. Mentoring programs and commitments include:

- Big Brothers, Big Sisters, and Big Couple for 6 to 14 year olds
- Recreation Mentoring for 8 to 18 year olds
- mPower Youth Mentoring for 15 to 24 year olds
- YES (Youth Engaging Supports) for 16 to 24 year olds
- In-School Mentoring for 6 to 14 year olds
- Between Generations for 6 to 12 year olds with mentors ages 50 and up
- Teen Mentoring for 6 to 12 year olds with mentors ages 14 to 17
- Go Girls! for 10 to 12 year olds
- PRYME (Police Recreational Youth Mentoring Experience), for 12 to 15 year olds

Contact information:

Big Brothers and Big Sisters of Calgary and Area | 403-777-3535  
 bbbs.calgary@bigbrothersbigsisters.ca  
 www.bbbscalgary.ca



A young man and his Big Brother have been matched for four years, and are in the mPower program. The young man has a dysfunctional home life and struggles to make positive choices. He ran away from home a few times but opened up to his Big Brother about his home life and how he felt. The Big Brother was surprised and touched that his little brother felt comfortable enough to be so open, as this is not his usual demeanor. The young man's mother is also appreciative of the bond her son has developed with his Big Brother and said how lucky they are to have him in her son's life.

A young lady and her Big Sister have been matched for eight years in the youth mentoring program mPower. The young lady came from a single-father home and did not have many female role models. At first, she was struggling at school, trying to fit in with her peers, and adapt to life as a fifth grade girl. Her Big Sister helped build the young lady's confidence and answered all of her questions. Over the years, she grew from a shy, introverted, insecure young woman into an outgoing, confident, and social girl. The young lady is grateful to feel special and supported in her school journey.



## Bragg Creek Community Programs

The Bragg Creek Community Association provides community programming such as youth groups, summer camps, and early childhood programs for local residents. Programs include:

- Monthly women's groups
- Tiny Tots (drop-in play space for newborn to 3 year olds)

- Badminton drop-in (weekly for all ages)
- Cooking classes for kids
- Dance classes for ages 3 to 5, 6 to 15, and 16+
- Free movie nights for members

Contact information:

Bragg Creek Community Association  
 403-949-4277 | info@braggcreekca.com  
 www.braggcreekca.com







## Boys and Girls Clubs

Boys and Girls Clubs provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life. Depending on the club, programs can include:

- Licensed after school care
- The Club for kids to make new friends, learn new skills, and build their self-esteem through activities and classes such as cooking, creative arts, games, sports, and leadership skills (kids in grades 1 to 6, after school and in the evenings)
- Game Tech, which introduces youth ages 10 to 13 to computer programming
- The Youth Centre for kids in grades 7 to 12, with free drop-in or registered programs on nutrition, healthy cooking, and meal planning on a budget, spa nights for girls, board games, and trivia nights
- Torch, where kids plan programs based on their own interests, helping them build new relationships, develop leadership skills, and enjoy their own interests (kids in grades 5 to 8)
- Keystone, where kids plan activities based on their personal interests and the needs of the community, helping them learn leadership, build their education, begin career development, gain economic and political awareness, and have fun with their friends (young people in grades 5 to 12)
- Education and employment programs where youth can choose to improve academic skills and learn life planning skills, such as financial literacy, career and education planning, and living independently
- Rogers Raising the Grade helps kids overcome barriers to academic success, from poverty, isolation, and being new to Canada to challenges at home
- Legacy Gift of Music for kids ages 12 and up, which offers music lessons as an incentive to stay in school



- Youth Drop-In for young people ages 13 to 17 to play pool, watch TV, play X-Box, use the art centre, use guitars, drums and keyboards, and more
- Junior Chef for kids ages 11 to 14 to learn to cook healthy meals

### Contact information:

Boys and Girls Club of Airdrie

403-948-3331 | [info@bgcairdrie.com](mailto:info@bgcairdrie.com) | [www.airdrie.bgccan.com](http://www.airdrie.bgccan.com)

Boys and Girls Club of Cochrane and Area

403-981-2020 | [info@bgccochrane.ca](mailto:info@bgccochrane.ca) | [www.bgccochrane.ca](http://www.bgccochrane.ca)

## Bragg Creek, Springbank, and Bearspaw Community Programs



The Western Rocky View Family and Community Resource Centre partners with Cochrane's Family and Community Support Services (FCSS) to provide local and regional resource information, referrals, and in-home support services to families and individuals in Rocky View County, including Bragg Creek, Springbank, and Bearspaw. Programs and services include:

- Information and referral for those who need help meeting basic needs, managing finances, dealing with change, and handling relationships
- Information, support, and referrals for those in rural communities
- Home Visitation Program for families with newborn babies to kids who are 6 years old, where healthy child development is supported by a family support worker who can offer parenting support, parenting skills coaching, and child development referrals, and supported by a caregiver who offers short-term childcare for families in a crisis
- Community Access Resource (CAR), a program that provides subsidized transportation to access social programs and necessities
- Community Volunteer Income Tax, a program where volunteers from the Canada Revenue Agency help with personal income taxes for those earning below \$45,000 per family or \$35,000 per individual

### Contact information:

Western Rocky View Family and Community Resource Centre

403-851-2250 | [www.cochrane.ca/163/Resource-Centre](http://www.cochrane.ca/163/Resource-Centre)

A victim of domestic violence faced financial, emotional, and parenting stress. She came to the centre and received support finding housing resources, financial resources and food hampers, parenting support through the Home Visitation Program, and help dealing with depression.







# Cochrane Area and Bearspaw Grandparent Mentoring

This program connects kids who do not have grandparents nearby with seniors who want to volunteer and spend time with youth. Students spend quality time with senior volunteers at school, bridging the gap between generations, and connecting to the community.

Contact information:  
Seniors for Kids Society | 403-861-4558 | [info@seniorsforkids.ca](mailto:info@seniorsforkids.ca)  
[www.seniorsforkids.ca](http://www.seniorsforkids.ca)

“Spending time with her ‘Grandma’ was a highlight of my daughter’s week. I loved seeing how excited she was to get to school on her grandparent day. She was eager to go and to try new things and participate in all the cool crafts they made.”

“I enjoyed talking to the students, listening to their stories, their dreams, their ideas. I felt privileged to win their trust and confidence.”



Norm and Devin

## Crossfield Area Day Camp



Crossfield Day Camp is a non-profit organization that runs a summer program for children from ages 5 to 12. While some activities are indoors, the camp’s focus is to get kids active outside. Daily activities include crafts and games, as well as larger activities, such as scavenger hunts, time at a splash pad, and field trips, such as trips to places like Heritage Park, the Calgary Zoo, and Calaway Park.

Registration begins in the spring, so check the website for 2017 dates.

Contact information:  
Crossfield Day Camp Society | 403-369-8810  
[crossfield.daycamp@gmail.com](mailto:crossfield.daycamp@gmail.com)  
[www.crossfieldsummerdaycamp.weebly.com](http://www.crossfieldsummerdaycamp.weebly.com)

The day camp has been an important part of the community since 1988. Many young people have moved from attending to volunteering to employment at the camp as they grow older. Throughout the process, these individuals have developed valuable leadership skills to help them grow personally and professionally, and to become active members of their community.



## North Rocky View Community Links

Programs and services for children (newborns to 12 year olds), youth (13 to 18 year olds), adults, parents, and seniors. North Rocky View Community Links has several offices and provides counseling, community development services, and family resource services such as education and awareness workshops, an accredited family day home program, short-term

respite care, and support for family violence and bullying. Programs include:

- Counseling
- Adult Grief and Loss Support Group
- Airdrie Senior Outreach Program Presentations
- Baby Networks

- Budgeting Basics
- Finding Your Voice: Self-Advocacy Workshop

Contact information:  
North Rocky View Community Links Offices in Airdrie, Beiseker, Crossfield, and Irricana  
1-866-945-3905 (toll free) | [www.nrvc.ab.ca](http://www.nrvc.ab.ca)





# Langdon and Area Community Services

With support from Rocky View County's Family and Community Support Services (FCSS), Chestermere's Community Services develops, co-ordinates, and provides residents in the Chestermere, Conrich, Delacour, Dalroy, Indus, and Langdon area with a variety of preventive social programs.

The programs help members of the community assess their needs and develop plans to meet them through community development, connection to basic needs, early childhood development, family support, parenting education, volunteer development, and programs for children, youth, adults, families, and seniors. Programs include:

- After School Adventures for youth who aren't old enough to stay home alone after school. For youth 12 to 15 years old.
- Chestermere Whitecappers Association, which includes a forum for an aging-in-community initiative on how to transition seniors in the community when they cannot remain in their own homes.

Contact information:

Chestermere Community Services  
403-207-7050 | csinfo@chestermere.ca  
www.chestermere.ca/communityservices



A participant in the Circle of Parenting program came looking for support with connecting, disciplining, and managing behavioural issues with her young children. She wanted information, tools, and strategies, and the program supported her by connecting her with other parents, and enhanced her parenting "toolbox." She found a safe, empowering space to share her struggles.

## Victim Services



Rocky View County's Family and Community Support Services program funds the Airdrie and District Victims Assistance Society and Cochrane and Area Victim Services. These non-profit, volunteer-based organizations provide 24-hour crisis response and support to victims of crime, tragedy, or misfortune. Services provided include:

- Crisis response at the scene or by phone
- Information on family/domestic violence, bullying, harassment, stalking, suicide prevention and intervention, sexual and physical assault, robbery, and more
- Referrals to resources, such as counselling services, support groups, emergency housing, legal aid, and child welfare

Contact information:

Airdrie and District Victims Assistance Society 403-945-7290  
www.airdrievictimassistance.com

Cochrane and Area Victim Services  
1-800-615-5984 (toll free)  
www.cochranevictimservices.com

"Helped on the road to healing and recovery."

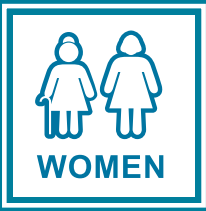
"Made me feel safe and supported, just a phone call away."

"Helped to give me the strength and support to get through, before, during, and after."

Most victims want to tell their story and be heard. In one case, a young mom got the help she needed from the RCMP to deal with the aggressive behaviour of a former spouse, while Area Victim Services gave her the emotional support she desperately needed.







# Women's Conference

A one-day conference aimed at providing women opportunities to come together, develop new connections, and learn skills that will support them in addressing their needs. The next conference is November 5, 2016.

Contact information:  
Tapestry of Women | 403-851-2250



"There was laughter, hugs, and tears as we had all connected and shared."

# Youth Theatre Project



The Langdon Theatre Association delivers fun, affordable programs to the children of Langdon and the surrounding area, while providing them with life skills such as self-esteem, team building skills, and self-worth.

Contact information:  
Langdon Theatre Association | 403-899-1612  
ltateachers@gmail.com | www.langdontheatre.com

"Because of drama I am a lot more confident and I have met more friends."



ROCKY VIEW COUNTY

# THE SNOW PATROL

Rocky View County plows roads in this order:

1. Arterial roads (500+ vehicles per day)
2. Collector roads (200–499 vehicles per day)
3. Local roads (less than 200 vehicles per day)
4. Unmaintained roads used for agriculture purposes (by request, once all other plowing is completed)

Highways and secondary highways are maintained by the Province of Alberta.

For more information on snow plowing in Rocky View County, search "Snow Control" at [www.rockyview.ca](http://www.rockyview.ca).



ROCKY VIEW COUNTY  
Cultivating Communities