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YEARS IN

BUSINESS

LONG TERM CARE FACILITY CONSTRUCTION IN PROGRESS



*Rental Lease
Renewal Due* 2

*Fort McKay School is
Now an Apple School* 4

*Invitation to be part
of a Health Study* 7

*Park & Ranger
Program* 8

*Radio Looking for
Board Members* 11

The Long Term Care Facility project is quickly progressing. Crews have worked hard to make up for the time lost during the fires that forced our community to evacuate last May.

As the construction evolves, the building's shape will start to illustrate how much space we can expect. The piles and grade beams have all been completed and the stairwell and elevator shaft can now be seen from a distance. James Owl, Executive Director of Capital Projects, described that: "the local Fort McKay Major Projects crew has installed both the water and sewer connections

into the facility and are currently focused on completing the final section of the water-main upgrade on Begin Avenue."

Similar to the Youth Centre project, there are a number of Fort McKay members working directly with Clark Builders on each component of the construction. "Dave McClure and Cory Fitzpatrick are currently assisting with the final lift of the elevator shaft forming. These two labourers are gaining valuable site-specific experience and will benefit greatly from the close mentoring they are receiving." Explains James Owl.

While we anticipate the weather getting colder, the next major objective will be to enclose the building and prepare for winter heating. According to James Owl, the structural steel framing members will be delivered the first week of November and assembly is expected to follow. "The Major Projects crew will begin the box culvert sections, which will transfer drain water safely through the site and under Athabasca Drive."

Stay tuned for monthly updates as this exciting project develops!



PUBLIC WORKS:

~Finding resolutions for our community~

Following the fires in May of this year we experienced a sharp spike in dumping at the waste transfer station. Articles such as mattresses, couches, car parts and full vehicles were being abandoned during the night.

In response we have installed cameras capable of recording in high resolution as well as in the dark. The transfer station is meant for household waste

for the members of Fort McKay only. Each additional bin of refuse that we must dispose of costs \$500. Our target is to eliminate night time dumping to ensure that Fort McKay does not continue to incur significant disposal costs for unauthorized dumping.

Ditching activities will commence shortly to deal with the water pounding issues at

the upper area of the community in the areas of 500 and 600 blocks. Properly sized driveway culverts and properly sized and located road crossing culverts will be installed well in advance of spring runoff to ensure that flooding is controlled moving forward. Watch for equipment working signs and please obey all detours. Our apologies in advance for any inconveniences during this period.

FMFN LEADERSHIP TEAM

Jim Boucher, Chief
Raymond Powder, Councillor
Crystal McDonald, Councillor
Gerald Gladue, Councillor
Peggy Lacorde, Councillor

George Arcand, CEO
Larry Hewko, CFO
Barrie Robb, CEO of Business Development

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
General Delivery
Fort McKay, AB T0P 1C0
Phone: 780-828-2430

Hours of Operation:
Monday - Thursday : 8:30am - 4:30pm
Friday : 8:30am - 2:00pm
Closed daily: 12 - 1pm

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact Nancy Robin at:
780-715-4512 or
email: nancydoire@msn.com
and communications@fortmckay.com

RENTAL LEASE RENEWAL DUE

The Fort McKay First Nation Housing Department would like to remind all tenants that Rental Leases must be updated yearly to remain in effect. Housing staff are actively undertaking inspections of each Rental Housing Unit in Fort McKay to evaluate appliances, smoke alarms, Carbon monoxide detectors, fire extinguishers and general condition assessments

Please keep in mind that it is each tenants responsibility to comply with the requirements of their Lease Agreement. The more critical requirements include the timely payment of rent, the maintenance of utilities and ensuring no damage is made to the units. The Housing Department has been sending out arrears notices and thanks all those who have made arrangements



to get back on track with their rental payments. For those who have not yet been in to make arrangements keep in mind that no repairs or renovations will be carried out on units in arrears

The Housing Department can be reached at 780-828-5555



KIDS LEARN TO CAPTURE MOMENTS THROUGH A LENS



On August 23rd, 2016, The Wellness Center took part in a photo walk around Fort McKay, led by Nadia Bouchier. Children had the opportunity to capture life in Fort McKay through photographs, while soaking in their surroundings.

Nadia recalls, "As we embark on our small journey through well beaten paths taken by generations before us we listen to the chatter amidst all the flurry of activity. It takes me back to my younger days when I was that young girl walking through Fort McKay. I am flooded with many

memories of running through the play yard of the school, jumping off the swings behind the school, swinging through the monkey bars falling in the sand, and finding berries wherever they could be found along the way to fill our bellies. Not only are the memories still fresh in my mind as if it was only yesterday, but to see the young children do what I did fills my heart with joy."

The children enjoyed hearing stories of Nadia growing up in Fort McKay and shared their own memories and stories of

being a kid in Fort McKay today.

Everyone raved about how amazing their playground is and how it's important to stop and take in your surroundings. There was beauty to be found in the leaves, the sand, the river and the grass.

While taking in the sights, our young photographers also received the opportunity to learn to take proper photos and edit them to capture the true moments they experience. These photos were taken by the children in Fort McKay.



FORT MCKAY SCHOOL IS NOW AN APPLE SCHOOL

Fort McKay School is now an Apple School! Apple School is a health promotion project that improves the health of more than 15,000 students annually. Here at Fort McKay School, the students and staff have been helping to create bulletin boards that will help provide information to the school.

As part of the program, Taste Testing Thursdays will be introduced to the classes, where students will have the opportunity to taste fresh fruits and vegetables and see if they like it. This fruit or vegetable will then be used as an ingredient in a simple recipe during the after school Cooking Club - a joint project organized with the teachers and the Fort McKay Recreation Department. Exposure to fruits and vegetables through taste testing and cooking clubs can be an effective tool for kids to have fun and enjoy new healthy foods.

Another area of focus of the Apple School project includes incorporating daily physical activity. In partnership with several community resources, the Fort McKay School has organized "Dance Play" sessions during Physical Education class. There will also be opportunities for children to experience yoga, in-line skating, and workouts that will be hosted by certified professionals as well as the Physical Education Teachers in the near future.



Daily Physical Activity bins are now available for teachers to use throughout the day, not only for Physical Education classes but also to give students 'brain breaks' or fun time. Some of these bins will have cultural opportunities for the students to experience games or activities played by Aboriginal people throughout the country as well as activities geared towards Cree and Dene cultures that are within the Fort McKay Community.

More information on the Apple Schools project can be found on the website at www.appleschools.ca

HOCKEY SEASON IS BACK!

The Fort McKay Hockey Society recently held their AGM and a new board was elected. We would like to welcome the following individuals:

VP of Operations: BJ Fitzpatrick
VP of Administration: Lolita Ladouceur
President: Dennis Shott
Treasurer: Joanne Powder
Secretary: Candace Fabian



Programming includes "Learn to Skate", "Hockey Academy & PEP" by Change Up Performance, "Power Skating" by Athletic Edge Training, and practices will continue for the Jr. Novice, Novice Fort McKay Maskwak team, and Atom & Up. A big thank you to those companies who continue to support the youth of the community, Birch Mountain Enterprises (BME) a huge thank you for donating a new lap top to replace the one that was stolen from the office!



Fort McKay Arena Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Family	PEP	
12:15 PM	Skate	Skate	Skate	Projects	Skate	Skate	RENTAL	
12:30 PM	12:00 PM	12:00 PM to	12:00 PM	12:00 PM to	12pm	12:00 PM to	12pm to	
12:45 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1pm	1:00 PM	3pm	
1:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	Open Ice	Flood	Flood	
1:15 PM								
1:30 PM								
1:45 PM								
2:00 PM								
2:15 PM								
2:30 PM								
2:45 PM								
3:00 PM	Flood	Flood	Flood	Flood	Flood	Mens	Flood	
3:15 PM	Junior Novice 3:45pm 4:45pm	Open Ice	Learn to Skate	Open Ice	Open Ice		Hockey	Open Ice
3:30 PM			3:30 PM to					
3:45 PM			4:30 PM					
4:00 PM			Flood					
4:15 PM								
4:30 PM								
4:45 PM								
5:00 PM	Flood	Senior Novice 5pm-6pm	PEP Academy	Senior Novice 5pm -6pm powerskate	Atom and up	6:30 PM	Flood	
5:15 PM	Open Ice		Jr/Sr		5pm to 6pm			
5:30 PM	5:15pm		Novice		Flood			
5:45 PM	to		6pm to 7pm		Atom and up			
6:00 PM	7:45pm		PEP Academy		6:15pm			
6:15 PM	6:45 PM		7pm to 8pm		to 7:15pm			
6:30 PM	6:45 PM		FLOOD		powerskate			
6:45 PM	Flood	Atom and up 6:15pm to 7:30pm	Open Ice	Open Ice	Youth Skate 6:00 PM to 7:45 PM	Flood	Youth Skate 6:45 pm to 7:45 PM	
7:00 PM			7:15 - 8pm					
7:15 PM			Flood					
7:30 PM			7:30 - 8:15p					
7:45 PM			Flood					
8:00 PM			Flood					
8:15 PM			Flood					
8:30 PM	Shinny 8:00 PM to 9:30 PM	Shinny 8pm to 9:30pm	Shinny 8:15pm to 9:30pm	Shinny 8:30 PM to 9:45 PM	Shinny 8:00 PM to 9:30 PM	Shinny 8:00 PM to 9:30 PM	Shinny 8:00 PM to 9:30 PM	
8:45 PM								
9:00 PM								
9:15 PM								
9:30 PM								
9:45 PM								
10:00 PM								

Schedules are subject to change.

For private or birthday party rentals please call Simon at 780-881-9096.



FENTANYL

IMPORTANT INFORMATION FOR PARENTS

You may have heard recently about a dangerous drug called fentanyl that is causing a lot of harm in Alberta and across Canada.

Fentanyl is an opioid (painkiller) that can be used safely when it is prescribed by a health professional and taken as directed. But it is also being made and sold illegally. Fentanyl is very toxic. Just a small amount of fentanyl, the size of two grains of salt, can be deadly. Fentanyl is made and sold in many different forms and can be hiding in other drugs.

TALK TO THE KIDS IN YOUR LIFE

Kids and young adults are especially vulnerable to substances since their brains are still developing. It is not always easy, but talking to your kids about fentanyl and other dangerous drugs is one of the best things you can do to keep them safe.

- You can start a conversation by telling your kids you care about them and you want them to be safe.
- Ask them what they know about fentanyl and encourage open and honest communication.
- Tell them what you know about fentanyl:
 - *It's a very dangerous drug that is being seen more and more in Alberta;
 - *272 Albertans died from fentanyl in 2015;
 - *If you take fentanyl, it can stop your breathing;
 - *It can be hiding in any street drug and may even look like prescription medication;
 - *Drug dealers may not know if the product they are selling contains fentanyl.
- Ask your kids to tell you if they are ever around drugs and let them know it is ok to say no if they are ever offered drugs.

WHAT PARENTS AND CAREGIVERS CAN DO?

As parents, you are an important influence in your kids' lives. Although there is no guaranteed way to prevent drug use, there are some things you can do that we know are helpful:

- Spend quality time with your kids, be involved in their lives.
- Encourage and support your kids to help them do well

in school. Support and help your kids be involved in activities that build on their interest, hobbies (sports, learning, community activities, and leadership development).

- Help kids and youth understand the risks and consequences of drug use and have clear expectations.
- Support your kids to make healthy decisions and what to do if someone is pressuring them or their friends to use drugs.

If you think your child might be using fentanyl or other drugs, there is help. Call Health Link at 811 and their trained staff will help you with what to do next.



SIGNS OF AN OVERDOSE

If you are using drugs, or are with someone who has used drugs, and you or they have any of these symptoms call 911:

- breathing is slow or not breathing at all
- nails and/or lips are blue
- choking or throwing up
- making gurgling sounds
- skin is cold and clammy
- can't wake them up

Learn more about overdose prevention and what you can do to keep yourself and others safe at www.drugsfool.ca.

When someone overdoses on fentanyl, they may stop breathing. If you come across someone who you think may be overdosing and is not breathing:

1. Call 911 immediately.
2. Follow the SAVE ME steps:
 - a. Stimulate (to see if a person is responsive)
 - b. Airway (check and clear)
 - c. Ventilate (1 breath every 5 seconds)
 - d. Evaluate
 - e. Muscular Injection (1ml of naloxone if available)
 - f. Evaluate (consider second dose of naloxone if needed)
3. Stay with the person until help arrives.

Rescue breathing is best performed with a barrier mask to prevent the potential transfer of disease.

Naloxone is a drug that may help someone start breathing again after an opioid overdose if given right away.

However, its effect is only temporary.

excerpts taken from Alberta Health information sheet.



YOU ARE INVITED TO BE PART OF A HEALTH STUDY

The Canadian Alliance for Healthy Hearts and Minds is currently looking for First Nation participants to be part of its latest health study.

The study aims to understand the role of environmental and contextual factors on heart disease, stroke and other brain disorders, memory and brain function. Environmental factors include the community in which we live and work. Contextual factors include societal structure, activity, nutrition, smoking, access to health care etc. 2) To determine how culture and other factors affect the health of Indigenous Peoples and other people in Canada. 3) To understand the early signs of heart disease, stroke and dementia risk. Using an MRI machine, we will scan inside your body to look for early signs of changes in your brain and heart that might cause problems later in life

If you are BETWEEN 18 - 69 years old and have First Nations ancestry you may be eligible to join this study.

WHY IS THIS RESEARCH BEING DONE?

- To understand the early causes and risk factors for cancer, heart disease, stroke and other brain diseases.
- To find out how the places where we live and work influence our lifestyles.
- To learn how to identify risk factors for poor health early, to help improve health services and preventing disease.

HOW MANY PEOPLE WILL BE IN THIS STUDY?

About 10,000 Canadians across will take part in this study, including 2000 people in First Nation Communities – 200 in Fort McKay.

WHAT ARE THE BENEFITS?

This study will help provide a better understanding of the causes of heart disease, cancer, diabetes, stroke and other chronic diseases. It will also help us understand how the places we live and work impact our health.

Although we cannot promise any personal benefits from participating in this study, you have the option of learning your own personal Heart Health Risk Score, which may give you a better understanding of your own risk factors for heart disease and how to improve them.

UPON STUDY COMPLETION, YOU WILL RECEIVE:

- a personal Heart Health Risk report
- MRI images of your Heart and Brain

WHAT IS INVOLVED?

All parts of this study are voluntary. If you volunteer to participate, you will be asked to complete the following:

1. Questionnaires about your diet, heart health, physical activities, Health care, community, and culture.
2. Physical measurements (for example: height, weight, blood pressure).
3. Memory test
4. Provide a blood sample to check your cholesterol and blood sugar levels.
5. Have an MRI scan of your brain, heart, and abdomen using Magnetic Resonance Imaging.
6. Have a follow up visit to go over your results.
7. Be contacted in 2-3 years to see if your health has changed.
8. Additional options include: Agreeing to have your blood stored for up to 25 years for future genetic testing and agreeing to allow access to your Health Card number to follow your health.

WHAT INFORMATION WILL BE KEPT PRIVATE?

Personal information such as your name, address, and phone number will be removed from your data and blood sample, and will be replaced with a participant ID code. An anonymous version of your data will be used for analysis. Your data will be kept for 25 years. The use of your community's data and blood samples will be overseen by your local Aboriginal Community Advisory Board to make sure that your community's values are fully respected.



IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO PARTICIPATE, PLEASE CONTACT
THE RESEARCH STUDY NURSE, THERESA MAFFENBEIER (780) 881-8947



SUSTAINABILITY DEPARTMENT GENERAL UPDATE

WHO ARE WE?

The Sustainability Department (FMSD) is here in your community to ensure that existing and planned industrial development throughout Fort McKay's Traditional Territory is done in the most sustainable and responsible way possible if it is going to take place. The staff at the FMSD work in many different areas such as; Community Engagement, Trapper Relations, Environment, Regulatory, Government Relations, and Long Term Agreements. These areas work together to make sure that development applications are reviewed and assessed, and that community members and trappers are engaged, so we can properly reflect their concerns to industry and government. We work to facilitate ongoing consultation within the community so residents know how their traditional lands are being affected. The FMSD demands and pushes for a higher standard from industry and government than the regulatory standards asked for today.

WHAT HAVE WE BEEN UP TO?

In the last issue we provided an update about some of the most recent Community Advisory Group (CAG) meetings, about how they work, and about some of the industries that community members met with over the summer. This issue will include updates on: the recent press release on odour and air quality issues in the community, the new Park Ranger Program, the work the FMSD has been doing to protect the Moose Lake Area, and the lawn and garden workshop event. Recurrent Human Health Complaint Process

The community of Fort McKay has for many years, experienced significant odours and air quality issues in the community; from time to time they are a daily occurrence. In response to odour and air quality concerns raised by the FMSD and community members, the Alberta Energy Regulator (AER) in May 2015 launched a "Recurrent Human Health Complaint Process" assessment. The AER identified the need to understand potential health concerns with air quality and odours and asked Alberta Health to join the assessment; the FMSD and industry supported the process.

On September 21, 2016 the Fort McKay First Nation hosted a joint press release with AER and AB Health

to release the report, publicly recognize that Fort McKay does indeed have issues with air quality and odours, and to talk about next steps for following through on the 17 report recommendations made in the report. In preparation for the press release, a Community Notice that summarized the findings in the report was delivered to each community household. The press release was also broadcast live on the local radio station 106.3. Following the press release, the radio station held a brief question and answer period with Chief Jim Boucher, the Minister of Health, Sarah Hoffman, and Monique Dube, the Chief Environmental Scientist from the AER.

Since the press release, the FMSD called together a focus group, held on Oct 12, 2016, where 30 community members participated in learning more about the investigation itself and the 17 recommendations. There will be a task force with the Government of Alberta, AER, and Fort McKay First Nation and Metis members developed soon. Fort McKay will put together a CAG with members of the community who are interested in providing input on the implementation of the recommendations. If you are interested in participating in the odour and air quality CAG, please contact the Sustainability Department at 780-828-2480 to let us know.

PARK RANGER PROGRAM

Fort McKay First Nation is unique in that there are multiple reserve locations spread across the Traditional Territory. The reserves at Buffalo (Namur) Lake and Moose (Gardiner) Lake (known to the community as Moose Lake) include some of the last remaining culturally significant areas unaffected by industrial development. Moose Lake has been an area for community members to practice their culture and traditional activities. Many cabins are built along the shores of these lakes, and the communal camp area typically hosts a variety of camps and activities throughout the year. The remote location of Moose Lake has contributed to ensuring this area stays untouched.

The park ranger program has been an interest to Fort McKay to develop because there are no current plans in place to address the needs in the community such



as: providing a safety and security presence, checking the ice road and travelers along the road, developing wildlife habitat management plans, among other needs. In order to introduce the program and ensure it runs well, the Park Ranger Program will start off just working in the Moose Lake area. The idea is that once the program is running well and staff have been trained, the park rangers can also provide a Fort McKay presence at other culturally important areas.



The Parks and Land Lead position was recently filled by Jordan Besenski, the newest staff member to the FMSD (*in above photo*). Jordan will help to lead two other park rangers, community members, and as the program grows, more park rangers will be added. The job advertisement for the community park ranger position was posted on the website and to the community near the end of September into October.

Once the program is more developed, there will be a community meeting that will discuss how community members can be more involved. This will also be a chance for community members to provide information to the park rangers, on their issues and concerns in the Moose Lake area so the rangers can develop a work plan for the area.

MOOSE LAKE SPECIAL MANAGEMENT ZONE

The FMSD has been in discussion with the Government of Alberta since 2003 to express the value of the Moose Lake Area and to ensure that community members can continue to exercise their Aboriginal and Treaty Rights in an area less impacted by industrial development.

Since the beginning of 2016 the FMSD has worked through negotiations and recommendations for the development of a Special Management Zone around the Moose Lake area. The goal of having a Special Management Zone is to ensure that community members will have the ability to use and enjoy the Moose Lake Area, but also to ensure that any resource development near the Moose Lake area is done so in a controlled, orderly and phased manner. In July 2016, the FMSD Lead and a Government of Alberta Lead submitted their recommendations which included; minimizing the resource development footprint in the Moose Lake and surrounding area, and limited large-scale industrial infrastructure. The FMSD hopes that a meeting with the Ministers of Environment, Indigenous Relations, Energy, and Fort McKay Chief and Council will be arranged soon to review and discuss the joint recommendations.

LAWN AND GARDEN WORKSHOP

A Lawn and Garden Workshop was held in early October in the community. The workshop was sponsored by Hammerstone and brought Bill from Dunvegan Gardens who is a Journeyman, Landscape Gardener, Tree Doctor and Horticulturist to talk about how to prepare yards for the winter and make them beautiful for the spring. The workshop talked about composting, planting flower bulbs, pruning trees and any general lawn, tree, flower, vegetable gardening questions that community members had. Personal house visits were made by Bill to community members that wanted to see what they could do more specifically in their own yards. The Daycare expressed an interest to start composting and learning how to use the items from their kitchen in the process. They received a number of composting bins and will be looking forward to sharing the new compost material come this spring. The event was great fun and came just in time before the winter snow!





GED^{PLUS} Training



Congratulations to the graduates of the Keyano College GED^{Plus} program. From left: Peter Grandjambe, Stephanie Grandjambe, Lewis L'Hommecourt, Melissa Courteoreille, Tyler Grandjambe, Jordan Cardinal, Felix Faichney, Russell Grandjambe. (Unavailable for photo was Adrienne Cardinal.)



CHRISTMAS MARKET

Friday from 2-6pm
at the band hall

Market includes Crochet
table, Doterra, Arbonne,
Epicure, Mary Kay, Scentsy,
Younique, face painting
and so much more!

There is still room for vendors!
Free for community members
(\$40 deposit to secure your
table, will be return the date
of the event)
\$40 for non-community
members

To register contact Stefany at
780-7147094

FORT MCKAY RADIO SOCIETY CALL FOR BOARD MEMBERS



The Fort McKay Radio Society is looking for energetic community role models who are interested in becoming a volunteer Board Member for our new Radio Station CIYU 106.3 FM.

THE FOLLOWING POSITIONS NEED TO BE FILLED:

President
Vice – President
Secretary
Treasurer

BOARD MEMBERS TENURE WILL BRING
THE FOLLOWING SIX A'S:

- 1) Be an Advisor – make effective decisions on policy and programs.
- 2) Be an Advocate – be a roaring enthusiast for the cause of the Society
- 3) Be an Auditor- ensure donor funds are utilized specifically for the Society's mission
- 4) Provide Access- help bring and influence others on behalf of the Society's mission.
- 5) Provide Affluence- give as much, financial or non-financial support as I possibly can.
- 6) Provide Assistance – volunteer for as many activities as possible.

If you are interested in becoming a Board Member you can pick up a Board Application Form and Board position job description at the front desk of the Radio Station. The Radio Station front entrance is at the back of the New Youth Centre.

DEADLINE FOR APPLICATIONS WILL BE MONDAY OCTOBER 17 2016 AT 4PM
Please return your completed applications to the Radio Station front desk.

Please contact Simon Adams Director of Community Services for more information.
Email: sadams@fortmckay.com Phone: 780 881 9096

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays:

After-school Activities
3:15-5:00pm
Supper Program
5:00-6:00 pm
Skating/Hockey (ages 10+)
6:00-8:45 pm
Home Economics (ages 8-9)
6:00-8:00pm

Tuesdays:

After-school Activities
3:15-5:00pm
Supper Program
5:00-6:00 pm
Floor Hockey (ages 10+)
6:00-8:45pm
Homework Help (ages 6-9)
6:00-7:00pm

Wednesdays:

After-school Activities
3:15-5:00pm
Supper Program
5:00-6:00 pm
Art Attack! (ages 10+)
6:00-8:45pm
Snowshoeing/Sliding (ages 6-9)
6:00-8:00pm

Thursday

After-school Activities
3:15-5:00pm
Supper Program
5:00-6:00 pm
Healthy Habits (ages 10+)
6:00-8:45pm
Kickball (ages 8-9)
6:00-8:00pm

For more information about
our programs, please
contact the office during our
regular operating hours.

FAMILY SUPPORT CENTRE - 780-828-4650

Nov. 1 Grief & Loss - 1:00-3:00pm
Nov. 3 Defining Abuse – 1:00-3:00pm
Nov. 8 Healthy Communication –
1:00-3:00pm
Nov. 10 Anger Management – 1:00-3:00pm
Nov. 15 Family Dynamics- 1:00-3:00pm
Nov. 17 Emotional Awareness – 1:00-3:00pm
Nov. 22 Responsibilities – 1:00-3:00pm
Nov. 29 Self Esteem – 1:00-3:00pm
Nov. 29 Stress Management - 1:00-3:00pm

BINGO! BINGO! BINGO!

FUN bingo for youth ages 13yrs+
(Teens must be accompanied by an adult)
Prizes include baking goods, gift cards, etc.

Location: Elders Centre

Date: Tuesday Nov 2nd

Time: 5-6:30pm

SHARE YOUR STORIES IN THE RRC!

If you have a story you would like to
share in the Red River Current,
we would love to hear from you!
Please contact Nancy at: 780-715-4512.

ATTENTION VENDORS!

We are looking for vendors for Fort McKay's
upcoming Christmas Market.
Free for community members (\$40 deposit to
secure your table, will be returned the date
of the event)
\$40 for non-community members
Friday, December 2nd
2-6pm at the band hall

To register contact Stefany at 780-714-7094.

