



Red River Current

April 2021

VOLUME 11 : ISSUE 4

ALBERTA APPROVES MLAMP, BANS CPFS



After nearly two decades of work to protect Fort McKay's Moose Lake reserves, the Alberta government approved the Moose Lake Access Management Plan (MLAMP) on February 9, 2021. The plan imposes a 10-kilometre special management zone (10KMZ) around the Moose Lake reserves that enhances the protection and exercise of our Treaty rights. The most important element of the plan is that it requires all central processing facilities (CPFs) be located outside the 10KMZ surrounding the reserves.

"This is a long-awaited moment in the process of honourable Treaty implementation," said Chief Mel Grandjamb in a news release issued the same day that government an-

nounced it had approved the plan. "We are grateful for our Elders and community leaders who were early champions for the protection of Moose Lake, who advocated for the full implementation of Treaty rights and meaningful acts of reconciliation."

Stretching back to 2002, Fort McKay leadership took the will of members to eight different Environment ministers and six different Premiers. Fort McKay thanks the UCP government of Premier Jason Kenney for listening, participating in challenging policy discussions, and being open to learning together about the importance of Treaty rights and government's obligation to protect them.

(story continued on p.3)

Parents can Participate in Their
Child's Education 4

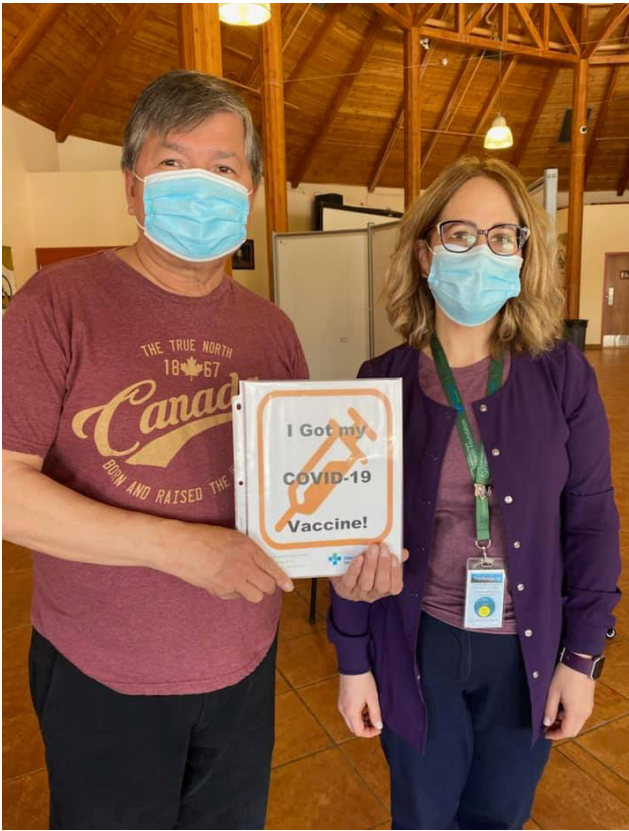
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Leading by example,
Chief Mel Grandjamb got
his COVID-19
Vaccine from AHS nurse
Stephanie Howse.
Thanks Chief Mel for
getting the shot to help
keep us all safe!

FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

Chris Johnson, CEO
Alvaro Pinto, CEO Oilsands Development
and Sustainability
Stuart Randell,
Director, Strategic Portfolio Investments
James Owl, Executive Director,
Capital Projects

ADMINISTRATION DEPT.

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

Hours of Operation:
Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the
Red River Current, please contact the
Communications Department
email: communications@fortmckay.com



FORT MCKAY
FIRST NATION



BE BEAR AWARE

Please report any
bear sightings to
Park Rangers.
780.742.5664



ALBERTA APPROVES MLAMP, BANS CPFS

(story continued from p.1)

Council hosted a special online celebration of the government's announcement the evening of Friday, April 9 to thank previous leadership, Elders, youth and all the members who held firm that CPFs did not belong near Moose Lake. Council also thanked the many staff and consultants who supported Fort McKay in this effort. The virtual session was followed by coordinated noisemaking and a fireworks display at Fort McKay.

A special government review panel said in 2016 that "Fort McKay is the most severely affected of all First Nation by oil sands development." Fort McKay is surrounded by several large oil sands mining projects. But the Moose Lake reserves are not as close to these developments. Moose Lake is a sacred landscape and one of the last places we can hunt, fish, trap and gather, one of the last places we can practice our traditions and our way of life with minimal industrial intrusion. It's one of the last places we can share our Cree and Dene cultures with our children and grandchildren so they can share them with their children. But as the oil sands industry moved farther north and west, those reserves came under threat, so Council fought to defend them.

When government chose to ban CPFs inside the 10KMZ, it acknowledged the potential that CPFs, the industrial hub in SAGD developments, could have unacceptable environmental impacts on Moose Lake. MLAMP contains many additional measures to further reduce the impacts of industry.

Late Elder Clara Mercer, who died this past summer before Alberta approved MLAMP, was a fierce advocate for Moose Lake. She said, "That's where I grew up, that's my home. We teach our grandchildren to go fishing and clean the fish. They go hunting for ducks. We teach them as much as we can about our way of life. This is the only piece of land that is not destroyed by industry. If we have nothing left, we have no way to teach them our culture, our Indian rights."

In June 2018, the Alberta Energy Regulator approved the Prosper Rigel Project with a CPF inside the proposed 10KMZ. Council immediately appealed the approval, which was argued at the Alberta Court of Appeals in October 2020. Community members traveled to Edmonton and filled the courtroom to show their support for the protection of Moose Lake.

Following the Moose Lake Summit in January 2020, the Alberta government returned to the table to explore policy options for Moose Lake. Fort McKay staff spent hundreds of hours with government and stakeholders to explore enhanced policy to support the exercise of Treaty rights. In May, government released a draft MLAMP that still did not include a decision about CPFs.

Many community members participated in community consultations in May and September last year and said loudly that CPFs—which can produce air, water and noise pollution, disrupt wildlife, cause 24-hour traffic, pose higher environmental risks, and affect the landscape for decades—did not belong at Moose Lake.

On May 24, 2021, the appeals court overturned the approval of the Prosper Rigel Project. That court victory helped Alberta to better understand its obligations to Fort McKay to maintain the Honour of the Crown and advance reconciliation, which resulted in the final approval of MLAMP with a CPF ban.

Chief and Council thank all of you for your ongoing support of Moose Lake. Despite the many obstacles we faced, despite Alberta beginning and abandoning three previous attempts to protect Moose Lake, leadership and staff worked very hard with the new provincial government to explore policy options that would meet the community's expectations and advance Treaty rights. Fort McKay looks forward now to a renewed and respectful Treaty partnership with Alberta to fully realize the promises contained in Treaty 8.

The decision to ban CPFs inside the 10KMZ has placed Prosper in limbo. AER had scheduled a redetermination hearing for the Rigel Project that was expected to begin March 15, 2021. However, Prosper has requested an adjournment of the hearing to evaluate MLAMP's implications for its project, including the CPF restriction. MLAMP is now government policy so AER must comply with this policy and apply and enforce it when considering projects that would be partly located inside the 10KMZ.

Depending on COVID19 restrictions, Chief and Council are looking forward to hosting a larger celebration for members, staff, consultants, and key government officials at Moose Lake in the coming summer or autumn to commemorate this historic commitment!





THE NORTHLAND SCHOOL DIVISION (NSD)

~ News & Updates ~

Another opportunity for parents to participate in their child's education

Participate in your child's education



Parents and guardians have another way to participate in the education system at Northland School Division (NSD). Until the end of April, NSD schools will be working with parents to fill out the Alberta Education Assurance Survey.

“Alberta Education Assurance Survey, parent and guardian participation rate is of high importance to NSD,” said Robin Guild, Board Chair. “We want to

have as many parents and guardians as possible complete the survey. We need parental involvement so we can learn what is working in schools and what needs improvement.”

The Alberta Education Assurance Survey uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents, guardians and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning. All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Cree and Dene. The responses collected in the survey are provided to and reviewed by all school staff, the board of trustees and the Alberta Government.

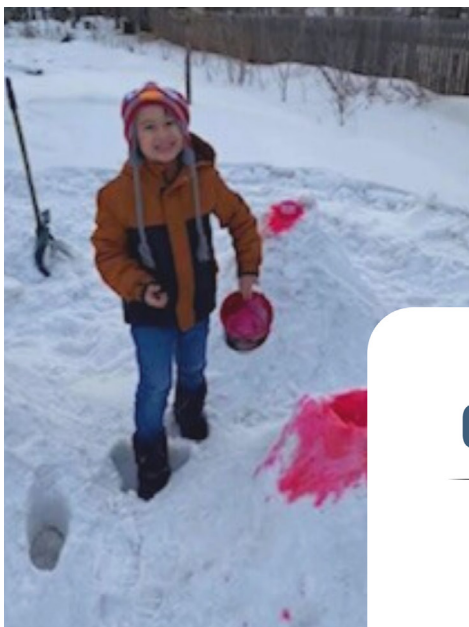
“The feedback we receive from parents and guardians in the survey will help to shape school and divisional planning which directly impacts the educational experience for each child,” said Dr. Nancy Spencer-Poitras, Superintendent of Schools. “All of us working together will positively impact the success of NSD students. Thanks so much for participating in this important survey!”

The surveys are being delivered to all NSD schools. Parents and guardians who have in-school learning or at-home learning students in grades 4, 7 and 10 will be asked to fill out the survey (unless the school has fewer than 120 students in grades 4-12 in which case the survey will be expanded to include all parents and guardians).

Schools are implementing strategies to help parents and guardians fill out this important survey. Please contact your local school if you have any questions.

For more information please contact Media Relations Manager Curtis Walty at 780-624-2060 ext. 6183 or curtis.walty@nsd61.ca.





SNOW SCULPTURE CONTEST WINNERS!

Kids Category:

1st Place: Darius Faichney
Most creative: Price Grandjamb
Most Original: Aurora Kaye
Best effort: Jaxson Laurent
Most delicious: Mila Fitzpatrick

Youth Category:

1st Place: Tristan Gandjambe

CONGRATULATIONS EVERYONE!



REPORT AN ODOUR

To report an odour, please call:

Alberta Environment Hotline: 1 800 222 6514 (24 hrs)

**For up-to-date information during odours and other
air events in the region, please call:**

WBEA Air Information Line: 1 866 685 3699 (24 hrs)

**If an odour is making you feel sick or you have health
concerns, please call:**

Alberta Health Link: 1 866 408 5465 (24 hrs)



FORT MCKAY LAUNCHED PROGRAM TO HELP KEEP



Good news! Fort McKay First Nation recently implemented a new Peace Officer Program that is going to improve our community in many ways! The program comprises of Community-based Peace Officers to help protect community residents and the Nation's lands and property through safety education and ensure that individuals comply with our community's bylaws and legislation.

This program was recently launched at the beginning of April. Community members can expect to see the Peace Officer patrol vehicle around Fort McKay on a daily basis now. Three peace officers will be working in our community everyday of the week, from 7 am—7 pm. Their first objective will be to spend time getting to know our community while focusing on crime prevention.

Peace Officers may not be RCMP Officers, but they do have the authority to enforce legislation and regulations concerning the area of Fort McKay. More specifically, these officers will be responsible for issues that are related to trespassing, dangerous or stray animals, animal protection, wildlife and environmental protection,

gaming liquor and cannabis, traffic violations, and more.

These officers will not be replacing the RCMP that are already in our community. Instead, they will be supporting the RCMP and act as a community-based addition to improve our Nation's safety and security. RCMP still have an office in Fort McKay and will continue to respond to incidents as needed, and continue to be a partner in protecting our community's safety.

The peace officers will be located on the second floor at the DMBC and community members can stop by anytime to speak with our officers on shift. If there is an emergency after hours, community members are asked to call the RCMP immediately. For all other concerns, they can call the protective services line and leave a voicemail and a peace officer will follow up on the complaint the next day.

If you would like more information about the Peace Officer Program or would like to connect with one of our Peace Officers, you can contact them by simply calling 780-828-5555 (press 3).



MEET OUR NEW PEACE OFFICERS KEEPING OUR COMMUNITY SAFE



PAUL WILLIAMS

Hi, Fort McKay. My name is Paul Williams, and I'm proud to be one of Fort McKay First Nation's first Peace Officers. I studied community and justice services in college, and I've worked with law enforcement agencies for about 7 years. The best part of my job is getting to interact with the community. I'm looking forward to getting to know you and your community, learning about your culture, and being part of a team that's dedicated to providing the sense of security you deserve to feel in your community.



SEAN DOIG

Hi, Fort McKay. My name is Sean Doig, and I'm proud to be one of Fort McKay First Nation's first Peace Officers. I've been a bylaw officer in Ontario, worked with Manitoba Conservation and Water Stewardship, and was with Alberta Sheriffs in Fort McMurray for over 5 years. I hold diplomas in both police foundations and law & security administration. I grew up in a village of about 400 people, and I've always wanted to help others and make a difference in the community. I'm looking forward to meeting you, learning about your culture and community, and doing my best to provide community security so you feel safe.



WALID KHAMIS

Hello, Fort McKay. My name is Walid Khamis. I'm from Egypt and my education and career started in electronics and communication engineering. I have been a navy reserve officer and a commercial diving engineer, but I have been a part of the security industry since moving to Fort McMurray in 2012. I look forward to getting to know you, your community, and your culture. As part of your Peace Officer team, I'll do my best to help provide safety and security in Fort McKay. Working together, we can make the community safer for everyone.





LISTEN TO FORT MCKAY FM ...

COMMUNITY BINGO – Tuesdays at 1 p.m., hosted by Audrey Redcrow and Stefany

ELDERS BINGO – Thursdays at 1 p.m. Hosted by Peggy Poitras and Vanessa

SPECIAL EVENT BINGOES – TBA , usually airs on a Weekday at 6 p.m.

CORT'S COUNTRY CLASSICS – Cort Gallup plays classic country music and talks about the songs, artists and interesting background stories. 3 hours. Tuesday and Wednesday 6 pm.

POW WOW POWER HOUR – Pow Wow drum and singing like the Northern Cree, Weekdays after bingo and CCC, and Sunday evenings. 1 hour. Weekdays 9pm, Sundays at 10 pm.

CLASSIC ROCK THAT REALLY ROCKS – The greatest Classic Rock that the Chief would listen to. 4 hours. Fridays at 8 p.m.

SPIRIT OF THE WEST - The Spirit of the West Radio Show with Hugh McLennan is a program that brings you true cowboy music, poetry, ranching new, and western humor. 1 hour. Saturdays at 7 am.

CONVERSATIONAL CREE (CFWE) - This is our one hour program dedicated to nehiyawewin (Cree language) resurgence and revitalization. We want to share the Cree language with everyone by creating the opportunity for non-Cree speaking people to begin to learn. 1 hour. Saturdays at 8 am.

MADE IN MCKAY – Made in McKay is music made by the singer/songwriters/musicians and music producers of Fort McKay, daily segments featuring a McKay song.

ABORIGINAL MUSIC SPOTLIGHT – Indigenous Musicians are in the Spotlight in Canada. From British Columbia to Nunavut, how the Indigenous music scene is producing genre-spanning sounds . Mondays – Thursdays and Sundays at 8:30 p.m.

INDIGENOUS MUSIC COUNTDOWN- The Indigenous Music Countdown is a weekly nationally syndicated two-hour show that highlights the best and brightest in Indigenous music. 2 hours. Sundays at 6 pm.

AMERICAN COUNTRY COUNTDOWN - It's the American Country Countdown (ACC) hosted by superstar Kix Brooks of Brooks & Dunn, ACC is a weekly countdown of country's Top 30 songs. 4 hours. Saturdays at noon.

DJ MARKY MARK JAM- Blues, Funk, Rock, Reggae. DJ Marky Mark is standing at the crossroads. He's as likely to go down the middle of the road as he is to hop the fence and run to the hills. Navigating a vast landscape of genres and sounds for your senses. Join him on his scenic musical tour. Did somebody say road trip! 2 hours. Fridays at 6 pm and Saturdays at 4 pm.

CFWE BINGO - Mondays, Thursday and Saturdays at 6 p.m. win up to \$25,000 !

SUNDAY AM GOSPEL - The ideal mix of Country and Southern Gospel favorites and more, perfectly programmed for Sunday morning listening. 6 am.

PURE AMERICAN COUNTRY - Each week, all across America, the Pure American Country Radio Show (formerly the Country Music Greats Radio Show), brings to you both the best in classic country and well as today's real country music! Hosted by Hall of Fame Disc Jockey and Voice of the Grand Ole Opry Bill Cody, 2 hours. Sundays at 10 am.

COUNTRY GOLD - Country Gold, hosted by Terri Clark, is a music-intensive, fan-interactive program featuring special guest artists and country classics. 3 hours. Sundays at noon.

WEEKEND IN THE COUNTRY - each episode spotlights one memorable week in Country Music between 1975 and 1999. Craig counts down that week's Top 20 Country hits, direct from the Billboard Country charts, and his timeline trivia and pop culture nuggets really bring back the memories! 2 hours. Sundays at 4 p.m.

TRIBAL TRAILS - Tribal Trails is a ministry seeking to bring a Message of Hope to North America's First Peoples. 30 mins. Sundays at 6 pm.

WITHOUT RESERVATION - Native American and First Nations Stories of Hope and Faith told by the people who've lived them. 30 mins. Sundays at 8:30 pm.

FOCUS ON THE FAMILY WEEKEND - Focus on the Family is a global Christian ministry dedicated to helping families thrive. 60 mins. Sundays at 9 pm.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	FORT MCKAY MORNINGS					FORT MCKAY MUSIC MIX	SUNDAY AM GOSPEL	
6:30 AM								
7:00 AM						SPIRIT OF THE WEST		
7:30 AM						CONVERSATIONAL CREE [CFWE]		
8:00 AM						MADE IN MCKAY		
8:30 AM	FORT MCKAY MIDDAYS					ABROGINAL MUSIC SPOTLIGHT	PURE AMERICAN COUNTRY	
9:00 AM								
9:30 AM								
10:00 AM						INDIGENOUS MUSIC COUNTDOWN		
10:30 AM								
11:00 AM	FORT MCKAY AFTERNOONS					AMERICAN COUNTRY COUNTDOWN WITH KIX BROOKS	COUNTRY GOLD WITH TERRI CLARK	
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	FORT MCKAY AFTERNOONS					DJ MARKY MARK JAM	WEEKEND IN THE COUNTRY	
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	FORT MCKAY AFTERNOONS					DJ MARKY MARK JAM	WEEKEND IN THE COUNTRY	
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM	BINGO [CFWE]	CORT'S COUNTRY CLASSICS	CORT'S COUNTRY CLASSICS	BINGO [CFWE]	DJ MARKY MARK JAM	BINGO [CFWE]	INDIGENOUS MUSIC COUNTDOWN	
7:00 PM	BINGO [CFWE]	CORT'S COUNTRY CLASSICS	CORT'S COUNTRY CLASSICS	BINGO [CFWE]	DJ MARKY MARK JAM	BINGO [CFWE]	INDIGENOUS MUSIC COUNTDOWN	
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	FM POW WOW POWER HOUR				CLASSIC ROCK THAT REALLY ROCKS	FORT MCKAY MUSIC MIX	TRIBAL TRAILS WITHOUT RESERVATION	
10:00 PM	MADE IN MCKAY						FOCUS WEEKEND	
10:30 PM	ABROGINAL MUSIC SPOTLIGHT						MADE IN MCKAY	
11:00 PM	ABROGINAL MUSIC SPOTLIGHT						ABROGINAL MUSIC SPOTLIGHT	
11:30 PM	FORT MCKAY MUSIC MIX						FM POW WOW POWER HOUR	
12:00 AM	FORT MCKAY MUSIC MIX							
12:30 AM								
1:00 AM								
1:30 AM								
2:00 AM								
2:30 AM								
3:00 AM								
3:30 AM								
4:00 AM								
4:30 AM								

CALLING ALL MUSICIANS!

Everyone knows that Fort McKay has a lot of very talented musicians and Fort McKay FM needs your music for our **MADE IN MCKAY** program and to play with our daily programming.

If you have music that is already recorded, OR, you want to record some music in our Fort McKay Studio, PLEASE, contact Cort Gallup at 780-838-6061, cgallup@fortmckay.com.

SHOW US YOUR TALENT !

Listen to Made in McKay Sunday to Thursday at 10pm and Saturdays at 9 am.

DIPLOMA EXAM CHALLENGE FOR ADULTS AT E-LEARNING SCHOOL HIGH SCHOOL DIPLOMA FOR ADULTS



Finishing or upgrading your high school education can open the door to new opportunities. A diploma is often a basic expectation when applying for jobs and post-secondary study. If you are 20 years of age or older you are considered an adult learner. Whether you want to earn your high school diploma a little later in life, or you are looking to meet the admission requirements for post-secondary education, you have options. You can upgrade in a classroom setting at E-Learning, or through online learning. We are here to help support you either in person or working from home. The classroom has flexible hours and is open three evenings per week.

CHALLENGING A DIPLOMA EXAM

Adults may write a diploma exam for a course without taking instruction in the course at all and count their exam mark as 100% of the course mark. Diploma Exam Writing Sessions are offered at the E-Learning Classroom five times per year:

- Beginning of April
- End of June
- Beginning of August
- Beginning of November
- End of January

EARNING AN EQUIVALENCY DIPLOMA

Students who are at least 18 years of age or older and have been out of high school for at least 10 consecutive months, may earn an Alberta High School Equivalency Diploma. Students working towards an equivalency diploma may earn credit for adult education taken outside of high school, for life experience and for maturity. At least 60 credits must be earned through classroom instruction, which must include specific courses:

- English 30-2
- one other Grade 12 course
- A high school course in Mathematics
- A high school course in Science

**Please reach out if you're interested or want to learn more by contacting:
Casey Howlett, Education Manager, Mobile: 780-215-5868, Email: chowlett@fortmckay.com**



Councillor Powder has
been there, done that,
and got the T-shirt!

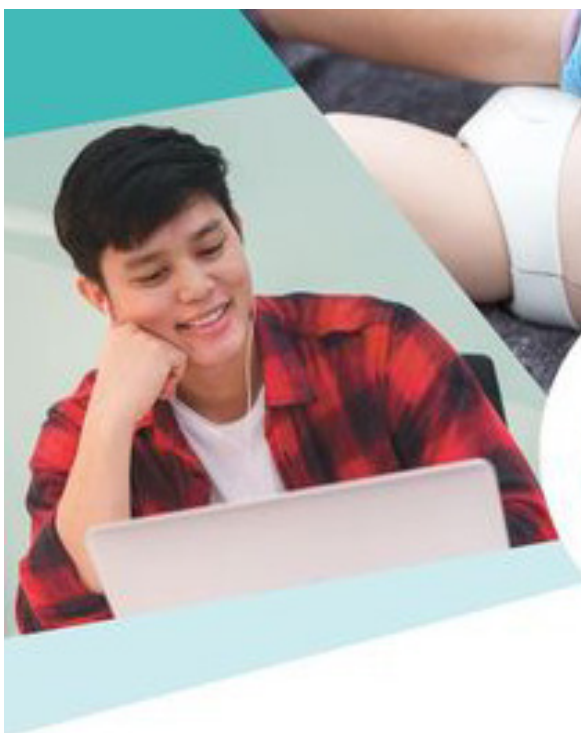
Thank you
Councillor Powder
for getting the shot
to help keep
us all safe!



CONGRATULATIONS!

to students who
successfully challenged
Diploma Exams this year:

CORAL BOUCHER
BJ FABIAN
RUBY MCKAY
MOE HANDOUS



**\$50
Amazon
Gift Card
to be
WON!**

STAYING SAFE ON YOUR OWN + FIRST AID ONLINE COURSE

FOR ALL ATC COMMUNITY MEMBERS
AGES 9-11

3-DAY COURSE

**April 19, 21 and 23
4:00pm-6:00pm daily**

Register early to have the handout package delivered to you. Late registrations will be emailed the handout package.

ACFN & FM468FN CONTACT:

Lisa Crookedneck

Athabasca Tribal Council

Lisa.Crookedneck@atcfn.ca | 780-215-3975

CPFN, FMFN & MCFN CONTACT:

Natasha Green

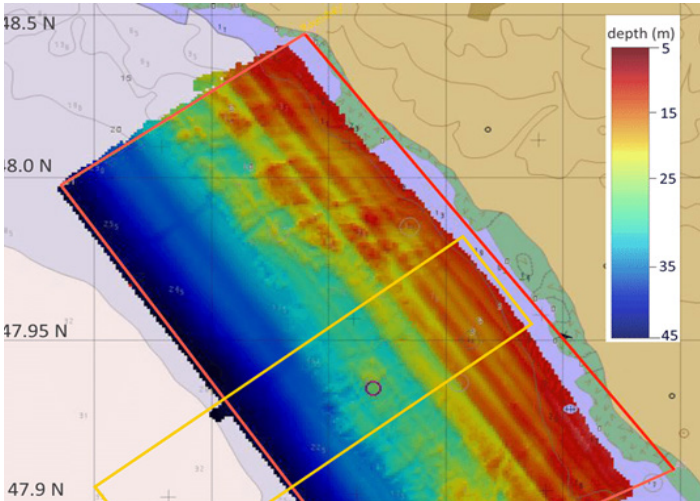
Athabasca Tribal Council

Natasha.green@atcfn.ca | 780-215-3885

Learn how to stay safe at home and within the community while understanding the importance of responsibility while being accountable for yourself. Recognize and respond to unexpected situations like strangers, unanticipated visitors, and inclement weather. Learn the basic of first aid and other skills.



FORT MCKAY RECEIVES GRANT AND PREPARES FOR UPCOMING ENVIRONMENTAL WORK



Example of the map of a lake bottom produced from a bathymetric survey.



Buffalo (Namur) Lake.

Despite the strange year we have all just come through thanks to the global COVID-19 pandemic, which will hopefully soon be behind us, the Fort McKay Sustainability Department (FMSD) and its Environmental Guardian Program have been hard at work and have been successful at obtaining a significant grant for important environmental work over the next two years in the Moose Lake area.

In January 2021 the FMSD was notified that the grant application that it submitted to Fisheries and Oceans Canada to undertake fish habitat surveys and bathymetric surveys (lake bottom mapping) for Moose (Gardiner) and Buffalo (Namur) Lakes had been approved. Thanks to the grant from Fisheries and Oceans Canada, FMFN will be able to purchase the specialized equipment to do bathymetric surveys in both Buffalo and Moose Lakes over the next two years. Starting in June this summer, the work will focus on upper and lower Moose Lake for both bathymetric and fish habitat surveys, so it is going to be a busy summer for Fort McKay's Environmental Guardian Program. Next summer the program will focus on bathymetric and fish habitat survey work in Buffalo (Namur) Lake.

The bathymetric surveys will provide critical data on the 3-Dimensional shape of the bottom of Moose and Buffalo Lakes, which will help provide lake volume information and allow Fort McKay to build a water model for the Moose Lake area. In conjunction with Fort McKay's hydrometric stations, which

continuously provide data on lake water level and water temperature, the bathymetric surveys will be critical to developing the water model for Moose and Buffalo Lakes.

Fish habitat surveys will also provide critical information about areas within Moose and Buffalo Lakes that are important to protect from a fish habitat perspective. This program is working with AEP and ECCC scientists, as needed, to benefit from previous work that has been done in Moose and Buffalo Lakes related to Walleye surveys, which have shown a declining trend in Walleye populations over approximately the last 15 years. There are likely several factors affecting Walleye populations, but work that Fort McKay's Environmental Guardian Program will be undertaking over the next two years in partnership with Associated Environmental, will be essential to filling information gaps and helping to answer questions and assist in protecting fish habitat in the Moose Lake area.

There is also other important field work that will be going on this summer in the Moose Lake area related to assessing different opportunities to reclaim linear disturbance in the Red Earth Caribou Range to better protect caribou, and with respect to the Environmental Guardian Program's wildlife camera work. We will provide further updates on these exciting projects in the next edition of the Red River Current, so stay tuned!



DOMESTIC VIOLENCE AND ABUSIVE RELATIONSHIPS

WHAT IS DOMESTIC VIOLENCE?

Domestic violence (also known as family violence or intimate partner violence) occurs when someone uses violence to maintain power and control over someone they're close to. It can involve violence, intimidation, threats, insults, or psychological manipulation.

The abuse can involve a partner or ex-partner, a carer or guardian, a family member, or anyone who is in close contact with another person. Anyone, regardless of their background, can find themselves in an abusive relationship. Males can also be abused.

WHAT ARE THE SIGNS OF DOMESTIC VIOLENCE?

Multiple or repeated injuries without a logical explanation, seemingly being 'accident prone', or showing tell-tale marks such as bruises, fingernail scratches or cigarette burns. You may notice an individual being unusually quiet, or afraid of their partner or children (in cases of elder abuse). Could add: Social isolation, becoming increasingly withdrawn from friends/family members

Domestic violence can increase the risk of developing mental health disorders, such as depression, sleep disorders, deliberate self-harm, and post-traumatic stress disorder (PTSD).

WHAT ARE THE TYPES OF DOMESTIC VIOLENCE AND ABUSE?

Abusive relationships don't always involve physical violence. They can also involve verbal, emotional, and financial abuse; none of which are acceptable. The abuser can be a man or a woman.

TYPES OF ABUSE INCLUDE:

1. Physical abuse: direct assault on the body, including the use of weapons.

2. Sexual abuse: any form of rape, unwanted or forced sexual activity, or refusing to wear a condom.

3. Verbal abuse: intimidation, verbal attacks, threats, insults, name-calling, yelling or humiliation. Psychological or emotional abuse: blaming or ignoring the person, the perpetrator might also stalk, spy on or follow the person, including monitoring emails or phone calls and using GPS tracking.

4. Social isolation: isolating the victim from their family and friends. The perpetrator might insist the person moves far away from family support or employment opportunities.

5. Financial abuse: maintaining control of family finances, such as restricting access to bank accounts, hiding assets, preventing the person from working, sabotaging interviews or meetings, and theft.

Spiritual abuse: ridiculing a person's religious beliefs and culture

Child abuse: physical and sexual abuse, neglect, verbal and emotional abuse of a child.

Elder abuse: similar to child abuse but directed at elderly people.

Neglect: often failing to meet the basic physical or psychological needs of a person you're caring for, such as a child.

If you are in danger, protect yourself. Get out of the situation and call the police. Talk to someone you trust, whether it is a friend, family member or a counsellor, who can help you decide what to do next. Then come up with a plan — decide what to do the next time something bad happens.

If you are unable to leave the situation due to safety concerns, you can call the resources below, or seek help from a trusted community or family member for support to make a safety plan.





WHAT CAN I DO IF I'M IN AN ABUSIVE RELATIONSHIP?

IF YOU SUSPECT SOMEONE IS EXPERIENCING FAMILY VIOLENCE OR ABUSE, CONTACT:

Alberta provincial abuse helpline: 1-855-4HELPAB (1-855-443-5722) – for assistance in more than 100 languages from 7:30 am to 8 pm, Monday to Friday

Child Abuse Hotline: 1-800-387-KIDS (5437) – for help 24/7 Need Help call

Victim Services: 780-788-4250

For shelter Services: 587-537-8903 ext: 113 Or 114

Family Support Centre for Counselling: Call Amaka 780-799-6370 or Nadine 780-881-9651

Family Support Centre for Harm Reduction: Call McKenzie 780 5983772

Emergency funding is available to help people who are escaping family violence or domestic violence. Call Alberta Supports to apply:

Weekdays Hours: 7:30 am to 8 pm, Toll free: 1-877-644-9992 (in Alberta, up to 150 languages)
Weekends, holidays and after hours, Toll free: 1-866-644-5135 (in Alberta)



COMMUNITY PROGRAMS

Wellness Center April Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
March 29 th to April 1 st - MCKAY SCHOOL SPRING BREAK	1 PM to 3:30 PM Outdoor Spring Break Program	1 PM to 3:30 PM Outdoor Spring Break Program	1 PM to 3:30 PM Outdoor Spring Break Program	1 PM to 3:30 PM Outdoor Spring Break Program	CLOSED GOOD FRIDAY
April 6 th -9 th - TOWN SCHOOL SPRING BREAK	CLOSED- EASTER MONDAY	12:30 PM to 3:00 PM Outdoor Spring Break Program	12:30 PM to 3:00 PM Outdoor Spring Break Program	12:30 PM to 3:00 PM Outdoor Spring Break Program	12:30 PM to 3:00 PM Outdoor Spring Break Program
3:10 PM to 5 PM (McKay School After School Activity)	Outdoor After School Program		Outdoor After School Program		Outdoor After School Program (all schools- two separate groups) 3 PM to 5 PM
3:45 PM-5:30 PM (Town School- After School Activity)		Outdoor After School Program		Outdoor After School Program	
6 PM to 8:00 PM Outdoor Program	Playground Games	Boot Hockey	Outdoor Craft Night	Obstacle Course	
Virtual Program	Virtual Bingo 6:30 PM	Science Night 6:30 PM	Virtual Young Chef's 6:30 PM	Craft Night 6:30 PM	

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