

QUARTERLY NEWSLETTER

Alix Briefs

by the Alix and Area Community Resource Centre

Special Mention to everyone who helped make the 2024 Winter Wishes Online Auction a success! THANK YOU from the Alix Mirror Wellness Supports Society... You help us to sustain new and existing programs for all ages. Funds raised: \$10,416.50 !!! To learn more about what we do, plan to attend the upcoming AGM on May 27 @7:30PM.

NEW WELLNESS SERVICES...

Help us to introduce Lacey Dee's Holistic Health and Alternative Acupuncture. Visit their websites directly to learn more & book in Alix.

Mental health support additions now include,

Prairieland Psychology- currently booking on alternating Wednesdays and The Wellness House beginning on Mondays, as of May 13.

PROGRAM UPDATE:

Stop in anytime for Tech Support, our staff can help with simple questions on your device!

Stettler Adult Learning is currently providing **Digital Drop-in** every Thursday, 12PM-1PM, until April 4. They are knowledgeable and here to solve those online/ technology challenges with you!



Financial Literacy runs from April 11 - May 9, Thursdays, 1PM-3PM. Topics: Budgeting, Banking, Credit, Saving and Skills to help your dollars go further. Call Trista, 403.742.6700 ext.4 to register.

SPRING HIGHLIGHTS:

Rainbows is being offered beginning in April. If you are interested in registering your child for the first time or to join Rainbows again, please contact us and a follow-up call will be made.

Hosted after school on Thursdays, at the Centre:

April 18, 25 & May 2, 9, 16 (1/2 hour sessions per group)

Celebration May 23

Volunteer Appreciation- Dessert & Beverages Come & Go:

You are invited on Wednesday, April 17, 6:30PM-8:30PM

Open to all volunteers, all ages!

The evening will include light refreshments & treats, a community activity and the 2023 Project Unveil- All to celebrate volunteers.

Next Connecting Clans: Wellness Fun and Meet & Greet

Monday, April 29, 6:30PM-8:30PM

Drop-in to meet staff & wellness providers who bring their services to our community and stay for some activities and games!

New Partnership Turning Point Rural Outreach

We are now a satellite office providing supplies, support, connection and advocacy.

Target: At risk individuals using substances.
Focus: Harm reduction and health promotion supports.



Recruiting Now

Bartending volunteer shifts at... Ponoka Stampede (must be 18+) on June 25, 27 & 29.

Watch for more info on volunteer opportunities at BVJ this summer!

Upcoming

- Spring Food Drive
- Community Gardens
- Touch a Truck in June
- Summer Program & Swimming Lessons
- Summer Cub Crew
- Baby Clinic: April 24, May 22, June 19, Sept 25, Oct 23, Nov 20, Dec 18, Jan 22 & Feb 26

alixmirrorwellness@gmail.com

Follow us on social
@AlixandAreaCommunity
ResourceCentre

www.alixcrc.com



*For complete details on all upcoming events and programs visit online or contact us.
403-396-3369*



**ALIX MIRROR WELLNESS
SUPPORTS SOCIETY**

SERVICES AVAILABLE TO MIRROR

- Alix and Area Community Resource Centre
- Bashaw & Area Community Resource Centre



Social Services

Food Bank
 Information & Referral
 Resource Navigation
 Meals on Wheels
 Form Support

Seasonal Programs

Volunteer Income Tax Assistance
 Senior's Week
 Volunteer Appreciation
 Winter Wishes
 Joy of Giving
 Coats for Kids, Santa's Anonymous, Fill A Fridge
 Mitten Tree
 Angel Tree
 Tools for School

Please call either office for details on further programs available to Mirror.

All Ages Welcome

Connecting Clans
 Community Events
 FREE Weekly Veggies
 Puzzle Exchange
 Tech Support

Child, Youth & Family

Cub Crew
 Moms & Tots
 Rainbows
 Family Wellness
 After-School Programs
 Safety Week
 Summer Fun
 Swimming Lessons
 Youth Outings
 Baby Clinic
 Healthy Families

Senior & Adult

Wise Owls
 Senior Fun
 Lifeline
 Home Support
 Cooking Connections
 Senior Outings
 Pickleball
 Fitness Fun
 Transportation



Wellness Services

Massage Therapy
 Acupuncture
 Holistic Practitioner
 Mental Health Therapy
 Nursing Foot Care

Partner Feature

Family Resource Network
 Adult Learning
 Bashaw Regional Wellness Initiative
 Alix Dance Club
 Well Mannered Mutts



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