

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre



Volunteerism Strengthens Communities

Join Us

You are invited to the Volunteer Appreciation
Dessert & Beverages Come & Go

Monday, April 13
6:30PM-8:30PM

**Open to all
 volunteers,
 all ages!**

Services Available

- Information & Referral
- Resource Navigation
- Family Wellness
- Alix Food Bank
- Meals on Wheels
- Community Services
- Adult Learning
- Volunteer Services
- Wise Owls



Monday to Thursday
10:00 AM - 4:00 PM

*Closed all statutory
 holidays*

INCOME TAX ASSISTANCE PROGRAM

Trained volunteers can help file **FREE** basic income tax returns.

For seniors and individuals with low to modest incomes and simple tax situations. Drop off your tax information anytime.

All tax slips and receipts must be provided.

SAVE THE DATE for a chance to attend major events and help a great cause...

Ponoka Stampede: June 25 - July 1. Watch for volunteer call coming soon!

SPRING HIGHLIGHTS

~**Weekly Veggie Delivery**~ Available to Everyone! ONE bag per HOUSEHOLD. Veggies will be available for pick-up beginning on Tuesday, as of 1PM. Thank you Pik-N-Pak Produce Ltd.!

~Don't forget **RAINBOWS** begins on April 9... A program helping to foster awareness that children and youth require to enhance healing. Available to school-aged children.

~**Community Garden** ~

Apply in-person at the Centre, 9 plots are available to plant as of May long weekend.

SELF-CARE *Matters*

Available at Alix and Area Community Resource Centre

*Contact us or service provider directly for assistance
to book and for more information on fees.*

Tooth Travelers- Available to Book in Alix

Contact Victoria Pritchard, RDH . Mobile dental hygiene clinic, provided to you by Registered Dental Hygienists. We offer you a complete oral health care experience through a unique system of convenience and accessibility. Direct billing to health insurance. Call/ Text: 403-783-1365 or Email: victoria@toothtravelers.ca



Henna Rose Massage and Wellness- In Alix Weekly (Monday, Thursday and Fridays)

Book with Melissa Perez or Sydnee Marcinek- Registered Massage Therapists
Services include massage, reiki, cupping and foot reflexology.

Billable to health insurance. 403-789-0111

Book online: <https://hennarose.com/>



Foot Care by Kaitlin- In Alix Monthly (Tuesday)

Contact Kaitlin Nielsen/ Cheryl Saunders- Foot Care Nursing

Advance nursing foot care, basic maintenance and hand/foot reflexology.

Diabetic and high-risk care, personalized foot assessment and care plan.

Book in home and clinic. 587-377-6099 <https://footcarebykaitlin.ca/>

Organized Chaos Life Coaching- Available to Book in Alix

Contact Nicole Gunderson- Here to help you navigate this chaotic thing we call life.
403-594-0624 ngunderson12@gmail.com



Counsellor: Tina Larkin- Available to Book in Alix

Contact Tina Larkin, MSW, RSW, CCTP . Supporting rural. In-person or virtual counselling for adults and teens.
Sliding Fee Scale. Call to schedule a FREE, 15 min phone consultation. 403-860-1179
tina.larkin.counselling@gmail.com

Hearing Evaluation and Cleaning Clinics are offered at our facility, contact us to book an appointment.

Did you know?... Medical services are now available at Bashaw Medical Clinic.

We are a part of the region they serve, inquire directly.

Call: 780-372-3740 or Email: bashawprimarycarehub@gmail.com



403-396-3369

Bay 1, 5008 50 Ave
Alix, AB

NO CHARGE - COUNSELLING FOR ALL AGES - NOW AVAILABLE

Connect with our Resource Navigator for referral,
to book with Behavioral Health Consultant-
Trish Rasmussen (MPCC-Provisional).

Active Living

Stop in or visit online to learn more about what is going on this season.
We host programs and activities to help improve your health, quality of
life and well-being. Current offerings include fitness classes and yoga!