

QUARTERLY NEWSLETTER

Alix Briefs

by the Alix and Area Community Resource Centre

HIGHLIGHTS

Alberta Health Services Lifestyle Workshops-

Alberta Healthy Living Program, offers free lifestyle classes based on your interest or chronic condition, until March 31, 2021. Classes are hosted online or over the phone. Find a class that fits in your schedule by visiting the guide online, or calling 1-877-314-6997. Contact us if you need help to register or for technology support.

<https://www.albertahealthservices.ca/info/page13984.aspx>

Income Tax Assistance Program-

Free help if you are a senior or have low income. Contact us to sign up. Appointments will be scheduled beginning in March.

Sign Up For Tutoring Services-

The Extended Learning Program is now offered and includes tutoring services for students. Space and availability is limited. Contact us, for more information or to sign-up. A free service with in-person or online options. Study space and technology support is available.

NEW! Alix Food Bank-

All are encouraged to use this resource. The food bank is operated by the Alix Family and Community Services Society and newly located at the Centre. Please contact us, to access a food hamper.



Services Available

- Information & Referral
- Resource Navigation
- 24/7 Call Line
- Volunteer Services
- Family Wellness
- Meals on Wheels
- Home Support
- Community Services
- Adult Learning
- Alix Food Bank

alixmirrorwellness@gmail.com

Follow us on Facebook
@AlixandAreaCommunity
ResourceCentre

www.alixcrc.com

Monday to Thursday



10:00 AM - 4:00 PM

Closed all statutory holidays

Bay 1, 5008 50 Ave, Alix, AB

403-396-3369

SUPPORT AND REFERRAL

At the Centre, we make connections to people, support and resources. Where appropriate partner organizations will be utilized to best meet needs. Services can be accessed in-person, via Zoom or by phone. To learn more about any of the services below, please contact us.

FOR FAMILIES

To further support families and a healthy community, our Family Wellness Worker engages with students at the Alix-MAC School. Time is spent where any additional help is needed in the classroom or individually. Key program goals are high school completion and adult education/ career planning.

The Camrose Association For Community Living offers Healthy Families, a home visitation program for parents and families with children 0-3, up to age 6. The program focus is on strengthening parents-to-be and parents in support of raising children to be healthy, safe and secure. Siblings in the home are supported (up to age 13) and prenatal care is included.

McMan Central- Family Resource Network (FRN) focuses on prevention and early intervention services for families and youth aged 0-18 years. The Family Support program educates parents and caregivers about child development, provides social supports, and offers coping and problem-solving skills in order to build resiliency and success within families and communities. Offered by home visitation or by appointment at the Centre.

The Open Door offers support services and hope to youth in need between the ages of 11-24 and their families. Youth and young adults will access a one-stop shop to help navigate the complicated world of healthcare as well as social supports. In addition, Emergency Housing and Transitional Housing is available, located in Camrose, AB.

FOR SENIORS

There are many programs available to seniors through the government and various organizations. Contact us for help applying and to learn about other supports.

Apply for Lifeline, a service which allows users to feel safe on the go or at home; a medical alert system, worn to detect falls, will send help at the push of a button or by an auto alert. Service rates apply.

During March and April seniors can sign up for the free Income Tax Assistance Program.

FOR LEARNERS

Bashaw Adult Learning is a free program supporting adult learners to gain basic life skills or competencies, upgrade education, pursue career training, improve literacy or learn English as a second language.

The Extended Learning Program is now offered and includes free tutoring services (see page 1 for more details). Contact us to sign up.

MEALS ON WHEELS

Take a break from mealtime stress. Available to Alix and area residents. Home-style meals are delivered up to three days a week at lunchtime on Monday, Wednesday and Friday. Select the number of deliveries per week, then choose hot or cold options to order.
Fees: \$8/meal

HOME SUPPORT

This service is for anyone experiencing problems, limiting their ability to live independently. For help with errands, delivery, grocery shopping, light cleaning and laundry. Sponsored in part by the United Way of Central Alberta.
Fees: \$19.00/hour
Mileage: \$0.40/km

COMMUNITY RESOURCES

Book one-on-one support to help with a starting point and assistance navigating systems. [Resource navigation](#) begins with an interview process, where plans are initiated to better meet needs and personal goals. Wrap-around services help to promote well-being for individuals and families. Contact us, to book with our Wellness Navigator.

Our web address has changed. Check, www.alixcrc.com, often for current information and to see what's new!

*“ Contact us
anytime through our
24/7 call line. ”*

403-396-3369

Access assistance [filling out forms](#), including emergency supports or government funding. Online appointments can be supported by [technology services](#), such as computer access and free WiFi. Visit us for help on the computer, to print, photocopy or to send a fax (print/ fax rates apply).

Local options are available when transportation is needed. The Bashaw Bus Society provides regular transportation to those with limited mobility. To [arrange transportation](#), as needed, please contact us.

Services are available for children, adults and older adults with [addiction and mental health](#) concerns, offered by Alberta Health Services. Available in-person every Friday at the Bashaw & Area Community Resource Centre, via Zoom or over the phone. To learn more, contact us.

Auten Dye Psychological offers [counselling](#) services and support for individuals, couples, children, youth and families. This service is available in-person once a month at the Bashaw & Area Community Resource Centre, via Zoom or over the phone. For service rates or to learn more, contact us.