

QUARTERLY NEWSLETTER

Alix Briefs

by the Alix and Area Community Resource Centre

PROUD TO BE A PART OF ALIX CRC

With a look back at the past year we have so much to celebrate. At the end of May, the Alix Mirror Wellness Supports Society hosted their first AGM, all formalities aside, it is truly humbling to see how much has changed in so little time.

We cannot give enough praise to all of the individuals and organizations who have helped make the Alix and Area Community Resource Centre a reality. Here is a glance at what our community contributed in 2020, to help make our first months in operation a success!

2549 Hours

In 2020, volunteers donated 2549 hours of service in developing the Centre! These hours are separate from all of the time committed to facilitate and support programs. We are so grateful, what an effort!

\$48,578.31

During the 2020 Donor Campaign, our community generously donated \$48,578.31, along with numerous in-kind items/ building supplies to help renovate and ready the Centre for operations. Thank you to all of our supporters!

To celebrate Senior's Week 2021, we invite you to pick up a gift from us, on June 8 or 10, at the Centre.

&

Check your mail for 'Cards of Caring'!

Aging In Your Community-

Senior services are available if you need help to learn about health and social supports for yourself or a loved one. Our staff can help with creating a plan that can give greater control over independence and quality of life. Offered in partnership with the New Horizons For Seniors Program. Please call for more information.

Monday to Thursday



10:00 AM - 4:00 PM

Closed all statutory holidays
Bay 1, 5008 50 Ave, Alix, AB

403-396-3369

Services Available

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



The summer approaching and restrictions easing, make sure to follow our social media page and watch for local postings on upcoming activities, for all ages.



If you have any programs you would like to see in our community this summer, stop by and share your ideas with us!

alixmirrorwellness@gmail.com

Follow us on Facebook
@AlixandAreaCommunity
ResourceCentre

www.alixcrc.com

HIGHLIGHTS

AHS Workshops-

Alberta Healthy Living Program offers free classes based on an interest or chronic condition, available until June 30. Hosted online or over the phone, to find a course date visit the guide online or call 1-877-314-6997. Contact us if you need help to register, to book a study space at the Centre or for technology support.

Family Programs-

Do you need some extra guidance and help as a parent or for your children? Numerous resources can be accessed for ages 0-18. Register for upcoming **Park n Play** dates in Alix, June 11 & 25 from 1:00 PM-2:30 PM, hosted in partnership with Lacombe FRN. Contact us for more details and to book a spot.

Sign Up For Tutoring Services-

A free service for all students with in-person or online options. Study space and technology support is available. Contact us for more information or to sign up.

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Did You Know?

Our facility has several offices, a large meeting room and a recreation area available for use by our partners, local service providers and community groups or members.

FEE: \$25/ SPACE PER DAY

**Priority for bookings will be given to wellness based services and activities, subject to approval prior to use.*

**All facility users must provide a Criminal Record Check and CYIM Check prior to use.*

NOTES OF HOPE

We want to focus on some positives during what has been a stressful time for many.

As we continue to introduce our services, we also want to share more about the people who are making it all happen!

As a team, we are always learning from each other, and lately, have been reflecting on the things that help keep us grounded and moving forward.

Here is what the staff at the Centre had to say, when asked:

"The most rewarding part for me, would be helping individuals and seeing positive and happy results."

- LEE ANN C.
Wellness Navigator

"Getting to meet so many people and seeing that, in some way, we can always help."

- LATISHA N.
Administrative Manager

"I enjoy meeting, supporting and connecting with community members. Working together with families or individuals is very rewarding."

- SUSANNE S.
Family Wellness Worker

"Being able to meet new individuals and families and share a light that empowers them to be confident enough to move through life struggles & see their success and confidence rise from doing so."

- KYLA N.
Lead Wellness Navigator

"Fulfilling connections and commitment to the community."

- JILL H.
Program Manager

"Everyday brings a new adventure. I believe in the power of our team, the lasting impact of our work and the silver lining in helping those we serve. I will always be humbled by humanity and find it rewarding to help in any way."

- CHRISTINE B.
Acting Executive Director

What is the most rewarding part of your role at Alix CRC?