

# Alix Briefs

by the Alix and Area Community Resource Centre

## 2021 Year in Review

Following the Alix Mirror Wellness Supports Society AGM, hosted at the end of May, we would like to share some of the highlights from 2021.

Our community participated in many new events, activities, services and programs. To review a complete summary of 2021, stop by to have a look at the 2021 Annual Report, or find it linked to online (<https://alixcrc.com/our-story>).

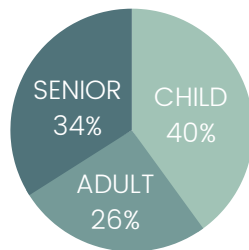
Below is a sample of the services accessed by children & youth, adults and seniors during last year.

### Information & Referral Engagements

**3731**  
PARTICIPANTS

Village of Alix: 60%  
Lacombe County: 34%  
Other: 6%

Forms & Technology Support: 9%  
Program Assistance: 52%  
Health & Wellness: 3%  
Client Care: 12%  
Other: 14%  
Food Bank: 10%



**3958**  
# of Needs Served

### Resource Navigation



**149**  
CLIENTS

Mental Health: 12%  
Addictions: 5%  
Food Bank: 6%  
Form Support: 40%  
Housing: 4%  
RCMP: 2%  
Emergency, Medical & Other: 30%

### Home Support

**9**

CLIENTS

### Meals on Wheels

**510**

MEALS DELIVERED

18 Clients  
8 Volunteers



### FOOD BANK

Children: 121  
Adults: 184  
Seniors: 146

**189**

HOUSEHOLDS



## Services Available

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



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

\*Closed all statutory holidays\*

Bay 1, 5008 50 Ave, Alix, AB

**403-396-3369**

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Follow us on social  
@AlixandAreaCommunityResourceCentre

[www.alixcrc.com](http://www.alixcrc.com)

Overwhelmed, too much to do, not enough time, not enough money, can't keep up, exhausted, always stressed...  
Does this sound familiar?

Have you ever wondered where to go when life's challenges become too much? We have designated staff who can help create a personalized plan, so that your concerns are addressed and needs/ goals can be met. Let us know if you would like to access Resource Navigation, available Monday-Thursday.



## **Senior's Week: June 6, 7, 8 & 9**

*We appreciate and celebrate seniors and all of the contributions they provide our community.*

Watch for a special message in your mailbox coming soon, from the youth in our community. During Senior's Week stop by the Centre for something special, a 'Sweet Treat' just for you!



Monday,  
June 13th,  
4:30PM - 8:00PM

This community event offers hands on opportunities to explore, climb and touch vehicles.

Come out for a free barbecue, outdoor games/ activities and touch a truck!

EVERYONE is welcome,

hosted at the Alix MAC School grounds.

Do you have a vehicle that could be included in this event? Contact Jill, 403-588-5199, to be added to the list of trucks, emergency response vehicles, heavy machinery and other equipment.

*presented in partnership with*



## **NEW Wellness Services**

Nursing foot care is now available:  
Book directly with service providers,  
Feet Terrific (403-307-0542)  
or Foot Care by Kaitlin (587-377-6099).  
A foot care clinic will be hosted June 7,  
make sure to save your spot!  
Other wellness services include massage  
therapy, reflexology and dental hygiene.

## **Support your Mental Health**

Are you seeking mental health therapy?  
AHS offers virtual mental health counselling, for all ages.  
Available Monday to Friday, from 10AM - 12PM and 1PM - 2PM.  
We have private offices and technology support if you need  
a confidential space, do not have a device or WiFi access.  
Contact us for assistance to arrange a session.

## **Summer Programs** July & August

SUMMER Day Camps:

Come Join us for games, crafts, outdoor activities  
and community adventures for ages 5-18.

Drop by for your chance to experience all of our  
fun-filled day camps, with a new theme every week!

Available Tuesdays, Wednesdays and Thursdays  
in July and August, 1PM-4PM.

SWIMMING LESSONS: July 11 - 15

Cost: \$90/child (includes lesson and bussing).

For children and youth ages 5+, at Stettler Rec Center.  
Drop-off at 10AM daily at the Centre, pick-up at 1PM.

Register & Pay By: June 15

ROCK NINJA IS BACK:

Keep an eye out for beautiful painted rocks with  
inspiring quotes that will be hidden out in the  
community, this summer. Return the ones you find  
for a chance to enter and win!



## **NEW Adult/ Senior Outings**

Watch for more details coming soon or call us to learn  
about new day trips and save your spot!

More outings will be planned throughout the summer  
and will include: a greenhouse tour, Ellis Bird Farm,  
Bentley Farmer's Market, Sunnybrook Farms,  
Lacombe Music in the Park ...

Cost is \$10/person for transport.

The next event will be held on Monday, June 27,  
from 6:30PM - 8:30PM. Drop-in for outside games!  
Bring family and friends  
for fun filled events  
that everyone  
can take part in,  
every last Monday  
of the month.

