

## 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, for school-aged children. 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

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Follow us on social  
@AlixandAreaCommunity  
ResourceCentre

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