

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre

"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH." -HELEN KELLER

Fundraising plays a vital role in the success of the Centre. During the 2022 Giving Campaign, \$10,797.50 was donated; we want to thank all of you for your continuous support! Your donations help fund current and future programs.

2022 Giving Campaign Donors:

Della Mae Thull, Chain Lakes Gas Co-op, Premier Auctions, John & Allison Ireland, Ember Resources, Angela & James Gessleman, Western Financial, Sandy Kubash, Servus Credit Union and proceeds from the 2022 Rafflebox 50/50.

None of this would be possible without your support...

We are so grateful for not only your monetary donations, but as well, for your word of mouth sharing to help pass on what we do at the Centre and your support engaging on social by following our Facebook page. The Alix Mirror Wellness Supports Society extends a heartfelt THANK YOU.



Services Available

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

COMING SOON:

Watch for more info on a drop-in Adult Card Night starting soon...

NEW: FRN Program

Zumbini- Combines music, dance and movement, for ages 0-4 and parent/caregivers. On Tuesdays, 1:30PM-2:30PM, Jan. 17- Feb. 14. Please register, carolyn.mclaren@mcmancentral.ca or 403-896-3915.

HEALTH & WELLNESS FAIR: Vendor Call

Promote your business/ organization on January 29, 1PM-4PM, at the Alix Community Hall. Tables are free, contact Jill to save your spot, 403-588-5199.

Spreading Community Cheer

There was a great response to the 2nd annual Joy of Giving program this year. A total of 52 individuals received a gift, from a total of 32 individuals who donated gifts. It warms our hearts to see this exchange!

GIVERS: Alix-11, Mirror-3, Tees-4, Lacombe County-12, Lacombe-1 and Stettler- 1

RECEIVERS: Alix- 37, Mirror-4, Tees-1 and Lacombe County-10.



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

Closed all statutory holidays

Bay 1 & 2, 5008 50 Ave, Alix, AB

403-396-3369

alixmirrorwellness@gmail.com

Follow us on social
@AlixandAreaCommunity
ResourceCentre

www.alixcrc.com

ALL AGES ALL WELCOME

We make connections to people, support and resources. Please reach out if you need help to access any of the following services available at the Centre; our staff will work alongside you to address any of your needs & concerns.

Services for all ages include resource navigation, information & referral, one-on-one support and food hampers.

Access assistance filling out forms, including emergency supports or government funding. Visit us for help on the computer, to print/ photocopy or to send a fax.

Children, Youth & Families

Baby Clinic, Time for Tots, Family Wellness, After-School Program, Youth Counselling, Child & Youth Safety Week and connection to family supports are offered at the Centre.

Watch for more details coming soon on NEW family activities.

Adults & Seniors

Join us weekly for connection, socializing, games and a variety of activities at Senior Fun, every Thursday from 1PM-3PM.

We want your input for future senior outings and activities!

Stop by every Monday from 10:30AM-12PM, for the Internet Cafe. Bring your technology questions and stay for a coffee.

Do you want to learn about health and social supports for yourself or a loved one? There are many programs available through the government and various organizations.

Visit us to learn more or give us a call.

- 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 or low income tax returns can utilize the free Income Tax Assistance Program.
- 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.

Do you need help with daily activities, making meals or getting to appointments? We offer services to help you live independently. Contact us to book and for more information:

- Meals on Wheels
- Home Support
- Wise Owls

VIRTUAL MENTAL HEALTH SERVICES:

Alberta Health Services-

Free mental health therapy is offered for children, adults and seniors. Services can be booked daily, via virtual sessions during Monday - Friday, from 10AM - 12PM and 1PM - 2PM.

Contact us to arrange.

Rapid Access Counselling-

Available for individuals, couples and families, at no cost. Book online, Monday to Friday by secure video or phone, including some evenings. Follow the link to learn more and to book:

[https://rac.janeapp.com/?](https://rac.janeapp.com/?utm_source=sendinblue&utm_campaign=Newsletter%20-%20October%2019%202022&utm_medium=email&fbclid=IwAR0sJ1jHAPoO4ceb3ARktB3Yc2hCFxuhzQZKgMcJEbYVzvjK4gbL6J91zlo#discipline/1/treatment/3)

[utm_source=sendinblue&utm_campaign=Newsletter%20-%20October%2019%202022&utm_medium=email&fbclid=IwAR0sJ1jHAPoO4ceb3ARktB3Yc2hCFxuhzQZKgMcJEbYVzvjK4gbL6J91zlo#discipline/1/treatment/3](https://rac.janeapp.com/?utm_source=sendinblue&utm_campaign=Newsletter%20-%20October%2019%202022&utm_medium=email&fbclid=IwAR0sJ1jHAPoO4ceb3ARktB3Yc2hCFxuhzQZKgMcJEbYVzvjK4gbL6J91zlo#discipline/1/treatment/3)

We have private offices and technology support if you need a confidential space, do not have a device or WiFi, please contact us for help!

MONTHLY EVENTS:

Grief Support-

Everyone is welcome to take part, held monthly on the 3rd Thursday at 7PM. Gather with others who are experiencing loss in a welcoming and confidential space. This is an informal group, where you can choose to share at your own pace any past or recent loss. Attend on January 19.

Connecting Clans-

Join in every last Monday from 6:30PM-8:30PM for activities for all ages. This is all about having fun and spending quality time together. Events are open to everyone, attend on January 30.

FOR COMPLETE DETAILS ON ALL UPCOMING EVENTS AND PROGRAMS VISIT ONLINE, WWW.ALIXCRC.COM OR CONTACT US, 403-396-3369.