

QUARTERLY NEWSLETTER

ALIX BRIEFS

by the Alix and Area Community Resource Centre

Volunteer Highlights

Alix Mirror Wellness Supports Society and Bashaw and District Support Services wish to thank our valuable volunteers for supporting us with fundraising shifts, during a busy season at major events this past summer. We Can't Say it Enough... Thank You!

Event:	# of Volunteers:	# of Shifts:
Ponoka Stampede	46	85
Big Valley Jamboree	25	48
World Chuckwagon Finals	23	50

... We also recognize the dedication of those who give their time to continuously support our efforts & offerings ...

of Volunteers:

Meals on Wheels: 6, Youth: 5, Program and Events: 10, Board: 6, Meat Draw: 8

ONLINE FACEBOOK AUCTION - FOR A CAUSE

Are you interested in donating an auction item or a monetary donation towards a package, for the upcoming online auction? November 12-18, 2024.

We are looking for:

Services, Gift Certificates, Experiences.

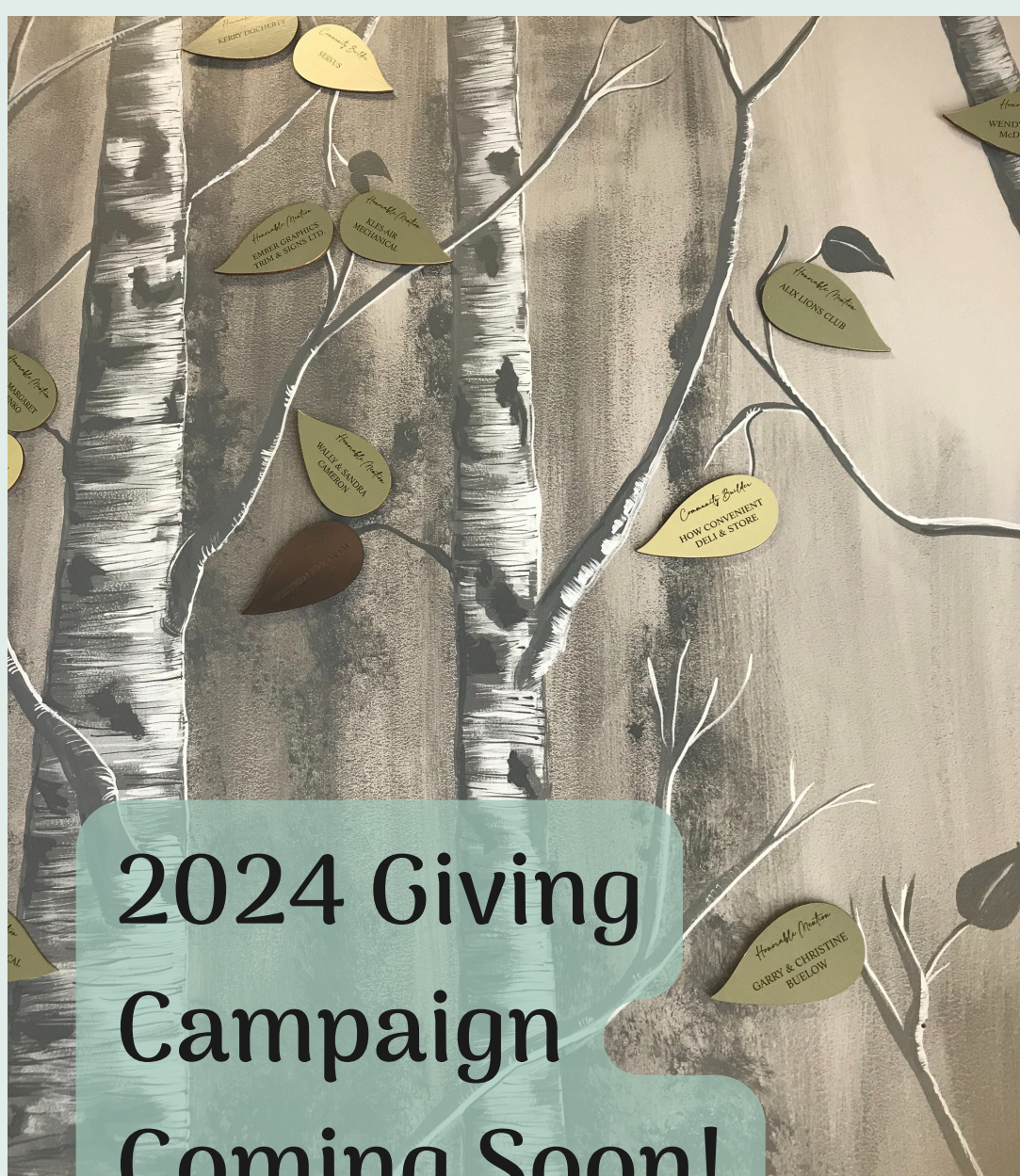
(For example- spa package, ski passes, sporting events, bowling passes, dinner + movie, etc.)

Something to help keep your spirits up in the cold months!

Proceeds support programs for all ages. To be a part of this fundraiser, get in touch by November 4. Contact Jill, 403-588-5199.

We Rely on Your Support...

This time of year we look forward to our annual giving campaign, an opportunity to give back to your community through individual/ corporate donations or participating in the 50/50 raffle, online auction and pop-up events. Follow along as we work towards our goal, from October to December. Watch for more details and plan to join in the fun, all in support of what we do!



2024 Giving Campaign Coming Soon!

Services Available

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

NAV CORNER
Did you know?

- Alcoholics Anonymous (AA) Meetings
- are hosted in Alix on Sundays, 7PM, at the
- Alix & District Drop In Center (4908 50 St.)
- No registration.

Save the Date: Sunday, Jan 26 2025 Health & Wellness Fair

Let us know if you have a service/product you would like to share with Alix and Area. NO table fee!

Contact Jill, 403-588-5199.

@AlixandAreaCommunity
ResourceCentre
www.alixcrc.com



Bay 1 & 2, 5008 50 Ave
Alix, AB

For complete details on all upcoming events and programs visit online or contact us.
403-396-3369 alixmirrorwellness@gmail.com



Lacey Dee's Holistic Health– In Alix Monthly (Thursday)
 Contact Lacey Malowski– Holistic Registered Nurse
 Alternative & holistic health services to help you uncover the root cause of your illness. Detox foot baths, microcurrent therapy, holistic nutrition, vitamin infusions/injections, food intolerance testing. 587-317-4748
 Book online: <https://lacey-dees-holistic-health.square.site/>

The Wellness House– In Alix Alternating Mondays
 Contact Cally Erickson– Registered Provisional Psychologist
 For children, youth, families, adults and couples. Focus on trauma and EMDR. Services billable to health insurance. Call/ Text: 403-741-7155
 or Email: thewellnesshouse.cs@gmail.com



Prairieland Psychology– In Alix Alternating Wednesdays
 Contact Jessica Harvey– Registered Provisional Psychologist
 Primary modalities used are Acceptance and Commitment Therapy, Existential Therapy, Solution-Focused, and Emotion-Focused.
 For adults, kids, teens, couples, families. Services billable to health insurance. 780-691-7962 Book online: Prairielandpsychology.janeapp.com

Alternative Acupuncture– In Alix Monthly (Tuesday)
 Contact Lisa Cardinal– Doctor of Acupuncture
 Revitalize your health, naturally & holistically & boost your wellbeing with acupuncture services.
 Direct billing to health insurance.
 587-930-7999 Book online: alternativeacupuncture.ca



Henna Rose Massage and Aesthetics– In Alix Every Thursday
 Contact Melissa Perez– Registered Massage Therapist
 Services include massage, reiki, cupping and foot reflexology.
 Direct billing to health insurance. 403-789-0111
 Book online: <https://hennarose.com/>

Stettler Medi-Aesthetics– In Alix Every Wednesday
 Contact Alicia Kneeland-Teasdale/ Cindy Tschirren– Facial/Skin Services
 Providing Medical grade skincare, nail care, footcare, electrolysis & hair removal and esthetic services that increase your confidence and wellbeing. Injections and PMU services on select dates. 403-743-0500
 Book online: <https://www.stettlermedicalaesthetics.com> and select "ALIX SERVICE"



Foot Care by Kaitlin– In Alix Monthly (Tuesday)
 Contact Kaitlin Nielsen/ Cheryl Saunders– Foot Care Nursing
 Advance nursing foot care, basic maintenance and hand/foot reflexology. Diabetic and high-risk care, personalized foot assessment and care plan.
 Book in home and clinic. 587-377-6099
<https://footcarebykaitlin.ca/>



Moon Child Wellness & Energy Healing– In Alix Monthly on Friday
 Contact Erin Weinzierl– Energy Healer
 Embracing one's true self is an act of courage. It requires letting go of societal expectations and the fear of judgment to step into a space of vulnerability and truth. EFT/TFT Tapping, Quantum Hypnosis and Usui Reiki. 403-740-0460
 Book online: <https://www.moonchildwellnesshealing.ca>

