

# ALIX BRIEFS

by the Alix and Area Community Resource Centre

## Now Available! FREE Mental Health Counselling for All Ages...

Introducing, Trish Rasmussen, RPC-C, a Registered Professional Counsellor and founder of Healthy Minds Online- offering an integrative approach to therapy, distinctly tailored to fit your needs and address your issues or concerns. If you are interested, please email direct to book: [trish@healthymindsonline.ca](mailto:trish@healthymindsonline.ca)

NEW!

## HEALTH & WELLNESS FAIR

An afternoon of sharing ideas and health & wellness information.

Admission is FREE  
Light refreshments  
and lunch available.

**Sunday, Jan 26**  
**11AM-4PM**  
(Cash Only)

Located at  
Alix Community Hall  
5008 49 Ave.



**Monday**  **Thursday**  
**10:00 AM - 4:00 PM**  
\*Closed all statutory holidays\*

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

## Holiday Highlights

The Joy of Giving is an anonymous gifting program for any adult/senior who may need some extra joy during the holidays, from Alix, Mirror, Tees or the surrounding area. During December a total of 49 individuals received a gift, from a total of 28 individuals who donated gifts. We look forward to facilitating this exchange every year. Thank you all who participated.

The Angel Tree was set up again, a way to name & honor a memory during the holidays, for those who've passed. After December angels are permanently displayed in the Centre, 25 angels will be added this year. Proceeds from this program support grief resources.

## THANK YOU

We want to acknowledge the continuous support of so many individuals, businesses and organizations! Your donations help fund current and future programs. We were able to surpass our goal of raising \$25,000, during the 2024 Giving Campaign (Oct- Dec).

### Donors:

~Enhance Energy \$5,000  
~Bashaw & District  
Victim Services \$1,250  
~Stride Management \$250  
~Lacombe County \$10,000  
~Rahr Malting Co. \$5,000  
~Ember Resources \$2,500  
~John & Allison Ireland \$1,000  
~Della Mae Thull \$40  
~Gadsby Lake Community Group \$300

### Fundraisers:

Winter Escapes  
Auction \$7,000

50/50 Raffle  
\$2,000

Wreath  
Wonderland  
\$710

The Alix Mirror Wellness Supports Society extends a heartfelt THANK YOU.

## We are looking for Summer 2025 Sponsors

It seems far away but we are already looking ahead to the summer and planning for school-aged child & youth programming. Do you wish to help to ensure no child misses out, due to financial barriers? Please get in touch if you wish to support our youth and alleviate the cost to attend! The fun will include daily activities, out of town outings, swimming lessons, sleepovers and more!

\*Eligible for tax receipt\*

Call Jill, 403-396-3369.

## Services Available

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

Shout out to every **Alix Food Bank** supporter, from pantry staples to monetary donations, every contribution makes a difference...  
During the holidays and throughout the year.

## Did you know?

Our facility is utilized by numerous wellness based service providers. Check out what is currently offered, including massage, energy healing, nursing foot care, dental hygiene, psychology, acupuncture, vitamin infusions & IV hydration. Contact providers direct to book:

- Henna Rose Massage & Wellness
- West of the 5th Therapies and Wellness
- Foot Care by Kaitlin
- Prairieland Psychology
- Tooth Travellers
- Moon Child Wellness & Energy Healing
- Alternative Acupuncture

# SELF DEFENSE

We are hosting Sarah Williams,  
Head Instructor and Owner of Empowered Defence Centre-  
teaching self-defence to students of all ages.

Her background includes a karate  
black belt; along with 7 years specializing  
in the field of domestic violence  
in a police officer role.

## Discussion Topics:

- The laws regarding use of physical self-defence
- Proactive Strategies
- What to do after an attack

## Physical Skills:

- Defensive movements
- Easy-to-use strikes
- Escapes from common grabs

## Must Register

### For ages 12 and up...

Kids under 18 must have a parent  
sign a waiver at drop off  
(if parent is not attending).

**Sunday**

**Feb 2**

**12PM-4PM**

# IN ALIX



**EMPOWERED**  
DEFENCE CENTRE

**COST: \$30/ PERSON**

**REGISTER IN-PERSON  
AT ALIX CRC OR CALL,  
403-396-3369.**

## COMING SOON

Watch for more info on Family Day activities in Alix on Feb 17, including a Pop-up Artisan Market, BINGO, Free Painting, Scavenger Hunt, Door Prizes, S'mores and lunch by donation.

**Child & Youth Safety Week, during Feb 18-20, will host Home Alone, Babysitters Course and Confident Kids while school is out (please note there will be no school aged drop-in programs). Stay tuned for the details!**

## Alix and Area Day of Self-Care Retreat

Hosted by:



**Saturday  
Feb 22  
9AM-6PM**



## Agenda

- Somatic Stress Release Workshop
- Macrame Key Chain Making
- Create Your Own Tea Blend Workshop
- Mindfulness Tea-Drinking Ceremony
- Self-Care Vision Board Workshop
- Dance Party
- Games, Prizes and More

Register in-person at Alix CRC or online:  
(Tickets on sale as of Jan 23, 2025)

<https://www.eventbrite.ca/e/alix-and-area-of-self-care-day-retreat-hosted-by-find-your-wild-retreat-tickets-1081423991269>

*For complete details on all upcoming events and programs visit online or contact us.*

[alixmirrorwellness@gmail.com](mailto:alixmirrorwellness@gmail.com)

[WWW.ALIXCRC.COM](http://WWW.ALIXCRC.COM)