

EVENTS & ACTIVITIES

See page 2 for the latest events within Westlock County

Mondays:
Pickleball at 7PM, Jarvie

Tuesdays:
Floor Curling at 1PM, Jarvie
Taekwondo 6PM, Jarvie

Strengthen and Stretch at 7PM, \$3.00/person, Fawcett

Wednesdays:
Coffee and Muffins from 10AM-11AM for \$3.00, Fawcett

Thursday:
Taekwondo at 6PM, Jarvie
Pickleball at 7PM at Jarvie

Strengthen and Stretch at 7PM, \$3.00/person, Fawcett

APRIL

Sun Mon Tue Wed Thu Fri Sat

2	3 	4 	5 	6 	7	8
9	10 	11 	12 	13 	14	15 
16	17 	18 	19 	20 	21	22 
23 	24 	25 	26 	27 	28	29
30						

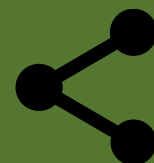
Contact us



10336 106 Street,
 Westlock, AB T7P2G1



780-349-3346



<https://www.facebook.com/westlockcounty/>



@westlock_county



Follow us @WestlockCounty



Office Hours Monday - Friday
 8:00AM to 4:30PM
 (closed holidays)



westlockcounty.com



info@westlockcounty.com

What's going on in your community



PACO is hosting a bingo at Fawcett Hall

Saturday April 1st

Bring the family for an evening of games and food

Doors open at 5:30 pm
Bingo Starts at 6:30 pm

Set of 3 cards is \$5
Set of 6 cards is \$6
Set of 9 cards is \$7
Set of 12 cards is \$8
Bonanza is \$1 per card

Bingo ♦ 50/50 ♦ Silent Auction
Bonanza ♦ Door prizes

Concession will include a selection of:
Chips, Pop, Candy bars, French fries & Hot dogs



We are currently looking for volunteers and donations of items to go towards our Silent Auction. For bingo information, please reach out to Melissa McCann: 587-986-9704



Hot Dog Sale

Hazel Bluff Hall April 1st

11:00AM - 2:00PM

Hazel Bluff Community Centre

ANNUAL

SPRING

STEAK BARBEQUE

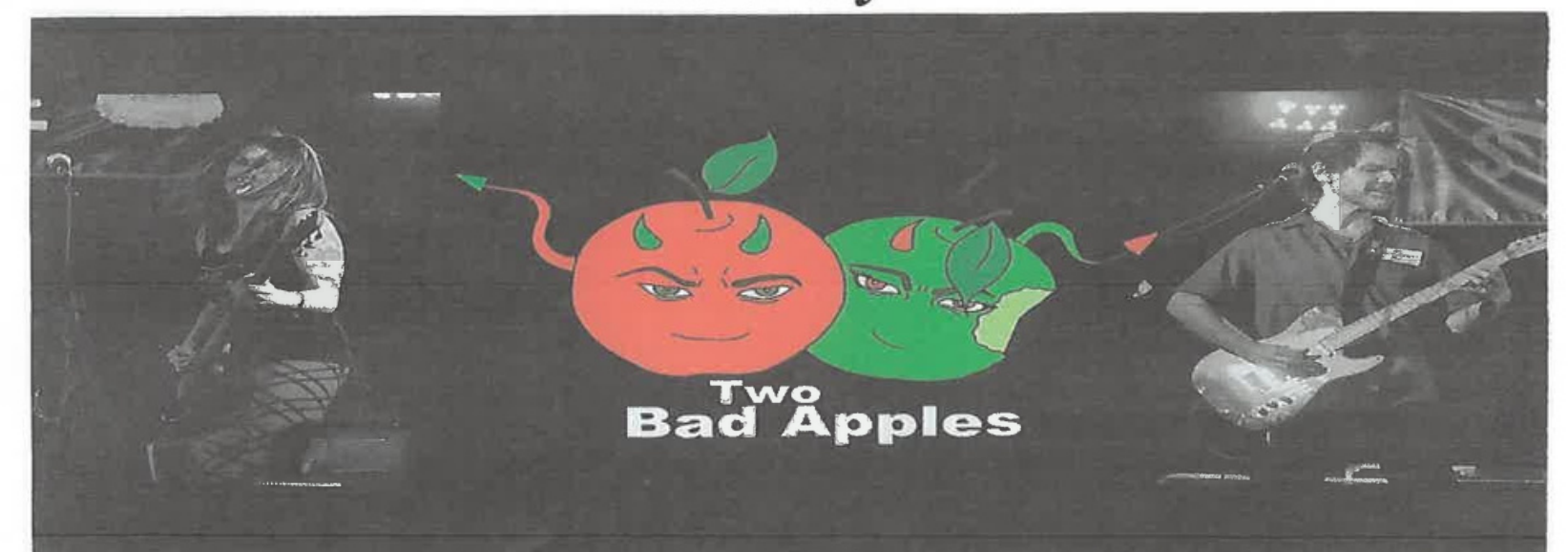
SILENT AUCTION & DANCE

April 15th, 2023

Tickets \$40

Cocktails 5:30 Supper 6:30

M By:



With Support of Westlock & District FCSS

For Tickets - Phone: Bryan:307-1704, Jim 349-1845

Morgan: 206-6403, Stuart 350-8636, Rose:349-2284

M. Alice Frose Library



Located in Fawcett hall
Wednesdays 10am - 2pm
Thursdays 4pm - 7pm

A membership is only required if you want to sign books out

Library News:

Please Note: The M Alice Rosie library in Fawcett has changed their hours as listed above.

Library Services

Free WiFi

Free public computers and Internet access
Printing (black and white only), scanning and photocopying: \$0.25/page

Help keep library cards free!

Visit the Westlock libraries webpage or stop by your local library to make a charitable donation to help us raise our goal of \$4000.



MEET THE NEIGHBOUR
DINNER



Bring your board games and get to know your neighbours

April 22nd, 5:00pm

Tickets to be paid at the door
10\$ per person
5\$ 12 and under

All proceeds going towards the Busby community
Please contact Karin 780 972 7239 if you have any questions

Upcoming
Jamborees



April 23, May 28
June 25



Everyone
Welcome
\$10 at the door.

Busby Community League AGM
Monday April 24th @ 7pm
Executive Positions
Need to be Filled




Looking for what to do in Westlock County?

Sign up for the "County Connects" to find out what is happening in your community. To sign up, visit www.westlockcounty.com/p/regional-notification-system, to create a new or update your existing account. Choose Newsletter or any other notifications you would like to receive from us. Follow us on social media to keep up to date.

To have your events featured, please contact Meagan Smith, msmith@westlockcounty.com or Adrienne Finnegan, afinnegan@westlockcounty.com



Wellness Exchange

Wellness Exchange is a series of skill building workshops designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Participants can register for one or more sessions.

Topics: problem-solving, positive activities, managing reactions, helpful thinking, and healthy connections.

Where: Online (via smartphone, tablet, or computer).

When: See calendar for time and topic details.

Who: Adults interested in learning skills to cope with change and deal with stress.

Registration: Pre-registration required, one or more sessions can be attended.

Call your local Addiction and Mental Health office to register or for more information



Virtual Groups & Workshops

North Zone Addiction & Mental Health presents our virtual workshop series. Call your local Addiction & Mental Health office for more details and to register.

Wellness Exchange

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

Relationship Skills Series

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

Recovery Management

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

Transform Your Stress: The Resilience Advantage™

This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

Caring for Youth Series

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth. Pre-registration required, attend one or more sessions.

Navigating AMH Services Info Session

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/65269873038> Passcode: 747927

Understanding Addiction Info Series

This series of three sessions focuses on topics to increase understanding of substance use concerns and how to support you and/or your loved ones. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/64953708340> Passcode: 493827



Scan the QR code to the right to find more information.

Call your local Addiction & Mental Health Office to register.



Check out Alberta Health Services for more information on events and workshops

