

# October 2024 at FCSS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>FCSS Office Hours</b> Tuesday- 9-4 Wednesday 9-4 Thursday-9-4 Please call to book an appointment Phone: 780-333-4119	1 <b>WORKforce Information Session</b> 10 to 12:30pm  <b>Winter Coat Drive collection starts</b>	2 <b>OFFICE CLOSED</b>	3 <b>OFFICE CLOSED</b>	4 <b>OFFICE CLOSED</b>	5
6	7 <b>OFFICE CLOSED</b> Together Talk Outreach By appointment only 1-7pm	8 <b>Living as a SENIOR</b> presentation & lunch 10-12pm  Color Me Crafty FCSS @ 7pm	9  <b>FCSS 4 Seniors Armchair Travel</b> 2-4pm	10 FCSS Client Care By appointment only 9-4pm	11 <b>OFFICE CLOSED</b>	12
13	14 <b>OFFICE CLOSED</b>	15 FCSS Client Care By appointment only 9-4pm  Whitecourt Employment Outreach 1:30-3pm	16 <b>Seniors Social at the Library</b> 11-1pm <b>FCSS 4 Seniors Armchair Travel</b> 2-4pm	17 FCSS Client Care By appointment only 9-4pm	18 <b>OFFICE CLOSED</b>	19
20	21 <b>OFFICE CLOSED</b> Together Talk Outreach By appointment only 1-7pm	22 FCSS Client Care By appointment only 9-4pm	23 <b>Newfoundland Jiggs' Dinner and Armchair Travel</b> 9am-2pm Previous participants only	24 FCSS Client Care By appointment only 9-4pm	25 <b>OFFICE CLOSED</b>	26
27	28 <b>OFFICE CLOSED</b>	29 FCSS Client Care By appointment only 9-4pm	30  <b>FCSS 4 Seniors Armchair Travel</b> 2-4pm	31  <b>OFFICE CLOSED for FRN Programing</b>		HAPPY HALLOWEEN





**DROP IN**

**FOR SENIORS  
AGED 50 AND ABOVE**

# **ARMCHAIR TRAVEL**

**COME EXPLORE THE WORLD:**

**STARTING WITH CANADA**

**JOIN US FOR FUN AND THEMED ENTERTAINMENT  
AS WE TRAVEL OUR WAY THROUGH THE CANADIAN  
PROVINCES AND TERRITORIES FROM THE  
COMFORT OF THE FCSS OFFICE ATMOSPHERE.**



**EVERY  
WEDNESDAY  
2:00 PM  
FCSS OFFICE**

 **fcss**  
Swan Hills  
Family and Community  
Support Services

The Coat Drive will be open to the PUBLIC Nov 1, 2024 in the Town Lobby. All items are **FREE**. You are welcome to take or shop during Town Business Hours. **No appointment necessary.**



Swan Hills  
Family and Community  
Support Services

*Please drop off donated items, starting October 1, 2024 in the BLACK BIN outside of the FCSS Office.*

*Winter*

# Coat Drive

**Both Adults & Children Sizes**

**5536 Main Street- Swan Hills, AB**

*New and gently used coats, and winter clothing accepted*

*Help keep others warm this winter.*

*Coats, gloves, socks, hats and boots.*

**For more information call 780-333-4119**

# Color Me Crafty

*This  
Month*

**OCTOBER 8TH, AT 7PM  
AT THE FCSS OFFICE**

Color Me Crafty is an opportunity for Adults to come together, reconnect and try something new.

**WINE & BEER GLASS  
PAINTING PARTY  
\$35.00**



Uncork your creativity to enjoy a night out with friends & family. Design your own creation or use one of the 100's of tracing templates provided to paint 2 glasses. All supplies provided. Choose stemless wineglasses or beer mugs.

On the second Tuesday of each month, FCSS offers a new Arts and Craft Kit or Project.

All supplies are provided.

Registration and payment are require in advance to hold your spot.

Call FCSS to register.  
780-333-4119

*Register today!*

Please note that this Social Development and Life Skills program is offered as a cost recovery program. You only pay what the kit costs us to buy.

**ARE YOU OR SOMEONE YOU KNOW  
A SENIOR(65+)  
LIVING IN SWAN HILLS?**

**CONTACT**

**SWAN HILLS FCSS**

**780-333-4119**

**FCSS@TOWNOFSWANHILLS.COM**

**TO BE ADDED TO OUR SENIORS' LIST**

**Benefits of being on our list include:**

- A PERSONAL INVITATION TO THE ANNUAL FCSS SENIORS' WEEK EVENTS IN JUNE
- AWARENESS OF FCSS PROGRAMS AND PARTNERSHIP PROGRAMS
- **AND MUCH MUCH MORE**



# Seniors Social at the Library

October 16th, 2024

Held on the **THIRD Wednesday** of each month from **11am-1pm.**

Sessions will include a presentation with information and resources that matter to you.

Light lunch and a craft/activity to follow



In partnership with the Municipal Library and FCSS





**Together  
Talk** *Here for you*

# Swan Hills In Person Counselling

No Charge  
By Appointment Only

In Person Counselling  
Select Tuesdays from 1-7 pm

**July 9**

**July 23**

**August 6**

**August 20**

**September 9**

**September 23**

**October 7**

**October 21**

**November 4**

**November 18**

**December 9**

Sessions held at:

**Swan Hills FCSS Office  
5536 Main Street  
Swan Hills**



**CONTACT US**

No Charge, By Appointment Only



[www.togethertalk.ca](http://www.togethertalk.ca)



780-674-9366



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

**Together Talk  
is funded by:**

*Alberta*  
MENTAL HEALTH AND ADDICTION SERVICES



**WHITECOURT EMPLOYMENT SERVICES  
&  
SWAN HILLS FAMILY AND COMMUNITY SUPPORT SERVICES**

# **EMPLOYMENT SUPPORT MEETING**

**Tuesday, October 15, 2024**

Swan Hills FCSS  
5536 Main Street

**1:30 - 3:00PM**

**PROVIDING:**

RESUME FEEDBACK

JOB SEARCH ASSISTANCE

INTERVIEW PREPARATION

COVER LETTER CREATION

CAREER COUNSELLING

LABOUR LAW INFORMATION



**Stop by for a  
donut!**





# FCSS Mission

*To deliver programs and services that are preventive in nature to promote and enhance well-being among individuals and families in Swan Hills*

## Our Programs

HELP PEOPLE TO DEVELOP COPING SKILLS AND BECOME MORE RESISTANT TO CRISIS

HELP PEOPLE TO DEVELOP AWARENESS OF SOCIAL NEED

HELP PEOPLE TO DEVELOP INTERPERSONAL AND GROUP SKILLS TO ENHANCE THEIR RELATIONSHIPS

HELP PEOPLE AND THEIR COMMUNITY TO ASSUME RESPONSIBILITY FOR DECISIONS AND ACTIONS THAT AFFECT THEM

### Contact us

 780-333-4119

 [www.townofswanhills.com](http://www.townofswanhills.com)

