



MAKE A DIFFERENCE



**Family & Community
Support Services
Lamont County Region**

**Programs
&
Services**



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Seniors Benefits Presentations

Host benefit information sessions for local senior residents that cover topics such as Alberta Seniors Benefits Program, Special Needs Assistance for Seniors, Seniors Home Adaptation and Repair Program, Seniors Health Benefits-Alberta Blue Cross and Dental and Optical Assistance for Seniors, as well as Federal benefit programs such as Old Age Security, Guaranteed Income Supplement and Canada Pension Plan.

Seniors Networking

These programs provide a weekly coffee break and networking opportunity for local seniors. FCSS continues to facilitate these year round groups County wide.



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Supporting families and community based Family Resource Programs.





Family & Community Support Services - Lamont County Region Programs and Services

General Overview of Programming

Family and Community Support Services Lamont County Region is a cooperative venture between the Province of Alberta, Town of Lamont, Town of Bruderheim, Town of Mundare, The Village of Andrew, The Village of Chipman, and Lamont County. Our role in the community is to provide preventative social service programs that promote and facilitate the development of healthy families, individuals and communities. The key purpose of FCSS is to let citizens and communities assume responsibility for the decisions and actions which affect them. FCSS believes that when citizens develop skills that enhance constructive relationships they develop awareness of social needs, which in turn strengthens coping skills. This assists citizens and our communities to grow, flourish and become more resistant to crisis.

FCSS Lamont County Region collaborates with all urban municipalities, other FCSS programs and service providers to meet the changing needs of our communities. We are a local grassroots program run by local people. Decisions are made by a advisory board which is made up of six local municipal members and seven public at large members.

FCSS Lamont County Region has been in operation since April 2004.



Seniors Appreciation Week

Every June FCSS Lamont County Region is proud to offer events for Alberta's Provincial Seniors week. The purpose of these events is to thank local seniors for their contributions to the community as part of a provincial initiative. Event locations include the Town of Lamont, Town of Bruderheim, Town of Mundare and the Village of Andrew. The focus is to provide information, entertainment and complimentary meals as our way to say "Thank you for all that you do!"

Alberta Seniors Benefits Program

In partnership with the Government of Alberta, we continue to administer this program by offering support and assistance to local seniors in accessing Alberta Government benefit programs. Alberta benefits include Alberta Seniors Benefits Program, Special Needs Assistance for Seniors and Seniors Home Adaptation and Repair Program, as well as Dental and Optical Assistance for Seniors. Many of the benefits of these programs include the reimbursement and subsidy for appliance replacement, medical related expense reimbursement, home repair loans and assistance with dental and optical reimbursements. FCSS Lamont County Region also assists local seniors to access and liaise with Federal Government programs such as Old Age Security, Guaranteed Income Supplement and Canada Pension Plan, to ensure local seniors receive maximum benefits. Our staff are also available to review documentation and assist to complete applications and required forms for a variety of other programs and services as needed.

Seniors Information Sessions

FCSS Lamont County Region values the equality and worth of each person and recognizes that the law can affect individuals differently as their circumstances change. FCSS is dedicated to help older adults understand their legal rights and empower them to stay independent for as long as possible. Seniors information sessions are hosted by FCSS Lamont County Region to educate aging community members on how to plan for their future. Enduring Powers of Attorney and Personal Directives, Wills and Estate Planning, Estate Administration, Adult Guardianship and Trusteeship, as well as touching base on Elder Abuse are a few topics we include in these sessions.

Seniors Programming

Seniors Programs

FCSS recognizes that local seniors are our greatest resource and provide valuable contributions to our Community. Programs are designed to support and promote local seniors to advocate, grow, contribute and access assistance as needed.



REAP (Rural Elder Abuse Prevention) Coalition

The Rural Elder Abuse Prevention Coalition commenced to complete a three year project to identify and streamline responses to Elder Abuse. REAP is legally hosted by FCSS Lamont County Region in partnership with the Lamont County, Beaver County, County of Minburn, County of Two Hills & Flagstaff County. The purpose of this project is to develop a Coordinated Community Response to Elder Abuse (the CCR). The Coordinated Community Response Protocol is available to all community members and can be obtained by contacting FCSS Lamont County Region.

Although the project has now come to a close, the Coalition continues its work and will now focus on broadening and enhancing education throughout partnering Counties. A special thank you to Program Coordinator, Loretta Kroeker, who has spent countless hours in our community over the years connecting to seniors and stakeholders to promote the awareness and prevention of Elder Abuse.



Community Development & Support

Community Development programs are designed to assist our communities to identify social needs and develop responses to meet those needs. These programs are aimed to promote, encourage and support volunteers, provide education and support communities to grow and thrive.

Information and referrals

One of the basic and most valued services provided by FCSS is information and referrals. Over the past decade, FCSS Lamont County Region has expanded its capacity to develop in house programs and services to assist local residents within their local community. However in the event that we do not have what you are looking for, our staff is here to help connect you to what you need. As we live in a rural community, many of the Provincial and Federal agencies and services

are not located within Lamont County. FCSS staff continue to offer assistance to access and liaise on behalf of individuals to ensure they are supported. Over 500 referrals are made each year. These referrals have included, but are not limited to income assistance, family counseling, marriage counseling, child abuse advocacy, mental health services, seniors' services, food hamper acquisition and general information. Our ongoing mission is to connect people to the assistance they require to promote a healthy and strong self-sustaining community.

Interagency Coordination

Interagency is a collaborative group that is made up of community members and local service providers. The purpose of the group is to exchange information and is based on the philosophy that many heads are better than one. During these meetings, service representatives share information regarding programs and services as well as brainstorm with each other to create, distribute and maintain valued resources throughout the community. The meetings are open to anyone who would like to attend and new members are always welcome. This group meets bi-monthly and rotates meetings throughout the County to maximize involvement from all those who would like to attend.

Leaders in Training

The Leaders in Training (L.I.T.) program gives youth ages 14-18 years the chance to develop leadership skills and gain valuable experience while having fun as part of our FCSS Summer Programs Team. These young leaders assist by planning, organizing and facilitating Summer Program activities for younger children alongside of FCSS Summer Program Leaders under the supervision of the FCSS Program Coordinators.



Summer Day Programs

Summer camps are offered to children from grades one to six and run for two weeks in July and August in communities across the County. Each week offers regular “in community” days consisting of outdoor activities and fun as well as two offsite fieldtrips. Camps are located in the Town of Lamont, Town of Bruderheim, Town of Mundare, Village of Andrew and the Village of Chipman.



“Bus to Camp Program”

The Bus to Camp Program provides daily bussing to and from community camp locations free of charge for Summer Day Program registrants.

Income Tax Clinics

FCSS Lamont County Region is proud to provide support to individuals to complete income tax returns free of charge. This service is available ongoing to seniors and County residents who are unable to complete their taxes due to disability or income barriers. This service is provided by locally supported FCSS volunteers and in partnership with the Canadian Volunteer Income Tax Program facilitated by Revenue Canada.



Food Hamper Programs

Originally an FCSS initiative, this independent program has exponentially expanded in the last 10 years. FCSS is pleased to continue to provide in-kind support as requested to this now independent charitable organization consisting of a partnership with the Lamont Alliance Church, and over 10 local volunteers that provide this service to County residents. In 2011 the program joined forces with the Lamont and Area Christmas Hamper to become the Lamont County Food Bank providing County residents increased access to services and additional awareness. Additional support from local food drives in schools and local events has increased the stability and sustainability of this program. The Lamont County Food Bank also continues to support local Breakfast Programs in Lamont County Elementary Schools.

Hampers are available to families at a rate of one hamper per household per month. Requests can be made by calling 780-619-6955 with a deadline of Tuesday at noon to qualify for Thursday distribution. All Lamont County residents are welcome. Donations can be dropped off at the Lamont Alliance Church. We thank all of the countless volunteers and community sponsors who have made this program such an ongoing success.



Christmas Hamper Programs

In addition to year round support the County of Lamont Food Hamper also provides Christmas Hampers to families in need throughout Lamont County. An additional Christmas Hamper Program functions within the Town of Bruderheim.

Early Childhood Development & Family Programs

FCSS provides a range of Early Childhood Development (ECD) and Family programs and services designed to ensure children get the best possible start in life.

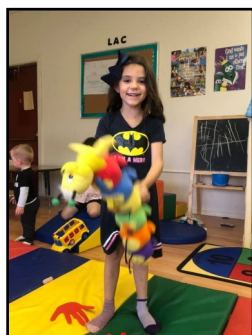
Parents and Tots Program

The purpose of the Parents and Tots Program is to provide an interactive playgroup for parents and caregivers of children ages 0-6. The program's focus is to connect parents with supports in their community, increase knowledge and awareness of early childhood development, encourage positive parenting practices, and increase social connections and interactions that support families and children. Programs run and follow the school calendar year.

For more information contact Melissa Shiach at 780-895-2233 Ext. 228 or melissa.s@lamontcounty.ca

FCSS Home & Community Visitation

The purpose of the program is to provide outreach support to families and individuals that are at risk due to isolation and/or socio-economic barriers. FCSS Coordinators provide direct assistance and coaching in the areas of parenting and life skills as well as assist individuals to access community services and connect with others to form meaningful relationships. Referrals can be made by professionals or individuals can self refer by contacting FCSS Lamont County Region.



Youth Retreat

This bi-annual retreat is designed for youth to get away and to participate in fun activities as well as two workshops designed to provide input that FCSS will utilize when designing and administering programs and services. During these retreats local youth grades 6-12 attend a three day retreat at Camp Van Es during which time they participate in two workshops designed to encourage feedback and participation in the development of future youth initiatives. The retreat also incorporates a number of fun activities including games, swimming and a trip to the World Water Park.

FCSS Summer Programs

Each year the FCSS team gears up for a summer of fun and excitement as we organize and facilitate summer activities across Lamont County for children 4-17 years old. These programs offer a gamut of affordable age appropriate activities for kids and youth during July and August each year. During this time, we welcome an additional ten members to the FCSS family consisting of 5 Program Leaders and 5 LITs (Leaders in Training). Together with the guidance of our Program Coordinators, this team organizes and executes our programming County wide.

Early Childhood Camps

These Summer day programs are geared towards children who are in preschool and kindergarten. Each week offers regular half day "in community" days consisting of outdoor activities and fun as well as two full day offsite fieldtrips. This camp is located in St. Michael.



True 2 You

True 2 You is a program for grades 5 & 6 girls. The program deals with self-esteem, self-care and making healthy choices. It is an opportunity for young girls to try new foods and activities as well as deal with issues applicable to preteen girls. Participants engage in a variety of sessions including self-care, discussing how to 'blow off steam', career choices, body image, peer pressure and nutrition. This course is available to all communities and is offered annually in the Town of Lamont, Town of Bruderheim, Town of Mundare and Village of Andrew. Additional programs are offered based upon request.



Lamont County Youth Programs

Youth programs operate in the Town of Lamont, Town of Bruderheim and Town of Mundare. The focus of programming is to connect with local youth and provide a safe and fun environment to participate in activities, visit with friends and access programs and resources provided by FCSS. In the Town of Bruderheim, this program runs weekly throughout the school year at the Bruderheim Youth Center. In the Town of Lamont this program runs bi-weekly throughout the school year in the evenings at the Lamont Library. In the Town of Mundare this program runs monthly throughout the school year in the Evenings at the Mundare HUB.

Youth & Family Activity Nights

The purpose of this program is to provide a safe and fun environment for youth and families to connect and enjoy free play at the local gym. Each program is made possible by partnership with our local schools and or Municipalities to provide the facility at a minimal fee and access to gym equipment. This program operates in the Town of Lamont throughout the school year and in The Town of Bruderheim.

Family Day Home Program

FCSS Lamont County Region provides quality child care through partnership with Alberta Child and Family Services. We are a provincially accredited agency through Alberta Association for the Accreditation of Early Learning and Child Care Services. As a recognized program, we provide a high quality of consistent

Become a Family Day Home Provider

Have You Considered Staying Home With Your Children?

Be with your children. Make money at home. Start a rewarding career that will shape a child's future right in your own home.



Benefits include monthly bonuses of about \$2-6 per hour, free conferences and workshops, guaranteed pay and a support system to help you provide the best care possible.



Lamont County Regional Family Day Home Program

Call TODAY for more information: 780-895-2233.





Child & Youth Programs

Fostering our children to learn and grow, FCSS Lamont County Region provides programming and support to families, children and youth. Programs provide healthy learning and play opportunities as well as preventative education and awareness to keep children and youth safe, involved, productive and informed.

Babysitter's Course

FCSS facilitates a Babysitter's Safety Course using the Kidproof Canada curriculum. This program offers young babysitters a full day of information and education geared towards preparation for the roles and responsibilities of a great babysitter. This course is available to all communities and is offered annually in the Town of Lamont, Town of Bruderheim, Town of Mundare and Village of Andrew. Additional programs are offered based upon interest and request.



Home Alone

FCSS facilitates Home Alone using the Kidproof Canada curriculum. This program offers young children a half day workshop to teach the fundamentals of staying at home safely and responsibly. This course is available to all communities and is offered annually in the Town of Lamont, Town of Bruderheim, Town of Mundare and Village of Andrew. Additional programs are offered based upon interest and request.



Flex

FLEX is a 10 week program for grades 5 & 6 boys. The program deals with team building, growth of positive self-esteem and self-concept, as well as healthy choices. Topics over the ten weeks included healthy eating, media use & impact, relationships, personal strengths, peer pressure, how to blow off steam, dealing with your own feelings & emotions, body image and empathy. This course is available to all communities and is offered annually in the Town of Lamont, Town of Bruderheim, Town of Mundare and Village of Andrew. Additional programs are offered based upon request.

KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.

WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.



UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

Child Development
& Well-being Support

Caregiver Capacity
Building Support

Social Connections
& Support

OUR FRN NETWORK:

Vegreville & Area
Lamont County Region
Mannville/Minburn/Innisfree
Two Hills & Area
WJS Canada