



COMMUNITY VIBES NEWSLETTER



The Botanical Arts City

Volume #10 Issue #9 | November 2016

November 2016	
November Is Family Violence Prevention Month National Addictions Awareness Week Nov 13-19 National Bullying Awareness Week Nov 13-19	
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3	Little Free Library Celebration
3	Family Working Group Meeting
5	St. Albert Celebrates Sports Day
8	Cultural Kitchen
8	Parent Information Session: The importance of Early Literacy at Servus Place
10	Elder Abuse Protocol Meeting
11	Remembrance Day
14	Neighbourhood Network Meeting
15	Crime Prevention Round Table
15	Seniors Working Group Meeting
17	NAAW Parent Information Session
19	CIVC Volunteer Fair
20	National Child Day
22	Cultural kitchen
23	Youth Working Group Meeting
27	Salvation Army Christmas Dinner
29	Early Years Sub committee meeting

November Is [Family Violence Prevention Month](#)

This year's provincial theme is **Reach Out. Speak Out.** It inspires all of us to take action now and in the future to end family violence and support survivors. At the same time, the theme also recognizes those who have worked tirelessly over the years to make a difference in their communities.



[St. Albert Stop Abuse in Families \(SAIF\) Society](#) provides individual and group counselling, education and the New Directions Program. Know the [warning Signs](#) of abuse.

Plan to attend a Family Violence Awareness Event "**Reach out Speak Out**" on November 2, 2016 @ 4 – 8 pm at the [Community Village](#). For more information, contact Jennifer Becker @ 780-459-1715.

DID YOU KNOW?

There are 17 Little Free Libraries located in St. Albert? [Click here](#) to find one nearest you! Interested in setting up a [Little Free Library](#)? Contact [Angie Dedrick](#) @ 418-6055 ext 3086 to learn more.



Community in the NEWS

- [Safe Living in St. Albert](#)
- [City Crime Rates and severity increase](#)
- [Local student designs “Orange Shirt” for anti-bullying campaign to raise awareness of residential schools](#)
- [Council approves Branch Library plan](#)
- [Who’s behind The Collective?](#)
- [Advocates say zoning discriminates](#)
- [Utility Relief Grant extended and amount boosted](#)
- [Clara Hughes shares her story of Mental Health](#)
- [Mental Health Advocate Clara Hughes inspires young students](#)

Community EVENTS

- [Cultural Kitchen](#) events are planned for Nov 8 and Nov 22 @ 6:30 pm at the [St. Albert Food bank and Community Village!](#) For more info contact [Angie Dedrick](#) @ 418-6055 ext 3086
- Family Violence Awareness **“Reach out Speak Out”** event November 2, 216 @ 4 – 8 pm at the [Community Village](#). For more information, contact Jennifer Becker @ 780-459-1715.
- *Early Childhood Matters!* [“The Importance of Early Literacy”](#) Parent Information session November 8, 2015 @ 6:30 – 8:30 pm at Servus Place. To register, visit [stalbert.ca](#) and search **Adult Programs**
- Parent Information Session: **Panel Discussion on Fentanyl use in our Community** Thursday November 17, 2016 at 7:00pm – 9:00pm @ Grandin Clubhouse
- Interested in becoming a Volunteer? Looking for a Volunteer to help your organization? [CIVC hosts 2016 Volunteer Fair “Cultivate Your Role in the Community”](#) on Saturday Nov 19th at Servus Place
- [The Salvation Army](#) is hosting a Community Christmas Dinner November 27, 2016 @ 12:30. Please call 780-458-1937 for FREE tickets.



Learn more about [The Collective](#)

Location: #100, 43 St. Thomas Street

Phone: 780-470-2059

Email: collective_info@stalbert.ca

Raising Awareness

[National Addictions Awareness Week](#) provides an opportunity for Canadians to learn more about substance abuse prevention, to talk about treatment and recovery, and to bring forward solutions for change. [Alberta Health Services](#) theme **“Small Actions Make Big Differences** aims to raise awareness and highlight how individuals can take steps to ensure an addiction-free lifestyle for themselves and families.

[National Bullying Awareness Week Nov 13-19, 2016](#) theme **“Stand Up”** (to bullying) is an opportunity for people at the **grassroots level in communities** around the world to work together on preventing bullying in our communities through education and awareness. Visit [Alberta Health Services](#) website for resources and information. **Bullying Helpline** 1-888-456-2323 [Begin chat](#)

[National Child Day](#) (November 20) is about celebrating children as active participants in their own lives and in communities. This includes the opportunity for children to have a voice, be protected from harm and be provided with their basic needs and every opportunity to reach their full potential. Learn more about [reference material](#) and [resources for parents and caregivers](#) and [educators](#)



Young people need a great deal of guidance and support in this area. Substance abuse among adolescents is a significant problem, and the consequences can be serious. With the help of a loving family and supportive community, young people can be supported in making wise choices.

- Be clear about your expectations regarding alcohol and other drugs and communicate them to your children. Expect young people to succeed and accept them when they don't.
- For many young people, having clear expectations gives them the strength they need to resist negative peer pressure.
- Get to know your children's friends, and pay attention to the friends they spend time with.
- Talk about drinking and other drugs in your family discussions. Give your children opportunities to express their own views on the subject.
- Get help if you suspect your child has a substance abuse problem.
- Model restraint in your own life. If you drink, use moderation. If you're concerned about your own substance use, get professional help.

Permission is hereby granted to City of St. Albert Family & Community Support Services to reprint the Developmental Assets® list, as well as sections of *Instant Assets*, and the *MV Parents®* Web site for educational, non-commercial purposes only.