



IN THE KNOW news

If you want to know what's going on at ASLS...this is where to find it out!

Welcome to IN THE KNOW news!
 This NEW newsletter is full of information for clients, families, staff, and anyone else who wants to know a bit more about ASLS and what's happening in the Peace Region.
 Staff will be working hard to gather articles and info that they think you will be interested in—and your input is always appreciated. IN THE KNOW news is for you— so please enjoy!

OCTOBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	
						1
2	3	4 Morning Coffee	5	6	7 Thanksgiving Meal	8
9	10	11 Morning Coffee	12	13 Danish Cooking	14	15
16 Friends "R" Us	17	18 Morning Coffee	19	20	21 Client Celebration	22
23	24	25 Morning Coffee	26	27 Circle Program	28	29 Movie & Carving
30 Friends "R" Us	31 Halloween Party					

Event Details—If you are plan to attend Peace River events, call Renee at 780-624-3316 x 103 one week prior

4th/11th/18th/25th— Come join morning coffee at the **Peace River Office** from 9-10am. Relax, visit with friends & peers.

7th— Come indulge in a home cooked Thanksgiving meal. Be at the **Peace River office** @9am to help with the meal preparation. This meal will cost \$7 per person.

13th— Bring \$5 to broaden your taste buds. Arrive to the **Peace River office** to help in preparation of a Danish meal.

16th, 30th—Friends "R" Us at the **Mile Zero Church in Grimshaw** 6-8pm Supper incl.!

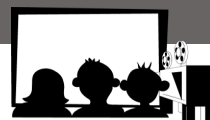
21st— It's a Client Celebration & Grad! Come have fun and celebrate YOU! Food, fun, games, entertainment, and prizes! Doors open at 5:00pm at the **Elks Hall in Grimshaw**. **Be sure to register!**

Call Michele @ 780-332-4183 x 100 by **October 14th** if you are coming !

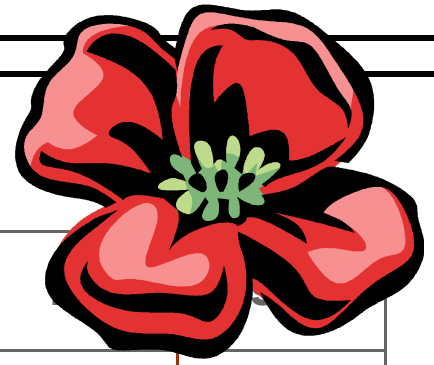
27th— Bring a lunch and take part in the Circle Program at the **Peace River office**. This is a great interactive session about stopping abuse. Begins at 10:00—lunch at noon.

29th: 6pm—9 pm Movie night & pumpkin carving (Bring your own pumpkin) at the **Grimshaw Office:** Come for the Nightmare before Christmas, popcorn & punch, carving & FUN—Admission \$2 ea. Call Mona @ 780-332-4183 x 119 to register.

31st— Halloween Party! Dress up in your best costume and come mingle at the **Peace River office**. Bring \$5 and decorate your best Halloween cupcake and play bingo. Please bring your own lunch.



November 2011



Sun	Mon	Tue	Wed	Thu		
		1	2	3 Movie	4	5
6 Friends "R" Us	7	8 Morning Coffee	9	10	11 Remembrance Day	12
13	14	15 Morning Coffee	16	17 Mexican Cooking	18	19
20 Friends "R" Us	21	22 Morning Coffee	23	24 Circle Program	25	26
27	28	29 Morning Coffee	30			

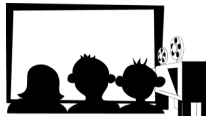
EVENTS

8th/15th/22nd/29th- Come and join morning coffee at the **Peace River Office** from 9-10am. Relax and visit with friends and peers.



3rd- Meet at the **Grimshaw office** for movie and popcorn. Movie starts at 6pm.

Please bring your own drink.



16th, 30th—Friends "R" Us at the **Mile Zero Church in Grimshaw** 6pm -8pm Supper incl.!

17th- Come try a Mexican lunch. Arrive at the **Peace River office** at 10am for meal preparation and please bring \$5.



20th—Christmas Crafts @ Grimshaw Office from 12 noon to 2:30pm. Bring \$5 for a bunch of fun!

24th- Bring your lunch and come take part in the Circle Program at the **Peace River office**. This is a great interactive session about relationships.

Begins at 10:00 and eat lunch at noon.

True Friendship

- by Sherri Beattie

Friendship is a time of caring and sharing. It is important to know who your friends are.

True friends share secrets with each other.

True friends won't betray your trust.

True friends care about your well being.

True friends understand you.

True friends will always be there for you.

True friends would be glad to give you advice and suggestions.

True friends won't pressure you into things.

True friends know how to have fun and enjoy life.

So enjoy your friendships while they last, because they only come around once in a lifetime.

If you are plan to attend Peace River events, please call Renee at least one week prior to the activity at 780-624-3316 x 103.

If you plan to attend Grimshaw events, please call Mona at least one week prior to activity at 780-332-4183 x 119.

December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Christmas Party	2	3
4	5	6 Coffee & Circles	7	8	9	10
11	12	13 Morning Coffee	14	15 Christmas Crafts	16	17
18	19	20 Morning Coffee	21	22 Christmas Carols & Fun	23	24 <i>Christmas Eve</i>
25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 Morning Coffee	28	29	30	31 <i>New Years Eve</i>



1st— Lets start the month off festive! Come join in on the Christmas Party at the **Peace River office** from 10am–2pm. A day full of visiting, decorating and making Rice Krispie houses.



Please bring your own lunch and \$5 for your Rice Krispie house.

6th— Come and join coffee at the **Peace River office** at 9am. Following coffee will be a Circles session about HIV and AIDS.

Feel free to bring along a lunch . The Circles session will run from 10-noon.

13th/20th/27th— You are invited to join group coffee at the **Peace River office** from 9-10am. Come relax and visit with your friends and peers. A perfect way to begin the day!



15th— Looking for something festive to decorate your home with? Join us at the **Peace River office** for Christmas crafts. Bring \$10 and make your own snow globe and Christmas tree decorations. This event will run from 10-3. Please bring your own lunch.

22nd—Christmas Carols & Fun at the **Grimshaw Office from 1pm—4pm**. There will be singing, bingo, crafts & fun! Bring \$5 for an afternoon of fun!

If you plan to attend any of the Peace River Events, please call Renee at least one week prior to the activity at: 780-624-3316 x 103.

If you plan to attend any Grimshaw Office Events, please phone Mona Bouchard one week before at 780-332-4183 x 119.



Happy Holidays Everyone!

Getting Help

Help Lines

Addictions helpline:

1-866-332-2322

Health Link:

1-866-408-5465

Mental Health helpline:

1-877-303-2642

Support/ Counselling

Mental Health Services– Peace River, Fairview, Valleyview, High Prairie

1-800-732-8981

Counselling for persons with mental healths problems.

Walk-In Counselling– Peace River Mental Health Clinic

780-624-6151

Walk-in Thursdays, 11:30am-8:00pm

Fairview Mental Health Clinic

780-835-6185

Susan Wilson Counseling and Consulting Services

780-624-4599

Guardians and Parents:

If you would like to access in-house training @ ASLS, please call Nicole Phillion @ 780-332-4183 ext: 113

Accredited Supportive Living Services Limited

Peace River Office
780-624-3316
Grimshaw Office
780-332-4183

Addictions

AADAC

Peace River and area:

780-624-6193

For alcohol, drugs and gambling

AL-Anon Family Group:

(Fairview) 780-835-2120

Medical Services

Peace River

Hospital– 780-624-7500

Medical Clinic 780-624-2581

Northern Vision 780-624-4464

Fairview

Health Complex 780-835-6110

Medical Clinic 780-835-4255

Northern Vision 780-835-3331

Grimshaw

Medical Clinic 780-332-4644

Health Complex 780-332-6500

Manning

Community Health Center:

780-836-3391

Other Services

Seeing RED Anger Education Program– Free 8 week program teaching individuals what angry is and how to communicate this in a different way. Call Peace River FCSS @ 780-624-1000

Anger Management Crossroads Resource Center Fairview: Contact Kathryn
780-835-5550

Women Shelters
Peace River: 780-624-3466
Fairview: 780-835-2120

1st Responders of Bullying and Family Violence (Fairview)
780-835-2120

WHAT IS A REGISTERED DISABILITY SAVINGS PLAN?

Did you know that you, your family, or even your friends can contribute to a Registered Disability Savings Plan in YOUR name? You can contribute up to a lifetime max of \$200,000 and the federal government will make annual contributions to supplement your savings in your plan. It's a WIN WIN situation for your future!

For more information on an RDSP, please contact Richard Harriman at ASLS: 877-539-0433 x 126

The New Horizon Learning Center offers many training opportunities.

For more information please call 780-624-4220.

"Your living is determined not so much by what life brings to you, as by what attitude you bring to life"- Anonymous