



# COMMUNITY VIBES NEWSLETTER



The Botanical Arts City

Volume #13 Issue #3 | March 2018

## March 2018

- 1 Family Working Group Meeting
- 5 Blanket Exercise  
contact 780-990-5276 to register
- 6 Cultural Kitchen ft. Mexican Cuisine
- 7 [Youth Council](#) Meeting 6:30pm at The Collective
- 8 [Tax Preparation Clinic](#) at CIVC
- 8 [International Women's Day](#)
- 12 Blanket Exercise  
contact 780-990-5276 to register
- 13 [Managing Mood](#) at Primary Care Network
- 14 SAM Celebration
- 16 [Teen Hangout](#) at St. Albert Public Library
- 17 [Fix It Cafe](#)
- 20 Cultural Kitchen ft. Philippines Cuisine
- 20 [1st Day of Spring](#)
- 20 Seniors Working Group Meeting
- 20-21 [Applied Suicide Intervention Skills](#)
- 21 [International Day for the end of Racial Discrimination](#)
- 21 Neighbourhood Network at St. Albert Public Library – Smart Cities, WasteWise and City initiatives
- 21 Youth Working Group Meeting
- 30 Good Friday

## Welcoming & Inclusive Community: It Starts with Me – Understanding the Terms

A common language can help us avoid confusion and misunderstanding, especially if our different experiences cause us to interpret terms differently. Just talking about terms can start conversations or get people to share their ideas –an important step in creating welcoming and inclusive communities. Can you match the terms with their proper definition?

- |                       |   |
|-----------------------|---|
| Marginalized          | a) Any dimension that can be used to differentiate groups and people from one another   |
| Diversity             | b) The center or in-group. Sets the tone for a group or organization or society, its own preferences become the norms for the group, and it provides most of the leadership for carrying out the mission of the group. May or may not be conscious of its role and higher status. |
| Structural Inequality | c) The act of creating environments in which any individual or group can feel welcomed, respected, supported, and valued to fully participate.  |
| Inclusion             | d) Excluded, ignored, or relegated to the outer edge of a group/society/ community. Often happens because of structural inequality.   |
| Mainstream            | e) Occurs when the fabric of organizations, institutions, governments or social networks contain an embedded bias. This bias provides advantages for some members and marginalizes or produces disadvantages for other members.   |

\*For more terms please refer to the [AUMA Welcoming & Inclusive Communities WIC Glossary of Terms](#)

## Mental Health First Aid

Understand and help people who are showing signs of a mental health problem. Training is available.

Call 780-459-1756  
or email [csd@stalbert.ca](mailto:csd@stalbert.ca)

Community & Social Development is offering MHFA sessions for those who live or work in St. Albert in the evenings of April 4, 11, 18 & 25 - \$30\* [Register here.](#) We also offer the Mental Health First Aid for those who interact with Youth training. Call for more information.

## Applied Suicide Intervention Skills Training (ASIST)



Brought to you by:



Community & Social Development is offering ASIST Training for those who live or work in St. Albert - \$100\*  
[Register for March 20 & 21 Session](#)  
[Register for May 23 & 24 Session](#)

\*This training is offered at a highly subsidized rate by Community & Social Development and is intended for those who live or work in St. Albert



**safeTALK** is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. **safeTALK**-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Community & Social Development has trained facilitators prepared to teach this 3 ½ hr session to your staff/group. [Contact 780-459-1756 for more information.](#)

Your Library card is FREE. What will you do with yours?



New learning resources available with your library card, giving access to thousands of business, software and creative courses for **free**. Sign up at [www.sapl.ca/elibrary](http://www.sapl.ca/elibrary)

## ST. ALBERT AND STURGEON PRIMARY CARE NETWORK

### Upcoming Classes

Intro to Health Basics - Mar 5: 1-3pm  
Mediterranean Diet - Mar 12: 10am-noon  
Managing Mood - Mar 13: 6:30-8pm  
Sleep - Mar 27: 6:30-8pm

free

[www.saspcn.com](http://www.saspcn.com) | 780-419-2214



The purpose is to **provide education and support to tenants and landlords** with the goal of **Successful Tenancies**. **Successful Tenancies** are key to housing stability, prevention of homelessness and strong communities. [Contact Linda at 780-459-1720](#) to find out how she can help prepare your young adult children to move out successfully 😊

~~~ NOTICE ~~~

[Amendments 'related to age' to Alberta Human Rights Act come into force on January 1, 2018](#)

The Government of Alberta has amended the *Alberta Human Rights Act*, effective January 1, 2018. Age discrimination is now prohibited in the protected areas of goods, services, accommodation or facilities, and in the area of tenancy. There are exceptions that allow specific types of age restrictions in the area of goods, services, accommodation or facilities. In the area of tenancy, age restrictions will not be permitted in rental buildings as of January 1, 2018.

## Resources

➔ [Spring Break and Summer Camp program guides](#) are now available online ➔

- [St. Albert Community Information & Volunteer Centre \(CIVC\)](#) Phone 780-459-6666
- [St. Albert Food Bank & Community Village](#) Phone 780-459-0599
- [St. Albert Stop Abuse in Families \(SAIF\) Society](#) Phone 780-460-2195
- [St. Albert Seniors Association](#) Phone 780-459-0433
- [St. Albert Family Resource Centre](#) Phone 780-459-7377

# 40 Developmental Assets

Do you hold the missing piece?

## Asset #27 – Equality and Social Justice

Globalization of ideas, technology and people have let us build a society where we are provided with the things that we need. We can get to work or school in a safe manner, we have access to food from all over the world and our advanced technologies let us communicate with each other at a faster rate than ever before.

It may sometimes be hard to remember that there are still many less fortunate people both outside and within our country. Millions of people around the world struggle with hunger, poverty and war as they fight to survive and be provided with the things they need. More than ever before we get to see images, videos and news reports about what is going on around our community, country and the world. This may stir something within us, a feeling to help these people in need, but this feeling can easily drift away as we get engulfed with our own life and the commitments and problems that come with in.

Kids who are concerned about equality and reducing hunger and poverty may or may not know what life is like for those who suffer from these conditions, but they do discover that it's a good idea to care for people—all people.

They care about people they don't know who live a world away and who may have many critical needs. They want to do something to make the world a better place.

It is important for you to encourage this feeling of social justice so that your children learn to think about others and try to do their part in creating a better community, country and world.

## 2018 Spring Grant

Community & Social Development invites proposals from non-profit organizations for project funding of up to \$5,700.

For more information or to submit your grant application, please contact:

**Connie Smigielski**

Manager, Community & Social Development

[csmigielski@stalbert.ca](mailto:csmigielski@stalbert.ca)

(780) 470-0607



### It Starts with Me: Challenge Yourself to Learn More

The City of St. Albert believes in the advancement of a fair and equitable society that promotes respect for all citizens, strengthens the community, reduces causes of disadvantage and inequality and ensures that all citizens in St. Albert thrive and enjoy the best quality of life possible. Challenge yourself and learn more about others.

- Mar 1-19 – [Nineteen Day Fast](#) (Baha'i)
- Mar 2 – [Holi](#) (Hindu)
- Mar 20 – [Nowruz](#) (Persian New Year)
- Mar 20 – [Spring Equinox](#) (Wiccan)
- Mar 25 – [Palm Sunday](#) (Christian)
- Mar 25 – [Ram Navami](#) (Hindu)
- Mar 26 – [Birth of Prophet Zarathustra](#) (Zoroastrianism)
- Mar 30 – [Good Friday](#) (Christian)
- Mar 30-Apr 7 – [Pesach or Passover](#) (Judaism)
- Mar 31 – [International Transgender Day of Visibility](#)



Canadian Centre for Diversity and Inclusion  
Centre canadien pour la diversité et l'inclusion