

Town Talk

Website www.town.stpaul.ab.ca

5101 50 St. P.O. Box 1480, St. Paul TOA 3A0

September 27, 2022

Town Office 780.645.4481

PARKS AND REC

PUBLIC SKATING

At the Clancy Arena

Thursday, Sept 29 12:30 - 2:30

Friday, Sept 30 6:15 - 7:15

Saturday, Oct 1 12:30 - 1:30

FCSS/LAKELAND FAMILY RESOURCE NETWORK



Based on the book by Dr. John Gottman "Raising an Emotionally Intelligent Child" the workshop aims to help parents connect with their children and young people and resolve conflicts without escalating

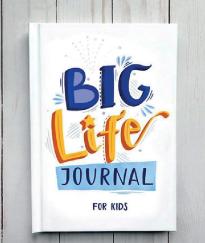
Parents will learn skills to respond to child's negative emotions (i.e. scared, sad, angry), use emotions for bonding and teachable moments, regulate emotions and set clear, consistent limits in problem-solving.

REGISTER BY CALLING 780-645-5311 CHILDCARE AVAILABLE

OCT 6, 13, 20, 27 & NOV 3 6:30PM - 7:30PM LOCATION: 5002-51 AVE

Lakeland FAMILY RESOURCE NETWORK

Growing minds Junior Edition



A group focused on developing growth mindset for youth aged 7 - 11 following content of the Big Life Journal. Learn more about the journal at

biglifejournal.com

Wednesdays

Oct. 5,12,19,26 Nov. 2

3:30-5:30pm

Lakeland

IN PERSON @ FCSS/LRFN 5002-51 Ave

Register: 780-645-5311

Join other youth and complete activities to learn to cope with real life situations. 5 week commitment required. Snacks and your very own Big Life Journal included.



PUBLIC WORKS



AQUATIC CENTRE





Check out our Facebook Page: @StPaulAquaticCentre for our Upcoming Swim Lessons (Oct - Dec)