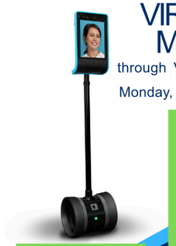
Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Vulcan COUNTY
Health & Wellness Foundation

VIRTUAL URGENT MENTAL HEALTH

through Vulcan Emergency Department

Monday, Wednesday, Friday 10am-4pm



If you are experiencing mental health challenges, talk to someone today.

NO APPOINTMENT NEEDED!

Monday, Wednesday, Friday 10am-4pm

For questions, please contact:
Vulcan & High River Mental Health Clinic
Ph: 403-652-8340

WHAT TO EXPECT:

1. You will be triaged by the emergency department nurse
2. Then set up in a private room in the emergency department
3. You will meet with a Mental Health Clinician virtually
4. You may also be assessed by an emergency department physician at some point if needed

Please note:

- Wait times may vary
- No psychiatry services

New Vulcan Practicum Counsellor!

To book in with Kathleen, please email counselling@vulcanandregionfcss.com



Beginning in September, Kathleen Ladner will be offering free counselling sessions at the Vulcan County Heath and Wellness Center. Kathleen is a student with Yorkville University in the Masters of Counselling Psychology program.

Kathleen brings a trauma-informed, strengths-based integrative approach to her counselling practice. While currently completing her Master of Counselling Psychology degree with Yorkville University, Kathleen draws on her extensive mediation experience and background in Child & Youth Care. Utilizing a systemic lens, she is known for her empathy, warmth, and calming presence.

Kathleen is available for appointments on Wednesdays and Thursdays at the Vulcan Health and Wellness Centre between 10:00 am – 8:00 pm. Please email counselling@vulcanandregionfcss.com to book an appointment.

Vulcan COUNTY Health & Wellness Foundation

fcss
Vulcan and Region Family and Community Support Services

COMMUNITY CONNECTION CAFÉ

Starts Sept. 1



At a Café there is no cost, no agenda, no homework, no cliques. Just a starting topic each week and a chance to listen and be heard. Because we don't all have to be the same or have the same ideas to find a connection.

Tuesdays at 1:30pm

Drop-In

All ages welcome. Coffee, tea and snacks.

Located at the Vulcan Seniors Centre. No membership required.

For information contact FCSS at 403-485-2192 or reception@vulcanandregionfcss.com

Fall Classes at the Healy Heritage Art Centre. Stop in to sign up 216 Centre Street Vulcan

October

Oct. 3rd --- Saturday, 10:00 – 4:00. Sew day with Charlean, bring your own projects to work on.
Oct. 8th--- Thursday, 10:00 – 4:00. Jewelry beaded rope with Lynne.
Oct.14th--- Wednesday 10:00 – 4:00. By Annie Pattern. Learn how to make a square basket, project keeper and a "Call Me Pouch" with Deb
Oct. 21st--- Wednesday, 10:00 – 1:00. Unravelled Social, bring your projects. Sharon & Deb will have you in stitches.
Oct. 22nd--- Thursday, 10:00 – 1:00. Watercolor with Emily.
Oct. 24th--- Saturday, 10:00 – 4:00. Sew by Annie "Easy Does it Zippered Boxy Bag" with Deb
Oct. 29th--- Thursday, 10:00 – 1:00. Acrylic painting with Cindy.

November

Nov.5th--- Thursday, 10:00. Heart Book Folding with Sandra
Nov.7th--- Saturday, 10:00 – 4:00. Sew Day bring your projects to work on with Charlean.
Nov. 9th--- Monday, 10:00 – 1:00. Monoprinting on gel plate with Carol Patterson.
Nov.16th---Monday, 10:00 – 1:00. Three wise men with Styrofoam cones and fabric bring sewing machine with Christa.
Nov.18th---Wednesday, 10:00. Unraveled social bring your projects knit, crochet, needle point will have you in stitches.
Nov.19th---Thursday, 10:00 – 1:00. Watercolor painting with Emily.
Nov.23rd---Monday, 10:00 – 4:00. Sew project make a bag with a printed panel using a by Annie technique with Deb.
Nov.26th---Thursday 10:00 – 1:00. Acrylic painting with Cindy or Erin.

December

Dec. 5th--- Saturday, 10:00 – 4:00. Sew Day with Charlean bring your projects to work on.
Dec.16th---Wednesday, 10:00 – 4:00. Unraveled social! bring your projects to work on with Sharon or Deb.

VULCAN TOOLS FOR BIG FEELINGS KIMOCHIS



Our lovable Kimochi friends help kids make sense of big feelings! Kimochis is a social-emotional learning program that teaches children fun, positive ways to recognize, talk about, and manage their emotions. This class is for kiddos 3-6 years of age FRIDAYS, OCTOBER 2,9,16,23 & 30 @ 10am

SCAN ME

GREATER FOOTHILLS FAMILY CENTRE

VULCAN & DISTRICT RECREATION



The Alzheimer Society of Alberta and Northwest Territories staff is in your community.

Are you someone who has dementia or is supporting someone living with dementia? Are you interested in connecting with the Alzheimer Society of Alberta and Northwest Territories to learn more or for information and support?

WHERE: Vulcan Community Health Centre Room 1363

Vulcan COUNTY Health & Wellness Foundation

WHEN: The third Thursday of each month 9:30 am – 3:00 pm Beginning September 17th, 2026

For more information or to book an appointment, please contact: Nicole Pawlak, Mobile Rural Navigator at 1-866-950-5465 ext. 503.

LEAF LONG AND PROSPER
VULCAN GARDEN CLUB

Regular Meeting -3rd Saturday of the month
September through May
Vulcan Library @ 1pm
Bring a friend, learn, share, grow!

Celebrating 100 years of the Royal Canadian Legion

"If I could give this play six stars, I would." – Swansea Rosuncrue, The Star Phoenix, Saskatoon

"Mark it down. Get your tickets right away." – Colin MacLean, Edmonton Sun

jake's gift

Written & performed by Julia Mackey • Directed by Dirk Van Stralen

The story of a WWII veteran's reluctant return to Normandy to find the grave of his eldest brother.

October 27 & 28 • 7pm

Vulcan Legion Branch 21 • 240 Sinclair Rd. Vulcan, AB

Doors open at 6 • Admission is pay-what-you-can. Donations to the Vulcan Legion graciously appreciated. Limited tickets available. Register in advance by email at ticketsforjake@gmail.com to reserve tickets for pickup at the door • Jakesgift.com

Financé par Anciens Combattants Canada
Funded by Veterans Affairs Canada

Canada

ALPHABET SOUP
Vulcan United Church
AGES 0-5YRS
TUESDAYS, OCT 20 - NOV 10
10 am - NOON

COME FOR SOCIAL INTERACTION WHILE LEARNING ABOUT FUN NUTRITION TIPS N' TRICKS! READ, SING AND PREPARE A HEALTHY SNACK WITH YOUR CHILD!

FREE! FUN! FREE!

Please REGISTER at 403-485-3109 or email family@rainbowliteracy.com

TRIVIA ANSWERS

1.In the early 1950's Alberta created a Rat Control Zone on the border with Saskachewan from the southern corner to Cold Lake.
2. In 2021, Albertans voted "Yes" to "Should equalization payments be removed from the Constitution?" and "No" to "Should Alberta adopt year round Daylight Savings Time?"

Employment Opportunities

Caregiver - part time caregiver for a young female adult. Contact Linda at 403 485-4733.

Part-time Labourer - Worth Every Penny Ltd. for renovations and general construction. Send your name, phone number, work experience and availability to: wortheverypenny2021@gmail.com 403-706-9017 **Worth Every Penny Ltd. Vulcan, Alberta

Elections Alberta - Referendum Jobs https://www.elections.ab.ca/jobs/election-officer-recruitment/

Curiosity Cove Daycare is hiring for one full time position for Vulcan location. Send you resume to: curiositycovedaycare@gmail.com Text - 403-918-2844

Registered Nurse - AHS https://careers.albertahealthservices.ca/

Volunteer Opportunity

Vulcan Healthcare Auxiliary - Wonder what the auxiliary is all about? Come on out to our meeting Monday Oct. 5 at 1:30 at the Vulcan Healthcare Facility. We welcome any newcomers. For more information call: Shannon Rogers 306-331-6698 (c)

Palliser School Division -Casual Educational Assistant, Teacher Riverbend Colony https://www.pallisersd.ab.ca/hr/career-opportunities

Found on indeed.ca
Found on Indeed.ca
Wind Turbine Technician – Siemens Gamesa
Parts Person, Labourer, Agriculture Heavy Equipment Technician – Brandt Tractor
Area Marketing Representative – Richardson Pioneer
Hairstylist – Iron Edge Salon and Spa

Found on LinkedIn.com
Director of Care – Extendicare
Service Truck Operator – Fountain Tire
Red Seal Automotive Technician – Fountain Tire
Outside Parts and Service Representative – Brandt
Resident Program Aide P/T – Extendicare
Health Care Aide – Extendicare
Registered Dietician P/T - Extendicare
Casual Cook - Extendicare

Wheat Country Special Needs Society: Community Rehabilitation Worker Email info@wcsns.ca Call 403-485-2186 or visit 805 1st Ave. N.

Hiring Class 1 and 3 Drivers - Walkers Corral Cleaning Call 403-485-8073 to apply.

Something a Little Lighter

-Why did the woman shout, "Couldn't, shouldn't, can't,don't!"? She was having contractions.
-A photon checks into a hotel and the bellhop asks if he has any luggage. The photon replies, "No, I'm travelling litght."
-Did you know protons have mass? I didn't even know they could be Catholic.

Food Bank Wish List

Crackers, Rolled Oats, Coffee, Tea, Gluten Free Cereal, Deodorant, Pet Food

Donations can be made Mon.-Fri. 9am-4:00pm

Fresh, clean garden produce is welcome.



October 17 Milo FALL FAIR

MILO HALL, 3PM
Entries Taken Oct 16
5pm-8pm
Fall Fair Booklets found at the Milo Library and Post Office.

HAM SUPPER
MILO HALL, 5:30PM
FOLLOWED BY FALL FAIR REWARDS

COMPASS for the Caregiver

PROUDLY HOSTED BY: ACT 4 Health
ACTIVE HEALTH & ENGAGED COMMUNITY

Caregivers Alberta's award-winning COMPASS for the Caregiver program helps caregivers balance their own well-being with the challenges of caregiving.

This series of the COMPASS program is proudly sponsored by us at the **Vulcan Hospital.**

Details:

September 16: 10:00am - 12:30pm
September 23: 10:00am - 12:30pm
October 7: 10:00am - 12:30pm
October 14: 1:00pm - 3:00pm

Topics:

Week 1: Being a Caregiver
Week 2: Managing Your Stress
Week 3: Balancing Relationships
Week 4: Navigating the Journey

Register with Amanda at:
403-485-4011
link.act4health@gmail.com

FREE

Are you a caregiver?
YES, if you do even one of the following:

- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal/medical care
- Provide transportation or home-living support

Caregivers Alberta
caregiversalberta.ca | support@caregiversalberta.ca | 780.453.5088 | 1.877.453.5088 (toll-free)

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ACCEPTING REGISTRATION
for 12 months to 6 years. Govt Grants available for full time and part time children

Follows FLIGHT curriculum with special focus on play way learning

Small child and educator ratio

Special fee discount for full time and part time

Contact information is 403-918-2844
Email - curiositycovedaycare@gmail.com
www.facebook.com/curiositycovedaycare



Beltone
Helping the world hear better
Serving Alberta since 1964

Hearing Evaluations
Free tests for seniors
Second Tuesday of the month
10am-3pm
Vulcan Lodge Hall

We Provide:
- Latest Technology
- All digital hearing aid models
- Repairs to all models
- 30 day trial period

We are AADL, WCB, NIHB, DVA providers.

Qualified Hearing Care Professional
Toll Free: 1-866-252-5582

Community Calendar

To add or change an event call Lori @ (403) 485-2192 or email us at communityliason@vulcanandregionfcss.com

Oct. 2 - Local Homeschoolers Greet and Meet 2:30-3:30 Vulcan Library - Snacks Provided.
Oct. 2 - Fall Fair: Pie and Bake Sale - Soup and Bun $5 - 12-2pm Vulcan United Church
Oct. 3 - Autumn Market - Arrowwood Arena 10am-3pm
Oct. 9 - BINGO - Vulcan Senior Centre - Doors open at 6pm Bingo at 7pm. Everyone welcome. Second Friday of the month.
Oct. 9 - Pie Day at the Arrowwood Museum. Everyone welcome. 1-3pm $6/slice and full pies available to purchase.

Pickleball - Vulcan: Register at townofvulcan.ca/recreation - September 11 – April 25 - Vulcan Prairieview Elementary. Wednesday 7–9 PM, Friday 4–7 PM, Saturday 1–4 PM, Sunday | 1–4 PM
Pickleball in Arrowwood at the Arena

Mondays
Coffee at Snake Valley Drop-In Milo 9am
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Yoga -11:30am in the Vulcan Library

Tuesdays
Walking Tai Chi - 12-1pm Vulcan Senior Centre
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - Free for member $2 for non-members
Community Connection Cafe - Every Tuesday 1:30pm at the Vulcan Seniors Centre. No membership required.
Caregiver Support Group - Every 2nd Tuesdays 9:30-10:30am Vulcan Hospital. Contact Amanda 403-485-4011 or email link.act4health@gmail.com

Wednesdays
Coffee Time- 2pm Lomond at the Drop-In
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Drop-In Pool - Vulcan Legion 7pm
Death: the Conversation Continues - Last Wednesday of the month 7pm. Dessert included. Vulcan United Church. Everyone welcome.
Community Badminton 7-8 pm VPE Gym $30 Adult / $15 Youth Age 14+ October 13th – March 30th
Trivia Night - Second last Wednesday of the month at Nine-In-A-Line Brewing 7pm
Bingo - Last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Thursdays
Dart League - Vulcan Legion. 7pm. Drop-In. No membership required.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - Free for member $2 for non-members
Farmers Market at the Vulcan Legion 3:00-5:30pm
Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.
Pool & Games - Carmangay Senior Clubhouse 6:00pm
Crib & Chickenfoot (Dominoes) - Lomond Drop-In 7pm

Monday - Saturday
Vulcan Senior Centre-Pool 9am-12, Coffee 10am - 12
Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Friday-Sun 8:30am - **Coffee Time** Lomond Drop-In
Vulcan Legion -Open 11am-9pm. Everyone welcome

Saturdays
Vulcan Legion Meat Draw - 3-6pm
Coffee at the Arrowwood Museum 9:00am.
Pool & Games - Carmangay Senior Clubhouse 10am
Coffee at the Carmangay Seniors Centre 10am-12pm
Pancake Breakfast at the Carmangay Community Centre -1st Sat. of the month - 9 am
Carmangay Historic Church & Museum open from 11-3 on the first Saturday of each month
Friday-Sun
Coffee Time - 8:00am Lomond Drop-In
Jam Session - Last Sunday of the month 2-4pm Vulcan Seniors Centre

Get-A-Way Youth Centre
Ages 10-18
403-485-6033

Monday to Friday 3:30-6pm
Open at lunch Tues-Friday
Free Lunch on Flex Fridays

Drop In for ping-pong, pool tables, foosball, air hockey, video games, crafts and musical instruments!



Mental Health Supports

If you need to talk to someone today:
-Call **9-8-8** Suicide/Crisis Line
-**Emergency Dept.** Walk-In
-Call **2-1-1** Mental Health Support
-**Mental Health Help Line**
1-877-303-2642

Counselling / mental health support:
-**Mental Health Clinician** (Vulcan Hospital). Call Access Mental Health to book 403-943-1500
-**Free Counselling** - Supervised Counselling Practicum student in Vulcan Wenesdays and Thursdays counselling@vulcanandregionfcss.com to book.
-**Alberta Counselling Centre** 1-833-827-4230 or visit albertacounselling.ca:
-**National Farmer Crisis Line**: 1-866-327-6701 (1-866-FARMS01)
-**Primary Care Network**. 6-8 therapy sessions in person (High River, Okotoks, Strathmore), or by phone/video. Referral through family doctor, or self refer by calling 403-652-1654. Non-crisis

Support Groups
SMART Recovery Wednesdays 7-8:30pm Addiction Support Meeting. Call Beth at 403-485-1054 for info.
AA-Alcoholics Anonymous Every Tuesday and Thursday. 8pm at the Anglican Church. Contact Gary at 403-485-5818
AA – Tuesdays at 7pm at the Hospital. Call Mike 403-485-8119
Al-Anon Family Group- Meet Thursdays at 5:30pm. Contact Betty at 403-652-8285
Caregiver Support Group - Every second Tuesdays. 9:30-10:30am Vulcan Hospital. 403-485-4011
MUMS -Peer-to-Peer Pre- and Post-partum **Support**. By phone Families Matter at 403-205-5194

fcss Vulcan and Region Family and Community Support Services

GoodMorning Community Newsletter

Oct. 1 2026

FREE

Sign up for the monthly Events & Resources email to receive posters right to your inbox. You'll know what's going on in Vulcan County and be able to share with others. Just scan the QR code to the right or visit www.vulcanandregionfcss.com

Printed locally every 2 weeks. Folded by hand by volunteers. Please recycle this newsletter - thanks!

Free presentations from the
Utilities Consumer Advocate (UCA)
to learn about:

- Utilities in Alberta
- Understanding utility bills
- Interactive utility tools & tips
- Shopping for utilities
- Saving money on utilities
- Utility industry scams
- Q & A session

Friday, Oct. 2
Carmangay Seniors Centre 1pm
Champion 10am

Thursday, Oct. 8
Milo Snake Valley Drop-In 1pm

Thurs. Oct. 15
Arrowwood Museum 10am

Thursday, Oct. 22
Lomond Sunshine Drop-In 2pm
Vulcan Library 6:30pm

All ages welcome!

utilitiesconsumer advocate

Alberta Government



Light lunch or snacks provided. Register with FCSS at 403-485-2192 or email reception@vulcanandregionfcss.com



A practical workshop for rural communities

COMET™ is an evidence-based workshop that helps people recognize emotional distress and start supportive conversations before a mental health crisis develops.

Free and open to farmers, family members, community members or anyone who regularly interacts with farmers.

Two dates to choose from:

THURSDAY	TUESDAY
October 15, 2026 6:45-8:45pm	November 3, 2026 1:30-3:00pm

LOCATION
Vulcan Community Health Centre
Wellness Room

TO REGISTER, PLEASE CONTACT
Vulcan and Region FCSS
403-485-2192
reception@vulcanandregionfcss.com
or Glen Hutton at huttga@gmail.com

HOSTED BY VULCAN COUNTY MENTAL WELLNESS COALITION
DELIVERED BY agwell
DEVELOPED BY HIGHPLAINS, AgrAbility

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Contact
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E. design@northernstudio.ca
W. https://design.northernstudio.ca/
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TRIVIA

1. When did Alberta start the measures to make the province "Rat Free?"

2. When was the last time Alberta had a referendum and what was voted on?



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