Recovery Alberta

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

LEARNING OPPORTUNITIES IN VULCAN

All classes $25 per Person

ENGLISH FOR BEGINNERS

Learn to read, write, and speak English.

Tuesdays at Rainbow Literacy

October 6 - December 8

7:00-8:00pm

DIGITAL SKILLS

Learn to use your smartphone, computer, or tablet.

For people of all skill levels.

Classes are divided by digital device type.

Wednesdays at the Vulcan Library

October 7 - December 9

ADVANCED ENGLISH

For English language learners looking to deepen and expand their English skills.

Wednesdays at Rainbow Literacy

October 6 - December 8

7:00-8:00pm

ANDROID & MICROSOFT DIGITAL SKILLS CLASS

2:30-3:30pm

For people with Android, Microsoft, PC, Samsung, LG, Google, or Motorola devices including most computers and laptops.

CONVERSATION CAFE

Practice speaking English in a relaxed enviroment.

Tuesdays at Rainbow Literacy

October 6 - December 8

6:00-7:00pm

APPLE DIGITAL SKILLS CLASS

3:45-4:45pm

For people with Apple, Mac, iPhone, and iPad devices.

CONTACT US TO REGISTER

Join our classes at any time!

Our classes are learner-led. Learn what you want to learn.

403-485-3107
rainbowliteracy.com
110 1 Ave S Vulcan, AB, T0L 2B0
adult@rainbowliteracy.com

RAINBOW Literacy & Learning Society

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 — care@versaliberta.ca | support@caregiversalberta.ca | 780 453 5088 | 1.877.453.5088 (toll-free)

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

fcss — Vulcan and Region Family and Community Support 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

TRIVIA ANSWERS

1.The bushy-tailed wood rat also called packrats by locals.

2. Sept. 22, 2026 at 6:06pm.



MENTORSHIP PROGRAM

THURSDAY'S SEPT 17 - JUNE
3:50-5:30PM
CHAMPION SCHOOL LIBRARY
AGES 6 - 17YRS

A FUN PLACE TO LEARN AND GROW TOGETHER!
MAKE LOTS OF NEW FRIENDS AND BUILD ON TEAMWORK!

FUN!! FREE!!

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

RAINBOW Literacy & Learning Society

Is there a Gardener in you?

Join the Vulcan Garden Club to learn, share, meet friends & grow!

LEAF LONG AND PROSPER — VULCAN GARDEN CLUB

Date: Saturday, September 19, 2026 - 1 pm

Vulcan Library meeting room

Bring your ideas, dreams, knowledge & creativity & let's create a community garden club together.

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



Employment Opportunities

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

Licensed, experienced hairstylist - Iron Edge Salon. Send your resume and portfolio or stop by the salon to chat.

Petroleum Truck Driver - Arrowwood Co-op Email christoff.lang@arrowwood.crs or stop in person

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: curiosityovedaycare@gmail.com Text - 403-918-2844

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

Healthcare Aide, Registered Nurse - AHS https://careers.albertahealthservices.ca/

Found on indeed.ca
Brandt John Deere - Territory Manager, Agriculture Heavy Equipment Technician, Labourer, Parts Person, Outside Parts and Service Representative
Area Marketing Representative - Richardson Pioneer
Sandwich Artist - Subway
Extendicare - HCA, Registered Dietician, Recreation Therapist, Director of Care

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

LPN - Calgary Rural Primary Care Network

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)

Food Bank Wish List

Crackers, Rolled Oats
Cake Mix, Gluten Free Cereal,
Deodorant

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

Fresh, clean garden produce is welcome.

Something a Little Lighter

-Albert Einstein was a genius... But his brother Frank was a monster!
-What did Spartacus say when the lion ate his wife? Nothing, he was gladiator.
-I don't mean to brag but I just completed a puzzle in one day. The box said 2-4 years.

BOOK CLUB

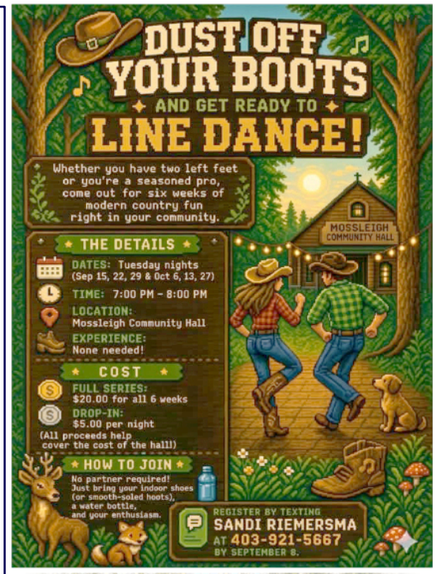
Does your child love to read?
Does your child need extra reading time?
Do you wish your child to find a love for reading?

Tuesdays at Rainbow Literacy
September 8 - June
Ages 6-12yrs

READING BUILDS YOUR IMAGINATION

A FREE program!
Please call 403-485-3109 or email family@rainbowliteracy.com to REGISTER

RAINBOW Literacy & Learning Society



Vulcan Library presents...

KAIROS Blanket Exercise

Sunday, September 20th
1:30-3:30

An interactive, in-person learning experience about the shared history of Indigenous & non-Indigenous Peoples in Canada. Ideal for staff enrichment and team building.

$10 including snacks

REGISTRATION REQUIRED

403-485-2571

Facilitated by Eileen Gullion & Michaela Allen-Gullion
Certified Kairos Blanket Facilitators



Healy Heritage Art Centre Silent Auction

Sept. 2nd – Sept. 30th

Items on display at the Art Centre
216 Centre Street, Vulcan
Auction items donated by members and friends of the Art Centre

Art Centre Hours
Monday – Saturday 10:00 – 4:00

Auction closes at 1:00 on the Sept.30th

Vincent Joseph Henry
Regional Agent and Distributor

Air purification systems
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Floor care
Allergen control
Home solutions bags and HEPA filters
Central vacuum systems

403-630-0439
activepure.com

We service all makes and models of vacuum cleaners

CURIOSITY COVE DAYCARE

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 - curiosityovedaycare@gmail.com
www.facebook.com/curiosityovedaycare

HELP WANTED

Hiring Class 1 and 3 Drivers

Walker's Corral Cleaning
Call 403-485-8073 to apply.

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

Sept. 20 - KAIROS Blanket Exercise - Vulcan Library - An interactive learning experience about the shared history of Indigenous and non-Indigenous people in Canada. (See attached poster)
Sept. 22 - Open House for the new Seniors Lodge in Vulcan. See the plans and ask questions. Vulcan Senior Centre 1:30
Sept. 27 - Bushel Barrel Race at the Vulcan and District Ag Grounds
Oct. 2 - Fall Fair: Pie and Bake Sale - Soup and Bun $5 - 12-2pm Vulcan United Church
Oct. 6 & 7 - First Aid course. Contact Jessica at WCSNS at jsmith@wcsns.ca to register.
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. Resumes Sept. 10
Chair Yoga -11:30am in the Vulcan Library

Tuesdays
Walking Tai Chi - 12-1pm Vulcan Senior Centre
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

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. Resumes Sept. 10
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 (No Sept. 5)
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

Time For Rhymes
Milo Library - Wednesdays 10am - Starts Sept. 9
Vulcan Library - Thursdays 10:30am - Starts Sept. 17
Champion School Library - Wednesdays 10:30am

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

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.

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

If you need 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: Confidential, (Farm-informed Counselling available)
-National Farmer Crisis Line: 1-866-327-6701 (1-866-FARMS01)

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 from June 9th on. 9:30-10:30am Vulcan Hospital.
MUMS -Peer-to-Peer Maternal Supportfor pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194

fcss Vulcan and Region Family and Community Support Services

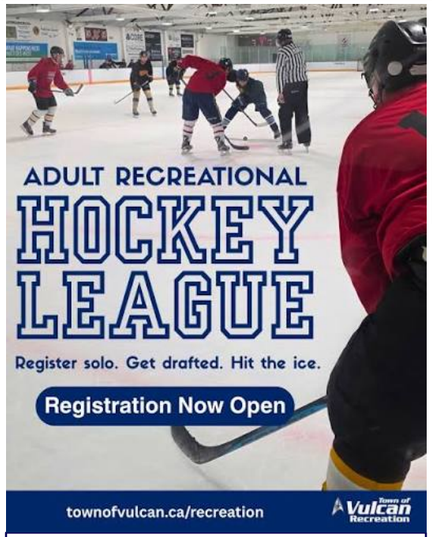
GoodMorning Community Newsletter

Sept. 17 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!



Adult Hockey Draft League
This draft league is a fun, relaxed program that is open to experienced players ages 18+. Players sign up as individuals and on draft night everyone is picked one-by-one to create balanced teams for competitive play. Games are either Tuesday or Wednesday Nights at 8:45pm. Draft will be held on October 14th. Meet people and have fun!





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 High Plains Resource Network, AgrAbility

TUES. SEPT. 22 – 1:30 TO 3:30pm

Marquis Foundation Presentation New Seniors Lodge



MARQUIS FOUNDATION • 62 UNIT ACCOMODATIONS

PRESENTATION LOCATION
VULCAN COMMUNITY SENIOR CENTRE
303 Centre Street
VULCAN

MARQUIS FOUNDATION

TRIVIA
1. If you go caving in Canmore, what creature might you encounter in Rat's Nest Cave?
2. When is the fall equinox in 2026 in the Northern hemisphere?

Fire & Frost HEATING & COOLING
587-575-2111
fireandfrost.ca
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Experience in heating and cooling services
Free Estimates



