

# COLD LAKE & DISTRICT FCSS

A place to learn, gather, and build connections between all members of the community. With programming that spans from newborns to seniors, Cold Lake & District FCSS has it all.



*Connection is a big focus for Cold Lake & District FCSS, whether it is connecting with families, friends, multi-generations, or various assistance services.*

The facility has multiple spaces designed for different stages of development and play. From the indoor playground for toddlers, the Loft for older kids and teens, or the classroom and boardroom for adults and seniors, there is a space for everyone at Cold Lake & District FCSS.

#### LOCATION

Located at 5220 54 Street in Cold Lake South.

#### AMENITIES

- Outdoor playground and picnic area
- Two-storey indoor jungle gym
- Equipment loan out
- Kitchen for culinary-related programs
- Toy and book lending library
- The Loft – youth and teen space
- Meeting spaces

#### HOURS

Monday-Friday 8:30 am - 4:30 pm  
Closed weekends and statutory holidays.

#### FEES

Most drop-in programs are free to attend. Special programming may require registration and fee.

#### RENTAL SPACES

Various-sized rooms are available for meetings, training, or events. Contact Cold Lake & District FCSS for rates, capacity, and availability, Ph: 780-594-4495.



## COLD LAKE & DISTRICT FCSS



*Events and services take place year-round, with programs rotating on a regular basis and a large focus on volunteer work. Celebrate special days during all seasons with ongoing events.*

### PROGRAMS

Cold Lake & District FCSS offers a variety of programming, aiming to improve the quality of life of individuals and families.

- Adult
- Children and youth
- Parent and Caregivers
- Family and Community
- Seniors
- Volunteers

### ADAPTIVE TRANSIT SERVICE

Shared-ride transportation service for registered users with a permanent, temporary, or intermittent disability.

### COLD LAKE YOUTH COUNCIL

Youth-led, volunteer-based organization that acts as peer advocates on civic and social issues.

### COMMUNITY VOLUNTEER INCOME TAX PROGRAM

Volunteers help low-income individuals and families who reside in Cold Lake and the Municipal District of Bonnyville Wards 5 and 6 to file simple tax returns at no cost.

### COUNSELLING SERVICES

Solution-focused brief therapy is offered for those who do not have access to services or therapy programs.

### MEALS ON WHEELS

Meals on Wheels is a full-course, hot meal delivered to your home by friendly volunteer drivers. Seniors or any adult going through illness, recent hospitalization or disability can apply for this program.

### MEDICAL TRANSPORTATION GRANT

Intended to reimburse eligible residents with some of the expenses that they've incurred to destination medical appointments.

### NEIGHBOURHOOD BLOCK PARTY PROGRAM

Build relationships with your neighbours – apply for funding to throw a Neighbourhood Block Party.

### PARENTING EDUCATION

Family-oriented parenting and skills development programs.

### PERSONAL LIFE COACHING

Coaching to individuals, couples, and families who are looking to resolve their problems or be successful in their personal life.

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### MORE INFORMATION

Visit [www.coldlake.com](http://www.coldlake.com) or contact Cold Lake & District FCSS  
Ph: 780-594-4495.



## COLD LAKE FAMILY CONNECTIONS

*Cold Lake Family Connections offers developmental supports for children, along with family-centred group and one-on-one programming.*

Kids can work on their teamwork and problem-solving skills in the massive, two-storey jungle gym, while parents can receive valuable resources aimed at strengthening family bonds and supporting their child's social, physical, cognitive, and emotional development.

Serving children from birth to age 18, along with their parents and caregivers, Family Connections offers its programming and services with or without a referral.

### LOCATION

Located at 5220 54 Street within Cold Lake & District FCSS.

### HOURS (DROP-IN PLAY AND PROGRAMS)

Monday to Saturday, see schedule at [www.coldlake.com/familyconnections](http://www.coldlake.com/familyconnections). Closed weekends and statutory holidays.

### PROGRAMS

Baby Connections
Drop-in Play
Global Exploration
Kick Start to Kindergarten
Literacy Exploration
Nature Play
Parenting Support Program
Rumble, Tumble Time
Sensory Play

### FEES

Free of charge

### THE LOFT

A unique area for older youth and teens to have their own space within Cold Lake Family Connections. It features a small movie theatre and an open play area for creative activities.



### PROGRAM GUIDE

Register and find out about all the programs offered at Cold Lake & District FCSS. Visit [www.coldlake.com/programguide](http://www.coldlake.com/programguide) for current guide.