



City of Cold Lake
**PROGRAM
GUIDE**

**JAN-JUN
2026**

City Facilities

CITY HALL

5513 48 AVENUE | PHONE: 780-594-4494

COLD LAKE AND DISTRICT FCSS

5220 54 STREET | PHONE: 780-594-4495

COLD LAKE ENERGY CENTRE

7825 51 STREET | PHONE: 780-639-6400

COLD LAKE FAMILY CONNECTIONS

5220 54 STREET | PHONE: 780-594-4495

COLD LAKE FIRE-RESCUE

718 10 STREET & 5201 55 STREET | PHONE: 780-594-4494

COLD LAKE GOLF & WINTER CLUB

1 NORTHERN SPIRIT LANE | PHONE: 780-594-5341

COLD LAKE MARINA

802 LAKESHORE DRIVE | PHONE: 780-639-2396 (MAY - SEPTEMBER)

COLD LAKE MUNICIPAL ENFORCEMENT

5201 55 STREET | PHONE: 780-594-1345

COLD LAKE RCMP

4710 55 STREET | PHONE: 780-594-3302

COLD LAKE TRANSFER STATION

TOWNSHIP RD 624 | PHONE: 780-594-4496

PUBLIC WORKS SHOP

1515 16 STREET | PHONE: 780-594-4496

COLD LAKE ADAPTIVE TRANSIT SERVICE

5220 54 STREET | PHONE: 780-594-4495

WATER TREATMENT PLANT

102 10 STREET | PHONE: 780-594-4498

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PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

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24 Making Reasonable Rules



JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, JANUARY 7

Mindfulness

WEDNESDAY, FEBRUARY 4

Stress / Anxiety

WEDNESDAY, MARCH 4

Self-Esteem

WEDNESDAY, APRIL 1

Anger

WEDNESDAY, MAY 6

Self Care

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



**WEDNESDAY, JANUARY 7,
FEBRUARY 4, MARCH 4, APRIL 8,
MAY 13, JUNE 3**

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

CAREGIVER 101

Adults

When a loved one is newly diagnosed with dementia, it can feel overwhelming. Join us for a presentation from Age Friendly Cold Lake to learn valuable practical information and be connected with local resources to support you as a caregiver. Whether you're caring for a parent, spouse, or another loved one, at home or in the community, you're sure to leave this presentation feeling more prepared and supported in the caregiver's journey.



THURSDAY, JANUARY 8

1:30 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



ALBERTA WINTER GAMES

FEB. 13-16

EASTER PARTY

APR. 2

SENIORS' DAY

JUN. 5

COLD LAKE FISHING DERBY

JUN. 20 & 21

CANADA DAY

JUL. 1

Watch on social media for more details!

Cold Lake Energy Centre
(780) 639-6400



RAINBOW ROOTS

Adults

Everyone deserves a support circle. We want you, the parents, families, friends, and allies of the 2SLGBTQIA+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms and culture. Open discussion to follow.



**THURSDAY, JANUARY 8,
MARCH 12, JUNE 11**

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

PINK THE RINK COLOURING CONTEST



Families

Join the Cold Lake Bully Free Committee and Cold Lake Junior B Ice as we Pink the Rink in support of bringing awareness to bullying in sports. Find our colouring contest at www.coldlake.com/bullyfree and enter for a chance to drop the puck centre ice at the Cold Lake Ice home game on Feb. 7, win some Bully Free/Jr. B Ice merchandise, and to meet the team leaders! Submissions can be emailed to fcss@coldlake.com or dropped off in person at Cold Lake and District FCSS.

MONDAY, JANUARY 12 - THURSDAY, JANUARY 29

Cold Lake and District FCSS

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

MONDAY, JANUARY 12, FEBRUARY 9, MARCH 9, APRIL 13, MAY 11, JUNE 8

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY ADVENTURE: SWIMMING

Families

The perfect way to brighten up winter days – a fun afternoon at JJ Parr Aquatic Centre with family. Splash around, relax, and enjoy some family time together. All family members who will be joining us on this day need to be registered.

TUESDAY, JANUARY 13

10:00 a.m. - 11:30 a.m.

JJ Parr Aquatic Centre

Free, registration required

COFFEE & COLLABORATION

Volunteer Coordinators

Do you coordinate volunteers for a sports team, faith organization, school or another community group? Coffee & Collaboration is an opportunity to meet with other volunteer coordinators for learning opportunities, sharing information, and the opportunity to collaborate and advocate.

TUESDAY, JANUARY 13

Presentation by JustServe

(online volunteer recruitment platform)

TUESDAY, MARCH 10

Preparing for National Volunteer Week

TUESDAY, MAY 12

Writing Volunteer Role Descriptions

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



PARENT/CAREGIVER WELLNESS KIT

Caregivers of children 0-18 years

Taking care of yourself is essential to being the best parent you can be. When you're tired or overwhelmed, it's harder to show up for your kids the way you want to. But when you're feeling well, balanced, and organized you're better able to handle stress, connect with your family, and enjoy the journey of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. **Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.**

WEDNESDAY, JANUARY 14

Healthy Routines

WEDNESDAY, FEBRUARY 11

Supporting your Partner

WEDNESDAY, MARCH 11

Being a Parent

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

**WEDNESDAY, JANUARY 14,
FEBRUARY 18, MARCH 11, APRIL 15,
MAY 13, JUNE 10**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

Need to break up your routine?

BOUNCE HOUSE DAYS

***NERF WARS**

***ADULT NIGHTS OUT**

***TEENS' NIGHT OUT**

**REGISTRATION REQUIRED*

Call the Cold Lake Energy Centre
780-639-6400 or follow on social media




Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by January 12.**



THURSDAY, JANUARY 15

Loving Lentils

THURSDAY, MARCH 19

Peanut Butter, the Savory and the Sweet

THURSDAY, MAY 21

Rice is Nice and Versatile

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, JANUARY 15, FEBRUARY 19, MARCH 19, APRIL 16, MAY 21 & JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE GOLF & WINTER CLUB

CURLING

- Ice rentals available to book throughout the week (Small and large groups welcome)
- Drop-in curling 2 times a week (all ages)
- Open to all military and non-military members





TRIPLE P FEAR-LESS



**Parents and Caregivers
of children aged 6-14**

Triple P Fear-Less is a six-week program that aims to support parents of young people ages 6 to 14 years. It is designed to provide information about anxiety and provide positive parenting strategies that support the development and behaviour of youth with anxiety. The series will provide an understanding of how anxiety develops in young people; how to support your child to express and manage upsetting emotions more effectively; how to help your child develop coping skills and face feared situations; and how to manage children's anxious behaviour effectively. To receive full benefits of the program, please plan to attend all six sessions.

**TUESDAYS, JANUARY 20, 27,
FEBRUARY 3, 10, 17 & 24**

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

STRONGER TOGETHER: A SHOWCASE OF CULTURE



Community

Join us for a vibrant celebration of our community's uniqueness, where residents of all ages can come together to enjoy music, talents, traditions and cuisines that showcase the rich diversity of our population. This inclusive event highlights the beauty of our differences while fostering unity, dialogue, and connection among neighbors. By honouring traditions and talents from across our community, we not only celebrate who we are but also strengthen the bonds that create a sense of belonging.

SATURDAY, JANUARY 17

10:00 a.m. - 3:00 p.m.

Cold Lake Energy Centre – Field House

Free, registration not required

COUNSELLING SERVICES

*Create positive change
in your worldview.*

For more info, please contact
Cold Lake and District FCSS
at 780-594-4495 or fcss@coldlake.com

ALL INQUIRIES
ARE CONFIDENTIAL.

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY, JANUARY 21

Getting to Know You (bring a photo or a special object to speak about)

WEDNESDAY, FEBRUARY 18

Exploring Art

WEDNESDAY, MARCH 18

Group Walk and Wheel at the Energy Centre's Walking Track

WEDNESDAY, APRIL 15

Superhero Celebration

WEDNESDAY, MAY 20

Creating a Simple Garden Planter

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required



MEALS ON WHEELS

Nutritious meals delivered to seniors and those recovering at home.

To sign up, or to volunteer, contact
Cold Lake and District FCSS at
780-594-4495






BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, JANUARY 21

Taxes and Benefits

WEDNESDAY, FEBRUARY 18

Childcare

WEDNESDAY, MARCH 18

Babies 101

WEDNESDAY, APRIL 15

Q & A, What Do You Want to Know?

WEDNESDAY, MAY 20

Starting Solids

WEDNESDAY JUNE 17

Sun Safety

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

TRIPLE P DEALING WITH DISOBEDIENCE



Caregivers of children 0-12 years

Struggling with your child's behavior? Discover effective strategies and insights with the Triple P Parenting Program designed to help you understand and address disobedience. Master practical, evidence-based techniques to manage and redirect challenging behavior effectively. Learn how to foster positive behavior, enhance communication, and set clear, consistent expectations for your child.

THURSDAY, JANUARY 22

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

**Snow Angel
Volunteers Needed!**

**Looking for a great individual,
family, team or business
volunteer opportunity?**

*To sign up or learn more, visit
www.coldlake.com/snowangels
or call Cold Lake and District
FCSS at 780-594-4495.*

INTERAGENCY MEETING

Community



Interagency Meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents.

**THURSDAY, JANUARY 22,
MARCH 26, MAY 28**

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB



Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a Chess Club, where all skill and experience levels are welcome. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.

**MONDAY, JANUARY 26,
FEBRUARY 23, APRIL 27, MAY 25,
JUNE 29**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the comfort of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household.

WEDNESDAY, JANUARY 28

Winter Wonderland

WEDNESDAY, MARCH 25

Bring on Spring

WEDNESDAY, MAY 27

Fairytale Adventure

WEDNESDAY, JUNE 24

Get Ready for Summer

Pick up between 3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required

LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

**THURSDAYS, JANUARY 29,
FEBRUARY 26, MARCH 26, APRIL 30,
MAY 28 & JUNE 25**

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required



HOME ALONE

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

**FRIDAY, JANUARY 30, MARCH 13,
MAY 1, JUNE 5**

9:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f www.coldlake.com

COLD LAKE FAMILY CONNECTIONS

Winter & Spring Play



LITERACY EXPLORATION

This program focuses on early reading skills through a variety of story-telling opportunities, dramatic play, and hands on fun! This program is best suited for ages 0-6 years.

NATURE PLAY

This program focuses on nature play, being outdoors, and learning about the environment. Be prepared to get messy! This program is best suited for ages 0-6 years.

SENSORY PLAY

This program gives the opportunity for children to navigate their body in an environment dedicated to sensory activities. Be prepared to get messy! This program is best suited for ages 0-6 years.

GLOBAL EXPLORATION

Join us as we learn about the world, meet new people, and support our community! This program is best suited for ages 0-6 years.

RUMBLE, TUMBLE TIME

Join us to practice important skills which require whole body movement. Such as standing, walking running, and balancing. This program is best suited for ages 0-6 years.

KICK START TO KINDERGARTEN

This program focuses on growing independence, problem solving, matching and building your child's self-esteem. This program is best suited for ages 3-5 years.

NEUROPLAY

NeuroPlay provides a welcoming and inclusive environment for children that are neurodivergent and their families to connect, share experiences, and build community. Our sensory-friendly space offers a peaceful setting where families can feel supported and understood in their journey. Best suited for ages 0-18 years.

BABY CONNECTIONS

This program will provide an opportunity for caregivers to explore baby related topics, and provide a safe environment for play. Best suited for caregivers and babies ages 0-12 months.

PARENTING SUPPORT PROGRAM

Join us for a relaxed conversation about various parenting topics, led by our Family Connections facilitators.

DROP IN PLAY

Join us for free play, during our Family Connections drop in times! Parents must accompany their children. Ideal for parents working during the week. This program is best suited for ages 0-6 years.

DROP IN PLAY FOR YOUTH 7+ (Saturday Afternoon Only)

Bring along an older sibling or friend to join in the fun! Parents must accompany their children. Best suited for ages 7+.

Hours

MONDAY to THURSDAY

9 am - 11:30 am / 1 pm - 4 pm

FRIDAY

9 am - 11:30 am / 1 pm - 2:30 pm

SATURDAY

9 am - 11:30 am / 1 pm - 4 pm

Closed STAT holidays & holiday weekends

MON	TUES	WED	THURS	FRI	SAT
Literacy Exploration (9:00 am - 11:30 am)	Nature Play (9:00 am - 11:30 am)	Sensory Play (9:00 am - 11:30 am)	Global Exploration (9:00 am - 11:30 am)	Rumble, Tumble Time (9:00 am - 11:30 am)	Drop In Play (9:00 am - 11:30 am)
CLOSED TO THE PUBLIC (11:30 am - 1:00 pm)					
NeuroPlay (1:00 pm - 2:30 pm)	Baby Connections (1:00 pm - 2:30 pm)	Parenting Support Program (1:00 pm - 2:30 pm)	Kick Start to Kindergarten (1:00 pm - 2:30 pm)	Drop In Play (1:00 pm - 2:30 pm)	Drop In Play for youth (1:00 pm - 4:00 pm)
Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)	Drop In Play (2:30 pm - 4:00 pm)		

For more info, please contact Cold Lake Family Connections at (780) 594-4495 or email: frn@coldlake.com



SUNDAY

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MONDAY

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TUESDAY

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- Triple P: Fear-less (P.9)

WEDNESDAY

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- Alberta Winter Games

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- Alberta Winter Games

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- Meal Stretchers (P.21)
- Empowered Parenting for Neurodiverse Kids (P.21)

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- Lego™ Junior (P.23)

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PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

FEBRUARY

- 4 ASQ Screening and Resources
- 11 Feeling Down After Your Baby Arrives
- 25 Sharing

MARCH

- 4 ASQ Screening and Resources
- 11 Cooperating with Instructions
- 25 Sports

APRIL

- 1 ASQ Screening and Resources
- 8 Tantrums
- 22 Nightmares and Night Terrors
- 29 Potty Training

MAY

- 6 ASQ Screening and Resources
- 13 Tidying Up
- 27 Hassle Free Mealtimes

JUNE

- 3 ASQ Screening and Resources
- 10 Wandering
- 24 Making Reasonable Rules



JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, FEBRUARY 4

Stress / Anxiety

WEDNESDAY, MARCH 4

Self-Esteem

WEDNESDAY, APRIL 1

Anger

WEDNESDAY, MAY 6

Self Care

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



**WEDNESDAY, FEBRUARY 4,
MARCH 4, APRIL 8, MAY 13, JUNE 3**

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

TRIPLE P MANAGING FIGHTING AND AGGRESSION



Caregivers of children 0 -12 years

Are you struggling with your child's aggressive behavior or frequent conflicts? Discover effective strategies with the Triple P Parenting Program, designed to help you understand and manage fighting and aggression in children. Gain practical, evidence-based strategies to address and reduce aggressive behavior. Discover how to set clear expectations and implement consistent consequences.

THURSDAY, FEBRUARY 5

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

NAV-CARE VOLUNTEER TRAINING

Adults



Learn to support neighbours with declining health through in-person Volunteer Navigator training with Age Friendly Cold Lake. Discover how to access local resources, provide companionship, and offer emotional support to help people with declining health live well at home for as long as possible. Anyone who cares about their community can become a trained Nav-CARE volunteer!

FRIDAY, FEBRUARY 6

1:00 p.m. - 3:30 p.m.

Cold Lake and District FCSS

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

**MONDAY, FEBRUARY 9, MARCH 9,
APRIL 13, MAY 11, JUNE 8**

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required



LEGO™ LEGACY

Ages 10-13

Do you know a Lego Master who is ready for a new challenge? This program stimulates math and engineering skills, taking Lego builds to a whole new level with simple robotics! Teamwork and problem-solving skills will be essential as we provide the building blocks to create lasting friendships.

WEDNESDAY, FEBRUARY 11

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

PARENT/ CAREGIVER WELLNESS KIT

Caregivers of children 0-18 years

Taking care of yourself is essential to being the best parent you can be. When you're tired or overwhelmed, it's harder to show up for your kids the way you want to. But when you're feeling well, balanced, and organized you're better able to handle stress, connect with your family, and enjoy the journey of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. **Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.**

WEDNESDAY, FEBRUARY 11

Supporting your Partner

WEDNESDAY, MARCH 11

Being a Parent

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

YOUTH EMPOWERMENT AND ENGAGING TWEEN Y.E.E.T

Ages 9-13

The Youth Empowerment and Engaging Tween group empowers young tweens to build supportive connections with one another and within the community. This group offers opportunities to develop self-confidence, self-awareness, and self-esteem through a variety of activities that align with the 40 Developmental Assets.

THURSDAY, FEBRUARY 12

Test Stress and Peer Pressure

FRIDAY, MAY 15

Neighbourhood and Community Safety

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

Free, registration required



**Contact Cold Lake and District FCSS
at 780-594-4495 for more information**

f  www.coldlake.com



BOOK OF LOVE

Ages 12+

Celebrate the day of love with a special take home kit. Each kit contains a journal to build positive affirmations, self-care items, and a special treat to enjoy. It's not selfish to love yourself, take care of yourself, and to make your happiness a priority!

FRIDAY, FEBRUARY 13

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

NEW TO TOWN

Ages 13-17

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

**TUESDAY, FEBRUARY 17, APRIL 21,
JUNE 23**

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

Free, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY, FEBRUARY 18

Exploring Art

WEDNESDAY, MARCH 18

Group Walk and Wheel at the Energy Centre's Walking Track

WEDNESDAY, APRIL 15

Superhero Celebration

WEDNESDAY, MAY 20

Creating a Simple Garden Planter

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

BOUNCE HOUSE DAY

Join the fun and bounce your way through several inflatables in the Field House.

**Reid Field House
Cold Lake
Energy Centre**

For more info, contact the Cold Lake Energy Centre (780) 639-6400.



Cold Lake Energy Centre

- Two Arenas • 1 Field House • Wellness Centre •
- Fitness Classes • Rock Wall (*bouldering and auto belays*) •
- Free Walking Track • Child Play Area • Meeting Spaces •

For more information, contact the
Cold Lake Energy Centre (780) 639-6400




BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, FEBRUARY 18
Childcare

WEDNESDAY, MARCH 18
Babies 101

WEDNESDAY, APRIL 15
Q & A, What Do You Want to Know?

WEDNESDAY, MAY 20
Starting Solids

WEDNESDAY JUNE 17
Sun Safety

1:00 p.m. - 2:30 p.m.
Cold Lake Family Connections
Free, registration not required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



**WEDNESDAY, FEBRUARY 18,
MARCH 11, APRIL 15, MAY 13,
JUNE 10**

6:00 p.m. - 8:00 p.m.
Cold Lake and District FCSS
Free, registration required



MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by February 17.**



THURSDAY, FEBRUARY 19

Loving Lentils

THURSDAY, APRIL 16

Peanut Butter, the Savory and the Sweet

THURSDAY, JUNE 18

Rice is Nice and Versatile

5:00 p.m. - 7:00 p.m

Cold Lake and District FCSS

Free, registration required

"Where's my bus?"
Download the TransLoc app

Search "TransLoc" on the Apple App Store or Google Play

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, FEBRUARY 19, MARCH 19, APRIL 16, MAY 21 & JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a Chess Club, where all skill and experience levels are welcome. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



**MONDAY, FEBRUARY 23, APRIL 27,
MAY 25, JUNE 29**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required



BUILDING HOME

Adults

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. The Building Home program is here to help newcomers connect with people and access essential resources to ease their transition. In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake – let's build your new beginning together!

**TUESDAY, FEBRUARY 24, APRIL 28,
JUNE 30**

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

RAISE YOUR ENERGY TO NEW HEIGHTS

Our 4-Storey climbing wall caters to all ages and skills levels!



Cold Lake Energy Centre 780-639-6400



Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** www.coldlake.com

CELEBRATING KINDNESS

Families

Celebrate kindness with us! This wonderful evening is filled with engaging indoor crafts and games, a delightful light meal, and hot chocolate to warm your heart. The activities are centered around kindness and self-love, creating a positive and uplifting atmosphere for all.

WEDNESDAY, FEBRUARY 25

5:00 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required



LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

THURSDAYS, FEBRUARY 26, MARCH 26, APRIL 30, MAY 28 & JUNE 25

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required



For more info or to register, contact the Cold Lake Energy Centre 780-639-6400



SUNDAY

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MONDAY

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TUESDAY

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- Lego™ Mania (P.26)

WEDNESDAY

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- Parenting Support: ASQ Screening and Resources (P.26)
- Jr. Emotion Kits (P.27)
- Cold Lake Bully Free Committee (P.27)

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- Seniors' Wisdom Panel (P.28)

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- Lego™ Mania (P.26)
- Coffee & Collaboration for Volunteer Coordinators (P.28)

11

- Parenting Support: Cooperating with Instructions (P.26)
- Do It Yourself Income Tax Filing Clinic (P.27)
- Parent/Caregiver Wellness Kit (P.28)
- Cold Lake Youth Council (P.29)

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- Lego™ Mania (P.26)
- Triple P: Developing Good Bedtime Routines (P.30)

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- Community Friends (P.30)
- Bringing Baby Home (P.31)

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- Cold Lake Youth Council Chess Club Tournament (P.33)

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- Lego™ Mania (P.26)
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- Parenting Support: Sports (P.26)
- Family Fun Night in a Box (P.33)

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- Garden Gnomes (P.35)

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- Do It Yourself Income Tax Filing Clinic (P.27)
- EQ Essentials: Building Emotional Intelligence (P.35)

THURSDAY

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- Do It Yourself Income Tax Filing Clinic (P.27)

FRIDAY

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- Family Game Night (P.29)
- Rainbow Roots (P.29)

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- Home Alone (P.29)

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- Meal Stretchers (P.31)
- Empowered Parenting of Neurodiverse Kids (P.32)

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- Building Resilience: Managing Stress in Service Provider Roles (P.32)

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- Interagency Meeting (P.35)
- Lego™ Junior (P.35)

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- Do It Yourself Income Tax Filing Clinic (P.27)

March

LEGO™ MANIA

Ages 7-9

Participants will enjoy LEGO™ themed challenges that focus on problem solving as both an individual and a team. The challenges will allow youth to work on building a resiliency mindset, while also developing social skills and creativity. We provide the building blocks to social skills, disguised as a fun evening making new friends.

TUESDAY, MARCH 3

A-Mazing Skills

TUESDAY, MARCH 10

Busy Builders

TUESDAY, MARCH 17

Stretch Your Imagination

TUESDAY, MARCH 24

Battle Builds

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$10.00 per session, registration required



PARENTING SUPPORT

Caregivers of children 0-6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

MARCH

- 4** ASQ Screening and Resources
- 11** Cooperating with Instructions
- 25** Sports

APRIL

- 1** ASQ Screening and Resources
- 8** Tantrums
- 22** Nightmares and Night Terrors
- 29** Potty Training

MAY

- 6** ASQ Screening and Resources
- 13** Tidying Up
- 27** Hassle Free Mealtimes

JUNE

- 3** ASQ Screening and Resources
- 10** Wandering
- 24** Making Reasonable Rules

Easter PARTY

2 APRIL

4:00 PM - 7:00 PM
COLD LAKE ENERGY CENTRE
AGES 12 AND UNDER

For more info, contact the Cold Lake Energy Centre 780.639.6400

JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, MARCH 4

Self-Esteem

WEDNESDAY, APRIL 1

Anger

WEDNESDAY, MAY 6

Self Care

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



WEDNESDAY, MARCH 4, APRIL 8, MAY 13, JUNE 3

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

DO IT YOURSELF INCOME TAX FILING CLINIC

Adults

Do you have a modest income and a simple income tax return to file? FCSS is hosting supported self-filing income tax clinics. Participants will be filing their income tax return using provided computers and income tax filing software. FCSS staff and volunteers will be available for support. This program is ideal for people with simple tax situations such as AISH recipients, low-income seniors, low income working adults, and students. Participants will be in a small classroom setting with other tax filers. Please note participants will be screened for eligibility by FCSS staff prior to the clinic. To be eligible for the supported, do-it-yourself tax clinic you must:

- Have all your tax and expense slips with you. We will not be able to look up your tax slips at the clinic. Please organize your expense slips prior to the clinic.
- If relevant, bring with you information about your dependents.
- Have a simple income tax situation. This excludes; self-employment or contract work, business or rental income, farm or fishing income, reporting the sale of a property and reporting capital gains or losses.
- Not need to update any of the following information: address, marital status, change in the number of dependents in your care, or update your banking information.

To register and for more information, please contact Cold Lake and District FCSS

MARCH 5, 11, 24, 28 & 31, APRIL 8

9:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

**MONDAY, MARCH 9, APRIL 13,
MAY 11, JUNE 8**

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required



COFFEE & COLLABORATION

Volunteer Coordinators

Do you coordinate volunteers for a sports team, faith organization, school or another community group? Coffee & Collaboration is an opportunity to meet with other volunteer coordinators for learning opportunities, sharing information, and the opportunity to collaborate and advocate.

TUESDAY, MARCH 10

Preparing for National Volunteer Week

TUESDAY, MAY 12

Writing Volunteer Role Descriptions

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required



PARENT/ CAREGIVER WELLNESS KIT

Caregivers of children 0-18 years

Taking care of yourself is essential to being the best parent you can be. When you're tired or overwhelmed, it's harder to show up for your kids the way you want to. But when you're feeling well, balanced, and organized you're better able to handle stress, connect with your family, and enjoy the journey of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers. **Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.**

WEDNESDAY, MARCH 11

Being a Parent

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



**WEDNESDAY, MARCH 11, APRIL 15,
MAY 13, JUNE 10**

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY GAME NIGHT

Families

Regular family interactions foster deep connections and understanding among members, creating a solid foundation of support and trust. From classic board games to modern favourites, there's something for everyone at Family Game Night. Enjoy a spread of tasty snacks and drinks to fuel your fun and keep everyone refreshed throughout the evening.

THURSDAY, MARCH 12

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

**Contact Cold Lake and District FCSS
at 780-594-4495 for more information**

www.coldlake.com  

RAINBOW ROOTS

Adults

Everyone deserves a support circle. We want you, the parents, families, friends, and allies of the 2SLGBTQIA+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms and culture. Open discussion to follow.



THURSDAY, MARCH 12, JUNE 11

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

HOME ALONE

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

FRIDAY, MARCH 13, MAY 1, JUNE 5

9:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, registration required





Go for the Green

2026 GOLF MEMBERSHIPS ARE AVAILABLE NOW!

PRO-RATED MEMBERSHIPS ARE AVAILABLE AS THE SEASON GOES ON

Fully Stocked Pro Shop, Weekly and Monthly Club Events



For more information, call the pro shop at 780-594-5341 ext. 1 or visit www.coldlake.com/golf.

TRIPLE P DEVELOPING GOOD BEDTIME ROUTINES



Caregivers of children 0 -12 years

Getting a good night's sleep is incredibly important for the health of your child, and for your wellbeing. The goal is for children to develop healthy, independent sleep patterns. This discussion group will provide parents and caregivers with information about sleep development, managing common bedtime problems and positive parenting strategies to help you develop a good bedtime routine.

TUESDAY, MARCH 17

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY, MARCH 18

Group Walk and Wheel at the Energy Centre's Walking Track

WEDNESDAY, APRIL 15

Superhero Celebration

WEDNESDAY, MAY 20

Creating a Simple Garden Planter

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

  www.coldlake.com

BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, MARCH 18

Babies 101

WEDNESDAY, APRIL 15

Q & A, What Do You Want to Know?

WEDNESDAY, MAY 20

Starting Solids

WEDNESDAY JUNE 17

Sun Safety

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required



MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by March 16.**



THURSDAY, MARCH 19

Peanut Butter, the Savory and the Sweet

THURSDAY, MAY 21

Rice is Nice and Versatile

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE GOLF & WINTER CLUB

BOOK YOUR NEXT EVENT

Community Activity Room,
Banquet/Lounge & Meeting Room

Contact us today for details and to book!

780-594-5341 ext. 1 | www.coldlake.com/golf



EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, MARCH 19, APRIL 16, MAY 21 & JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required



Join us for an epic Nerf battle.
We supply the ammo, nerf guns and eye wear.

NERF WARS

Reid Field House
@ Cold Lake Energy Centre
\$5.50 | All ages

For more info, contact
Cold Lake Energy Centre
780-639-6400

Cold Lake Energy Centre logo and Cold Lake logo are present at the bottom of the poster.

BUILDING RESILIENCE: MANAGING STRESS IN SERVICE PROVIDER ROLES

Adults

This session is designed for service providers who regularly support clients in high-demand environments. We will explore the nature of stress, including its physiological, emotional, and cognitive impacts. Participants will learn to recognize the signs of acute and chronic stress in themselves and their clients. We will then examine the relationship between stress and anxiety, clarifying how prolonged stress can evolve into more persistent anxiety. The session will focus on practical, evidence-based strategies for managing stress effectively in both professional and personal contexts. Through interactive exercises and discussion, service providers will gain tools to build resilience, maintain their own mental well-being, and differentiate between manageable stress and anxiety that may require more targeted intervention. This empowers them to offer compassionate support while safeguarding their own health.



FRIDAY, MARCH 20

9:30 a.m. - 12:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

  www.coldlake.com

COLD LAKE YOUTH COUNCIL CHESS CLUB TOURNAMENT

Ages 10-17

Join us for a fun and competitive five-round Swiss-format chess tournament, designed for both casual players and experienced competitors. Each round will be a 10-minute rapid game, with pairings assigned based on performance, so you'll be matched with players at a similar level as the event goes on. The winner will receive a premium subscription to chess.com



MONDAY, MARCH 23

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the comfort of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household.

WEDNESDAY, MARCH 25

Bring on Spring

WEDNESDAY, MAY 27

Fairytale Adventure

WEDNESDAY, JUNE 24

Get Ready for Summer

Pick up between 3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE ENERGY CENTRE

*Drop-in and
check us out!*

WE HAVE DROP-IN PROGRAMMING FOR EVERYONE

**Basketball | Pickleball
Hockey/Shinny | Skating
and more!**

For more information contact the
Cold Lake Energy Centre 780-639-6400







COLD LAKE GOLF & WINTER CLUB

Open Year Round

**Golf in the summer.
Curl in the winter.**

- 18-Hole Golf Course
- Driving Range
- Seasonal Curling Bonspiels and Golf Tournaments
- We host event and group bookings year-round
- 6-Sheet Curling Rink
- Room rentals available for small or large groups
- Catering services available on request and availability



For more info, call the Pro Shop
at 780-594-5341 ext. 1
www.coldlake.com/golf



INTERAGENCY MEETING

Community



Interagency Meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents.

THURSDAY, MARCH 26, MAY 28

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

THURSDAYS, MARCH 26, APRIL 30, MAY 28, JUNE 25

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

**Contact Cold Lake and District FCSS
at 780-594-4495 for more information**

www.coldlake.com  



GARDEN GNOMES

Ages 7-9

Through planting, digging, and watering, participants engage all five of their senses while working in the Wellness Garden at FCSS and in their own garden at home, improving fine motor, physical, emotional, and social skills that support curiosity and critical thinking.

MONDAY, MARCH 30

How Does Your Garden Grow?

9:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

\$10.00, registration required

EQ ESSENTIALS: BUILDING EMOTIONAL INTELLIGENCE

Ages 10-13

This interactive workshop for tweens teaches the basics of understanding and managing emotions. Participants will learn how emotional intelligence helps them build strong relationships, make good decisions, and handle tough situations. By developing empathy and social skills, tweens will gain tools to connect with others and succeed in all areas of life.

TUESDAY, MARCH 31

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Parenting Support: ASQ Screening and Resources (P.38)
- Science Lab (P.38)
- Jr. Emotion Kits (P.38)

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- Active Parenting for Teens (P.39)

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- Parenting Support: Tantrums (P.38)
- Do It Yourself Income Tax Filing Clinic (P.40)
- Cold Lake Bully Free Committee (P.40)

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13

- Seniors' Wisdom Panel (P.41)

14

- Active Parenting for Teens (P.39)

15

- Community Friends (P.41)
- Bringing Baby Home (P.41)
- Grub Club (P.42)
- Cold Lake Youth Council (P.42)

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- Active Parenting for Teens (P.39)
- New to Town (P.44)

22

- Parenting Support: Nightmares and Night Terrors (P.38)

26

27

- Cold Lake Youth Council Chess Club (P.44)

28

- Building Home (P.45)

29

- Parenting Support: Potty Training (P.38)
- Dino Adventure (P.45)

THURSDAY

2

- Babysit Tool Kit Workshop (P.39)
- Art Therapy for Teens (P.39)
- Easter Party (Energy Centre - P.26)

FRIDAY

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SATURDAY

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- IAIM Infant Massage (P.40)

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- IAIM Infant Massage (P.40)
- Meal Stretchers (P.42)
- Empowered Parenting for Neurodiverse Kids (P.43)

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- Triple P: Raising Confident Competent Children (P.43)

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- IAIM Infant Massage (P.40)
- That Bites! (P.44)

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- Community Volunteer Recruitment Fair (P.44)

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- IAIM Infant Massage (P.40)
- Lego™ Junior (P.45)

April



PARENTING SUPPORT

Caregivers of children 0-6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

APRIL

1 ASQ Screening and Resources

8 Tantrums

22 Nightmares and Night Terrors

29 Potty Training

MAY

6 ASQ Screening and Resources

13 Tidying Up

27 Hassle Free Mealtimes

JUNE

3 ASQ Screening and Resources

10 Wandering

24 Making Reasonable Rules

SCIENCE LAB

Ages 9-12

Science Lab is a must for curious youth. Experience classic science experiments and other wild and wacky science-based activities that propel children's interests in STEM fields, while making lasting friendships along the way.

WEDNESDAY, APRIL 1

Robotics

9:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

\$10.00, registration required

JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, APRIL 1

Anger

WEDNESDAY, MAY 6

Self Care

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f  www.coldlake.com

BABYSIT TOOL KIT WORKSHOP

Ages 12+

Have you taken a babysitting course? Are you looking for additional tools and activities to keep children entertained while supporting their development? This two-hour workshop is for babysitters 12 years and older. Learn fun activities, communication methods like signing, and create take-home projects for infants, toddlers, preschoolers, and school age children. Participants will also learn how to make their babysitting dollars stretch and how to make the most of their babysitting business.



THURSDAY, APRIL 2

9:00 a.m. - 11:00 a.m.

Cold Lake Family Connections

Free, registration required

ART THERAPY FOR TEENS

Ages 14-17

Lakeland Psychological Services is excited to offer an Art therapy workshop for teens, led by the talented Randi Martin. This workshop is designed to help you relax and express yourself through the medium of art. Art Therapy provides an enjoyable way to alleviate stress and embrace your individuality. It acts as a mini vacation for your mind. Engaging in artistic creation can calm racing thoughts and offer a respite from daily pressures. Come out, create some art, and discover the benefits it can bring to your mood and happiness.



THURSDAY, APRIL 2

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required

ACTIVE PARENTING OF TEENS

Caregivers of children aged 12-17 years



Active Parenting of Teens provides parents and caregivers with valuable tools to help tackle the teen years with the courage and confidence to meet challenges and savor the joys of your children's teen years. The program will support caregivers with communicating effectively with teens; understanding a teen's goals – which is key to avoiding power struggles; give your teen the tools needed to behave in a responsible way; and be a positive influence on your adolescent.

TUESDAYS, APRIL 7, 14 & 21

6:00 p.m. - 8:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE ENERGY CENTRE

BOUNCE HOUSE

Birthday Party

1.5 hrs with bouncers in the Reid Field House & 2.5 hrs in a birthday party room.

To book or for more info, contact the Energy Centre front desk at (780) 639-6400

DO IT YOURSELF INCOME TAX FILING CLINIC

Adults

Do you have a modest income and a simple income tax return to file? FCSS is hosting a supported self-filing income tax clinic. Participants will be filing their income tax return using provided computers and income tax filing software. FCSS staff and volunteers will be available for support. This program is ideal for people with simple tax situations such as AISH recipients, low-income seniors, low income working adults, and students. Participants will be in a small classroom setting with other tax filers. Please note participants will be screened for eligibility by FCSS staff prior to the clinic. To be eligible for the supported, do-it-yourself tax clinic you must:

- Have all your tax and expense slips with you. We will not be able to look up your tax slips at the clinic. Please organize your expense slips prior to the clinic.
- If relevant, bring with you information about your dependents.
- Have a simple income tax situation. This excludes; self-employment or contract work, business or rental income, farm or fishing income, reporting the sale of a property and reporting capital gains or losses.
- Not need to update any of the following information: address, marital status, change in the number of dependents in your care, or update your banking information.

To register and for more information, please contact Cold Lake and District FCSS

WEDNESDAY, APRIL 8

9:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



**WEDNESDAY, APRIL 8, MAY 13,
JUNE 3**

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

IAIM INFANT MASSAGE

Parents, Caregiver and their infants ages 0-12 months

Infant Massage promotes nurturing touch and communication through training, education, and research so that parents, caregivers, and children are loved, valued, and respected. The International Association of Infant Massage (IAIM) five-session program is a wonderful way of strengthening the bonds of love and helps parents, caregivers and infants to connect with each other.



**THURSDAYS, APRIL 9, 16, 23, 30
& MAY 7**

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

MONDAY, APRIL 13, MAY 11, JUNE 8

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required



COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY, APRIL 15

Superhero Celebration

WEDNESDAY, MAY 20

Creating a Simple Garden Planter

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

LIFE COACHING SERVICES

*Find your own way.
Walk your own path.*

*All inquiries are
treated confidential*

To find out if coaching is the right choice for you, contact the Family Services Coordinator.

Ph. 780.594.4495



BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, APRIL 15

Q & A, What Do You Want to Know?

WEDNESDAY, MAY 20

Starting Solids

WEDNESDAY JUNE 17

Sun Safety

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning. Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or multiple sessions. Food kits will be available for pick-up the day before each class at the Family Connections between 1:00 p.m. - 4:00 p.m. **Register by April 10.**

WEDNESDAY, APRIL 15

Spring Rolls In

WEDNESDAY, JUNE 17

Campsite Charcuterie

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$10.00 per session, registration required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



WEDNESDAY, APRIL 15, MAY 13, JUNE 10

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

WEDNESDAYS

ENERGY CENTRE

KIDS ZONE

10:00 am - 12:00 pm
September to May

Contact the Cold Lake Energy Centre at 780-639-6400

 

MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by April 13.**



THURSDAY, APRIL 16

Peanut Butter, the Savory and the Sweet

THURSDAY, JUNE 18

Rice is Nice and Versatile

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, APRIL 16, MAY 21 & JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required

TRIPLE P RAISING CONFIDENT COMPETENT CHILDREN



Caregivers of children 0-12 years

Every parent has their own vision for the values and behaviors they want to nurture in their child. However, certain core life skills are universally beneficial and set the foundation for a child's success and well-being. Empower your child with the life skills they need to excel and thrive. Join us for this enriching session and take the first step towards fostering a well-rounded, confident, and independent child.

FRIDAY, APRIL 17

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

NATIONAL Volunteer Week

April 19-25, 2026

National Volunteer Week provides an opportunity for our community to thank volunteers who enrich our lives and our community. Cold Lake and District FCSS is grateful for the volunteers who selflessly give their time and talents to create a caring, compassionate and engaged community.

www.volunteer.ca



NEW TO TOWN

Ages 13-17

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

TUESDAY, APRIL 21, JUNE 23

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

Free, registration required

THAT BITES!

Ages 13-17

That Bites! is a program focused on teaching how to prepare easy, healthy, and budget-friendly meals. Participants will learn to cook, share meals, and understand the importance of eating a balanced meal on a budget. That Bites! aims to support youth as they transition into adulthood, building their confidence in the kitchen and teaching them how to cook safely. **Register by April 16.**

THURSDAY, APRIL 23

Fresh Starts

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$10.00, registration required

COMMUNITY VOLUNTEER RECRUITMENT FAIR

Community



Looking to volunteer, but don't know where to start? Drop by the Community Volunteer Recruitment Fair and meet with organizations that may have the perfect volunteer role for you! Representatives from a variety of volunteer organizations will be available to answer your questions. There will be free refreshments and great door prizes.

SATURDAY, APRIL 25

9:00 a.m. - 11:30 a.m.

Heritage Hall,

Cold Lake Seniors' Society Building

Free, registration not required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a Chess Club, where all skill and experience levels are welcome. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



COLD LAKE YOUTH COUNCIL

MONDAY, APRIL 27, MAY 25, JUNE 29

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com

BUILDING HOME

Adults

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. The Building Home program is here to help newcomers connect with people and access essential resources to ease their transition. In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake – let's build your new beginning together!

TUESDAY, APRIL 28, JUNE 30

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required



DINO ADVENTURE

Families

Calling all dino explorers! Cold Lake Family Connections is hosting an exciting event filled with digging, hunting, and thrilling adventures. This event will be packed with indoor crafts, games, delicious light meal, and a variety of activities centred around the captivating world of dinosaurs.

WEDNESDAY, APRIL 29

5:00 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required

JUNE 20-21, 2026

COLD LAKE FISHING Derby

COLD LAKE, ALBERTA

1st \$10,000

2nd \$7,500

INTRODUCING YOUTH PRIZES!

www.coldlake.com/fishingderby

City of Cold Lake MYCATCH BY ANGLER'S ATLAS

LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

THURSDAYS, APRIL 30, MAY 28, JUNE 25

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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- Art Therapy for Adults (P.48)

5

6

- Emergency Preparedness Barbeque (P.49)
- Parenting Support: ASQ Screening and Resources (P.49)
- Jr. Emotion Kits (P.50)

10

11

- Seniors' Wisdom Panel (P.50)

12

- Coffee & Collaboration for Volunteer Coordinators (P.50)

13

- Parenting Support: Tidying Up (P.49)
- Nobody's Perfect Parenting (P.50)
- Cold Lake Bully Free Committee (P.51)
- Cold Lake Youth Council (P.51)

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19

- Baby Signs (P.52)

20

- Nobody's Perfect Parenting (P.50)
- Community Friends (P.52)
- Bringing Baby Home (P.52)

24

25

- Cold Lake Youth Council Chess Club (P.54)

26

27

- Parenting Support: Hassle Free Mealtimes (P.49)
- Nobody's Perfect Parenting (P.50)
- Family Fun Night in a Box (P.54)

31

THURSDAY

FRIDAY

SATURDAY

1

- Home Alone (P.48)
- Snack Attack (P.48)
- Preparing for Adulthood (P.48)

2

7

- IAIM Infant Massage (P.40)

8

9

14

- Car Seat Clinic (P.51)

15

- Y.E.E.T. (P.52)

16

21

- Intergenerational Garden Tea Party (P.53)
- Meal Stretchers (P.53)
- Empowered Parenting for Neurodiverse Kids (P.53)

22

- Parent and Teen Night (P.54)

23

28

- Interagency Meeting (P.54)
- Lego™ Junior (P.55)
- Emotion Coaching (P.55)

29

- Raise the Flag (P.55)

30

May



HOME ALONE

Ages 9 -13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

FRIDAY, MAY 1, JUNE 5

9:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, registration required

SNACK ATTACK

Ages 12+

Hunger doesn't take a summer vacation. Volunteer to collect healthy snack foods and kid-friendly non-perishable foods to fill the shelves of the Cold Lake Food Bank.



FRIDAY, MAY 1

10:00 a.m. - 2:00 p.m.

Rob & Kathy's No Frills

Free, registration required

PREPARING FOR ADULTHOOD

Ages 14-17

This program equips youth with the essential knowledge and skills needed to navigate life after high school. You will explore topics such as renter's and worker's rights, along with strategies for eating well on a limited budget. Participants will develop a practical toolkit that enables them to advocate for themselves with confidence and make informed decisions.

FRIDAY, MAY 1

4:30 p.m. - 6:00 p.m.

Cold Lake Family Connections

Free, registration required

ART THERAPY FOR ADULTS

Adults

Lakeland Psychological Services is



pleased to present an Art Therapy workshop led by Randi Martin, focusing on stress reduction for adults. This workshop offers a unique opportunity to explore self-expression through art while alleviating stress. Engaging in the repetitive motions of creating art can provide a calming effect on the mind, allowing participants to momentarily escape their daily concerns. Join Randi to slow down, unwind, and unlock your creative potential.

MONDAY, MAY 4

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

f **ig** www.coldlake.com

PARENTING SUPPORT

Caregivers of children 0 - 6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections
Free, registration not required

MAY

6 ASQ Screening and Resources

13 Tidying Up

27 Hassle Free Mealtimes

JUNE

3 ASQ Screening and Resources

10 Wandering

24 Making Reasonable Rules

EMERGENCY PREPAREDNESS BARBECUE

Community

Join us for a community barbecue with a focus on resilience through emergency preparedness! Enjoy good food, great company, and learn preparedness strategies for emergency situations. This is a perfect opportunity to ask questions, meet your local emergency responders, and gain valuable knowledge designed to promote community resilience, through individual preparedness.

WEDNESDAY, MAY 6

11:30 a.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration not required

Neighbourhood Block Parties

Cold Lake and District FCSS is working to build community connectedness one block at a time. Holding a Neighbourhood Block Party is an opportunity for people to meet and get to know each other. Beyond having fun, Neighbourhood Block Parties are great ways to:

- *increase the sense of belonging to a community*
- *learn about community history*
- *encourage neighbours to look after each other and the neighbourhood*
- *promote safety*
- *help to prevent crime and increase security*

To book a Neighbourhood Block Party, please visit www.coldlake.com/blockparty, drop by our office, or contact us at fcss@coldlake.com or 780-594-4495.





JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, MAY 6

Self Care

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

MONDAY, MAY 11, JUNE 8

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

COFFEE & COLLABORATION

Volunteer Coordinators

Do you coordinate volunteers for a sports team, faith organization, school or another community group? Coffee & Collaboration is an opportunity to meet with other volunteer coordinators for learning opportunities, sharing information, and the opportunity to collaborate and advocate.

TUESDAY, MAY 12

Writing Volunteer Role Descriptions

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

NOBODY'S PERFECT PARENTING

Caregivers of children aged 0-5 years



"Nobody's Perfect" sessions are where parents of young children come together to talk about parenting. The sessions cover topics like understanding your child's feelings and behavior, keeping them safe, and sharing experiences with other parents. It's led by a trained facilitator, and the discussions are based on what parents want to learn, not just following a set plan. "Nobody's Perfect" is a supportive environment where parents can learn from each other and discover positive ways to parent.

WEDNESDAYS, MAY 13, 20, 27, JUNE 3 & 10

10:00 a.m. - 12:00 p.m.

Cold Lake Family Connections

Free, registration required

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



WEDNESDAY, MAY 13, JUNE 3

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



WEDNESDAY, MAY 13, JUNE 10

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

CAR SEAT CLINIC

Caregivers

Join trained Child Passenger Safety Technicians (CPSTs) for a free car seat check! At this clinic, you will receive a thorough inspection and hands-on installation support tailored to your vehicle, car seat, and child. Our technicians will provide expert guidance on proper harnessing, positioning, and safety best practices to help keep your little one secure. **Appointments are recommended** to ensure you have dedicated time with a technician. Please bring your child, the car seat, your vehicle, and both the car seat and vehicle manuals.



THURSDAY, MAY 14

9:00 a.m. - 10:00 a.m.

10:00 a.m. - 11:00 a.m.

11:00 a.m. - 12:00 p.m.

1:00 p.m. - 2:00 p.m.

2:00 p.m. - 3:00 p.m.

Cold Lake Family Connections

Free, registration required



Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

YOUTH EMPOWERMENT AND ENGAGING TWEEN Y.E.E.T

Ages 9-13

The Youth Empowerment and Engaging Tween group empowers young tweens to build supportive connections with one another and within the community. This group offers opportunities to develop self-confidence, self-awareness, and self-esteem through a variety of activities that align with the 40 Developmental Assets.

FRIDAY, MAY 15

Neighbourhood and Community Safety

1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

Free, registration required

BABY SIGNS

**Caregivers and children
0-1 years**



Research shows that sign language offers many benefits for young babies, such as reducing frustration by giving them a means to express themselves before they know how to talk. It also increases parent-child bonding and promotes self-esteem. Join us during Baby Connections for this introduction to Baby Signs.

TUESDAY, MAY 19

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY, MAY 20

Creating a Simple Garden Planter

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS

Free, registration required

BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, MAY 20

Starting Solids

WEDNESDAY JUNE 17

Sun Safety

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

[f](#) [@](#) www.coldlake.com

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, MAY 21 & JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required



INTERGENERATIONAL GARDEN TEA PARTY

Grandparents, Parents, Caregivers and children

Celebrate the most important people in our lives with a Garden Tea Party and some quality time. Come and join Family Connections staff as we celebrate grandparents and seniors during International Tea Day with drinks, sweet treats, and crafts.

THURSDAY, MAY 21

10:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, registration not required

MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by May 19.**



THURSDAY, MAY 21

Rice is Nice and Versatile

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  



PARENT AND TEEN NIGHT

Ages 13-17 and Caregivers

Take time to connect with the teen in your life and discover new ways to communicate and listen effectively. Enjoy a fun activity and snacks together, strengthening your bond and making special memories. Please register all family members who plan to attend. **Register by May 19.**



FRIDAY, MAY 22

Boathouse Bowling

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL CHESS CLUB

Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a Chess Club, where all skill and experience levels are welcome. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.



MONDAY, MAY 25, JUNE 29

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the comfort of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household.

WEDNESDAY, MAY 27

Fairytale Adventure

WEDNESDAY, JUNE 24

Get Ready for Summer

Pick up between 3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required

INTERAGENCY MEETING

Community

Interagency Meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents.



THURSDAY, MAY 28

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

THURSDAYS, MAY 28, JUNE 25

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

EMOTION COACHING gottman

Caregivers of children 0 -12 years

Strengthen your bond with your child through Emotion Coaching. Join our transformative program, based on the Gottman Institute's approach, and learn how to support your child's emotional development while fostering resilience and emotional intelligence. Discover practical tools to parent with empathy, connection, and confidence.

MAY 28, JUNE 4 & 11

5:00 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required

RAISE THE FLAG

Community



Join us at City Hall to read the 2026 Pride Month Proclamation and raise the Progressive Pride Flag in honouring the 2SLGBTQIA+ community during Pride Month. Come dressed in your favourite rainbow gear!

FRIDAY, MAY 29

12:15 p.m. - 1:00 p.m.

City Hall

Free, registration not required

Where fitness comes naturally

The **Cenovus Energy Wellness Centre** has you covered with everything needed to complete your fitness journey

Cold Lake Energy Centre
780-639-6400

Check out our website today!

www.coldlake.com

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1

- FCSS Senior's Pancake Breakfast (P.58)

2

3

- Nobody's Perfect Parenting (P.50)
- Parenting Support: ASQ Screening and Resources (P.58)
- Jr. Emotion Kits (P.59)
- Cold Lake Bully Free Committee (P.59)
- Fraud Prevention for Seniors (P.59)

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8

- Seniors' Wisdom Panel (P.60)

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10

- Nobody's Perfect Parenting (P.50)
- Parenting Support: Wandering (P.58)
- Cold Lake Youth Council (P.60)

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- Triple P: Developing Healthy Screen Time Habits (P.61)

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- Community Friends (P.61)
- Bringing Baby Home (P.62)
- Grub Club (P.62)

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- Cold Lake Fishing Derby (P.45)

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23

- New to Town (P.63)

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- Parenting Support: Making Reasonable Rules (P.58)
- Family Fun Night in a Box (P.63)

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- Cold Lake Youth Council Chess Club (P.64)

30

- Building Home (P.64)

THURSDAY

4

- Emotion Coaching (P.55)
- Senior's First Aid (P.59)

FRIDAY

5

- Home Alone (P.59)
- Art in the Park (P.60)

SATURDAY

6

June

11

- Emotion Coaching (P.55)
- Rainbow Roots (P.60)

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13

- Cold Lake Rainbow Run (P.61)

18

- Meal Stretchers (P.62)
- Empowering Parenting for Neurodiverse Kids (P.62)

19

- Pencils, Paper, Purpose: Supplies Today. Success Tomorrow. (ends Sept. 4 - P.63)

20

- Cold Lake Fishing Derby (P.45)

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- Interagency Annual General Meeting (P.64)
- Lego™ Junior (P.64)

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27



SENIOR'S WEEK ACTIVITIES JUNE 1-5

Seniors

Senior's Weeks is a great opportunity to honour and recognize all that seniors have contributed to making our families and communities stronger.



FCSS SENIORS' PANCAKE BREAKFAST

Seniors

Kick off Seniors' Week with our annual pancake breakfast! Enjoy hot pancakes, friendly faces, and a warm community atmosphere as we celebrate Cold Lake Seniors.

Register by May 29.

MONDAY, JUNE 1

9:00 a.m. - 10:30 a.m.

Cold Lake and District FCSS

Free, registration required

PARENTING SUPPORT

Caregivers of children 0-6 years

Explore a variety of parenting topics from evidence-based programs that address common challenges and foster positive development. Each week focuses on a new theme. Enjoy informal, open discussions where you can share experiences, ask questions, and gain insights in a comfortable setting.

WEDNESDAYS

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

JUNE

3 ASQ Screening and Resources

10 Wandering

24 Making Reasonable Rules

JR. EMOTION KITS

Ages 7-11

Recognizing and expressing emotions positively can be difficult for any child. Developing these skills early on can help foster positive attitudes and behaviors later in life. Each Jr. Emotion Kit offers tools for social-emotional development, self-care strategies, and enjoyable activities. Afterward, caregivers will receive a follow-up call from a Cold Lake Family Connections staff member. **Register for as many kits that suit your child's needs.**

WEDNESDAY, JUNE 3

Healthy Relationships

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

[f](#) [@](#) www.coldlake.com

COLD LAKE BULLY FREE COMMITTEE

Community

Join the Cold Lake Bully Free Committee to discuss how bullying awareness and prevention are crucial for our community. This committee conducts monthly meetings to discuss ideas, create relevant initiatives and promote learning through school and sport-based presentations. Meetings are held virtually with the option of in-person attendance.



WEDNESDAY, JUNE 3

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

FRAUD PREVENTION FOR SENIORS

Seniors

Stay safe and informed with practical tips to protect yourself from scams. You'll learn about common scams, red flags to look for, how to safeguard your personal information, and where to go for help if you're targeted by a scammer.

WEDNESDAY, JUNE 3

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration not required

**Contact Cold Lake and District FCSS
at 780-594-4495 for more information**

www.coldlake.com  

SENIOR'S FIRST AID

Seniors

Join us for an informative session on First Aid by a certified instructor and learn techniques to assist in emergencies. Please note this is not a certificate program.

THURSDAY, JUNE 4

9:00 a.m. - 10:30 a.m.

Cold Lake and District FCSS

Free, registration required

HOME ALONE

Ages 9-13

Children need to feel comfortable, safe, and equipped to stay home alone. Guardians will also be equipped with the knowledge and resources to help the children in their care to feel safe, responsible, and empowered while at home. There will be a half hour parent/caregiver portion that will be completed virtually. Your facilitator will be in contact with the parents/caregivers to arrange times that are appropriate.

FRIDAY, JUNE 5

9:00 a.m. - 11:30 a.m.

Cold Lake Family Connections

Free, registration required





ART IN THE PARK

Ages 12-17

Come join us in the park to enjoy the summer weather and create some awesome art. During our time at the park, we will take time to appreciate nature, practice mindfulness, and learn how to express ourselves through creativity.

FRIDAY, JUNE 5

1:00 p.m. - 4:00 p.m.

Cold Lake Lions Park

Free, registration required

SENIORS' WISDOM PANEL

Seniors 65+

Seniors' voices should be heard when building inclusive societies and ending age-discrimination. Join the FCSS Seniors' Wisdom Panel and help shape the future of FCSS programming for seniors in Cold Lake.

MONDAY, JUNE 8

2:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

Free, registration required

COLD LAKE YOUTH COUNCIL

Ages 12-17

Cold Lake Youth Council is a youth-led, volunteer-based group focused on social and civic advocacy that acts as a voice and as peer advocates for the young people of Cold Lake. CLYC promotes youth activism and civic engagement. Members develop communication and leadership skills while supporting their community and making new friends. For more information, please email youthcouncil@coldlake.com.



WEDNESDAY, JUNE 10

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

RAINBOW ROOTS

Adults

Everyone deserves a support circle. We want you, the parents, families, friends, and allies of the 2SLGBTQIA+ community, to have the resources to understand and support your loved one. Join us for this welcoming and informative group to better understand 2SLGBTQIA+ terms and culture. Open discussion to follow.



THURSDAY, JUNE 11

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

[f](https://www.facebook.com/coldlake) [ig](https://www.instagram.com/coldlake) www.coldlake.com

COLD LAKE RAINBOW RUN

Community

Register as an individual, family, or business team and join our Cold Lake Rainbow Run! Jog, walk, sprint, or just join us for the party – no athleticism required. A BBQ, family-friendly activities, and celebration of 2SLGBTQIA+ community are included! Show your support and be authentically you! A registration package with further details will be emailed before the event.



TRIPLE P DEVELOPING HEALTHY SCREEN TIME HABITS



Caregivers of children 0-12 years

Living in a digital world comes with both benefits and challenges for families. Screens can offer kids fun, learning opportunities, and ways to stay connected, but too much screen time can get in the way of sleep, play, and healthy development. Finding the right balance is key. This Triple P seminar will give parents and caregivers practical tips to build healthy screen habits, set boundaries, and handle common screen time struggles with confidence.

TUESDAY, JUNE 16

2:00 p.m. - 4:00 p.m.

Cold Lake Family Connections
Free, registration required

COMMUNITY FRIENDS

Adults

This program is designed to foster community inclusivity for adults who require adaptations to lead an active social life due to disability. The program consists of monthly themed interactive social activities like games, crafts, and simple cooking. Participants are welcome to bring their caregivers.

WEDNESDAY JUNE 17

Oh Canada!

10:00 a.m. - 11:30 a.m.

Cold Lake and District FCSS
Free, registration required

LOOKING FOR MORE GREAT EVENTS AND PROGRAMS?

Keep updated by visiting our community calendar at www.coldlake.com/calendar

BRINGING BABY HOME

Expecting parents, new parents, and caregivers of infants

This program aims to help expecting and new parents create a sense of confidence when it is time to bring baby home from the hospital. Through conversation and resources, parents will leave with a better sense of how to create a loving, supportive environment for their infant to thrive.

WEDNESDAY, JUNE 17

Sun Safety

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

GRUB CLUB

Ages 10-13

Log in and join the Grub Club for a virtual evening of learning. Youth will explore healthy eating habits through the New Canadian Food Guide and understand the importance of budgeting meals. Participants will have the opportunity to prepare a meal for their family from the comfort of their own home while building valuable life skills. Register for one or multiple sessions. Food kits will be available for pick-up the day before each class at the Family Connections between 1:00 p.m. - 4:00 p.m. **Register by June 12.**

WEDNESDAY, JUNE 17

Campsite Charcuterie

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$10.00 per session, registration required

MEAL STRETCHERS

Adults

Meal Stretchers is a hands-on cooking program that focuses on creating low-cost, healthy dishes using ingredients commonly found in a food bank hamper. Each session will feature a food hamper staple made into two or three simple dishes. **Register by June 15.**



THURSDAY, JUNE 18

Rice is Nice and Versatile

5:00 p.m. - 7:00 p.m.

Cold Lake and District FCSS

Free, registration required

EMPOWERED PARENTING FOR NEURODIVERSE KIDS

Parents and Caregivers of Neurodivergent children ages 0-18

Join our parent group for families of neurodivergent children, where you'll connect with others facing similar challenges and share valuable experiences. The group offers a safe, welcoming space to discuss strategies, resources, and self-care, with insightful guest speakers providing expert advice on topics like advocacy, communication, and mental health. Whether you're new to the journey or have been navigating it for years, this is a wonderful opportunity to find support, ask questions, and gain new perspectives.

Attend either virtually or in person, offering flexibility to connect with others in the way that best suits your needs.

THURSDAYS, JUNE 18

6:00 p.m. - 7:30 p.m.

Cold Lake Family Connections

Free, registration required



PENCILS, PAPER, PURPOSE: SUPPLIES TODAY. SUCCESS TOMORROW.

Community

Pencils, Paper, Purpose: Supplies Today. Success Tomorrow. is a donation drive aimed at collecting unused school supplies to support families in need for the upcoming school year. Donations of new or gently used supplies can be dropped off at Cold Lake and District FCSS and Family Connections from June 19 to September 4. Supplies will be available to families starting the week of August 24. Help set students up for success by giving them the tools they need to thrive!

**STARTING JUNE 19 THROUGH
SEPTEMBER 4**

Cold Lake Family Connections
Free, registration not required



NEW TO TOWN

Ages 13-17

New to Town is designed to support newcomer youth as they adjust to life in a new country. Through interactive workshops, peer mentorship, and community-building activities, the program helps participants develop friendships, navigate cultural transitions, and build emotional resilience. By providing a safe space for open discussions, skill-building, and mental wellness support, New to Town empowers youth to embrace their identities, overcome challenges, and thrive in their new environment.

TUESDAY, JUNE 23

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

Free, registration required

FAMILY FUN NIGHT IN A BOX

Families

Family Fun Night is an evening of dinner and themed activities for the entire family. Enjoy the traditional fun of a Family Fun Night, but in the comfort of your own home. Each box will include a light supper, crafts, parent information and activities you can do with your whole family. We encourage you to register early, as boxes are limited. One kit is available per household.

WEDNESDAY, JUNE 24

Get Ready for Summer

Pick up between 3:00 p.m. - 5:00 p.m.

Cold Lake Family Connections

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

www.coldlake.com  

INTERAGENCY ANNUAL GENERAL MEETING (AGM)

Community

Interagency Meetings bring together leaders from community organizations to foster collaboration and coordination. These regular gatherings provide a structured forum for sharing resources, identifying service gaps, and developing integrated approaches to community challenges. Participants exchange information about their programs, discuss trends, and network with one another. By building relationships across sectors, these meetings strengthen our community's collective capacity to serve residents. If your community serving organization would like to join in these collaborative meetings, contact FCSS!



THURSDAY, JUNE 25

10:00 a.m. - 12:00 p.m.

Cold Lake and District FCSS

Free, registration required

LEGO™ JUNIOR

Ages 3-6

Participants will enjoy LEGO™ themed activities during our Kickstart to Kindergarten program with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

THURSDAYS, JUNE 25

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

COLD LAKE YOUTH COUNCIL CHESS CLUB



Ages 10-17

Have you ever wanted to learn how to play chess? Here's your opportunity! Cold Lake Youth Council is hosting a Chess Club, where all skill and experience levels are welcome. Come play chess and learn how the Cold Lake Youth Council acts as a voice in our community.

MONDAY, JUNE 29

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

Free, registration required

BUILDING HOME

Adults

Moving to a new place can feel overwhelming, but you don't have to navigate it alone. The Building Home program is here to help newcomers connect with people and access essential resources to ease their transition. In partnership with local agencies, we will provide support and information on housing, employment, finances, education, culture, and other essential services. By fostering connections and a sense of belonging, we create a welcoming community where newcomers can build relationships and find the support they need to thrive. Welcome to Cold Lake – let's build your new beginning together!

TUESDAY, JUNE 30

6:00 p.m. - 7:30 p.m.

Cold Lake and District FCSS

Free, registration required

Contact Cold Lake and District FCSS at 780-594-4495 for more information

[f](#) [@](#) www.coldlake.com

Family Services and Cold Lake Family Connections

At Cold Lake and District FCSS, we recognize and value the diversity of individuals and families. Life experiences, culture, values, and a variety of circumstances contribute to what makes us unique.

We offer a variety of services: advocacy, education, support, and referrals take place through workshops, support groups, public education, and individual sessions. We provide a range of information on topics such as child development, parenting education, crisis management, life transitions, communication issues, and problem-solving skills. We welcome both referrals and drop-ins.

LIFE COACHING

Coaching provides support and inspiration as individuals are empowered to create and reach their own goals.

VOLUNTEER SERVICES

ORGANIZATIONS

Providing organizations with resources to implement best practices for volunteer management, including writing volunteer role descriptions, recruiting, screening, training, evaluating volunteers, and more.

ADULT OPPORTUNITIES

Contribute to our community, meet new people, and have the opportunity for new experiences through volunteering. More info at www.coldlake.com/volunteer

YOUTH OPPORTUNITIES

Need volunteer hours for school credit or scholarship applications? We can match youth ages 12 and older with volunteer opportunities that best meet their needs and interests. More info at www.coldlake.com/volunteer or the FCSS office.

EMERGENCY SOCIAL SERVICES VOLUNTEERS

Only trained and registered volunteers can work alongside Emergency Social Services (ESS) staff. Register and receive training from the Alberta Emergency Management Agency to respond to local emergencies and disasters.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

We offer income tax filing services at no cost to low-income residents with simple income tax situations who live in Cold Lake and Wards 5 and 6 of the MD of Bonnyville. Referrals are required after June 30 by a provider who can confirm requirements for continuation of access to a provincial subsidy program or AISH. Book an appointment after Feb. 27, 2026. Limited number of appointments are available.

OTHER PROGRAMS & SERVICES

Check out Volunteer Connector Cold Lake, Snow Angels Program, Lawn Busters Program, Neighbourhood Block Parties, Hands Are Not For Hitting/Words Are Not For Hurting Presentations, Healthy Youth Relationships Presentations, Lakeland Safe Space, large games and activities, popcorn machine rentals, Lending Library, equipment loan for not-for-profit community events, and more!





www.coldlake.com