DRUMHELLER OMMUNITY LEARNING SOCIETY Learning For Life

Winter & Spring Program Guide



Drumheller Community Learning Society Learning for life

Our Mission: Drumheller Community Learning Society will provide and promote life-long opportunities to empower community members.

Our Goals:

- The Society shall work toward providing the best lifelong learning experiences for the citizens of Drumheller and Area.
- The Society shall promote lifelong learning needs in Drumheller and area.
- The Society shall assess the lifelong learning needs in Drumheller and area.
- The Society shall strive to help individuals with barriers to participate in learning opportunities.

Board Members

Tom Dooley - President - Private Member Terry Beaupre - Vice President - Private Member Lynda Collins - Campus Alberta Central Coleen Gordon - Treasurer - Private Member Becky Kowalchuk - Private Member Bridget Unland - Private Member Barb Murray - Private Member Emily Hollingshead - Drumheller Library Sagan Gordon - MH Enterprises Kim Masson - Badlands Community Facility Jason Blanke - Boom FM Media Solutions Stephanie Price - Town of Drumheller

Staff Members

Dana Davidson - *Site Manager* Louise Henrickson - Family Literacy Lead Debbie Anderson- Adult Literacy Lead Ashley Marcotte - Administrative Assistant Cindy Law - Family Literacy Lisa deLaforest - Family Literacy

Register by emailing adminedrumhellercommunitylearning.com, calling 403–823–8300, or visiting us at our location.

Methods of payment include: cash, debit, Visa, or Mastercard. Payment is due upon registration or with a credit card to reserve a spot.

Register early – If minimum registration is not reached, classes may be cancelled. If a class is cancelled by DCLS – registrants will be notified by telephone/email and a full refund will be issued.

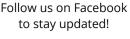
All student initiated cancellations need a minimum of 7 days notice or there will be a 35% cancellation fee assessed. A late cancellation can result in a class not proceeding. Refunds will not be issued if student does not show up for the class.

Please note: Instructors and course dates may be subject to change.

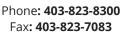
Office Hours & Contact

Monday: 9:00 AM- 4:30 PM Tuesday to Thursday : 9:00 AM - 8:00 PM Friday: 9:00 AM - 12:00 PM *Closed July & August*











Email us at our <u>new</u>email: <u>admin@drumheller</u> <u>communitylearning.com</u>



Box 419 250 Centre Street Drumheller, AB. TOJ 0Y0

Visit our website: drumhellercommunitylearning.com

The Drumheller Community Learning Society is one of over 80 Community Adult Learning Councils in Alberta who receive funding from Alberta Advanced Education & Technology, Community Programs Branch. Visit the Provincial website at www.calp.ca

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GED & Adult Learning Supports

GED Preparation

Don't miss an opportunity to get some help in preparing to write your GED exams! This course is free if you qualify under the part-time studies program, including exam fees. Otherwise, there will be a low fee of \$100 plus the exam fees. This class includes:

• 100 hours of GED preparation instruction via videoconference from Academic Express.

- Books and calculator
- In-house assistance.

Instructor: Academic Express Adult Education & Training

Dates: January 16 – March 28, 2024 Tuesdays, Wednesdays, Thursdays

Time: 5:00pm - 8:00pm

Location: Drumheller Community Learning Society **Free**, if eligible for the Part-Time Studies Grant **or** \$100 **plus** exam fees.

***Registration is open until January 16, 2024.** Call 403-823-8300 to apply today!

Get Ready For The GED Prep!

Free

Preparing for the GED test can be a difficult challenge. Before you register for a GED Prep class, you may need to brush up on some basic math and language arts skills first. Volunteers and staff are available to help on an appointment basis to help you gain confidence before you take the next step and register for the actual GED Prep Class.

Call 403-823-8300 to arrange an appointment or for more information. Available upon request.

Boost Your Math Skills!

Free

Whether you are getting ready for the GED prep course or just to improve your math for every day life, we can help! In a one-on-one setting, you can learn, practice, and develop your math operation skills - adding, subtraction, multiplying, dividing, calculating dimensions, fractions, and more! We can focus on what you want to learn and at a pace that works for you.

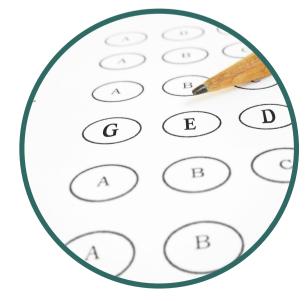
Call 403-823-8300 to arrange an appointment or for more information. Available upon request.

Reading & Writing Workout!

Free

You can raise your reading and writing abilities to a higher level, with our one-on-one support. Whether you are getting ready for a GED Prep course or just want to improve reading and writing for everyday life or work, let us provide some help. We can focus on what you would like to learn – understanding directions or instructions, writing letters or emails, filling out forms and more. You can work at your own speed at a time that works for you.

Call 403-823-8300 to arrange an appointment or for more information. Available upon request.



For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!

English Second Language (ESL)

Let's Talk!

Free

Adults who are beginning to learn English can enroll in this introductory conversational class that helps students increase their confidence and skill in the English language while meeting new people in a relaxed and social setting. Evenings will focus on real life situations such as conversations between a customer and store clerk, between a parent and a teacher, between a job applicant and employer, plus other life events including practicing reading and writing English.

Instructor: TBD

Dates: Call for more information. **Location**: Drumheller Community Learning Society

Call 403-823-8300 for more information and start dates or follow us on Facebook!



Getting to "Know Canada" for the Canadian Citizenship Test! \$96

Do you want to practice your English while learning about your new country? Are you preparing to take the Canadian Citizenship Test? This course is for you. The course covers all the information found in the official Citizenship test study guide, "Discover Canada," but we will be using a new workbook written especially for you. The course will be helpful for those studying for the test but also includes an opportunity to read and write in English and to learn more about Canada.

Instructor: Sheena Ross

Call 403-823-8300 to arrange an appointment or for more information. Available upon request.

International English Testing OR Canadian English Language Proficiency Index Program (CELPIP)

Free

Participants will learn strategies to assist them in writing each section of the IELTS or CELPIP exam (reading, listening, writing and speaking). Participants will develop and practice language skills and focus on intensive test practice to become familiar with the format of the IELTS or CELPIP text.

Call 403-823-8300 to arrange an appointment or for more information. Available upon request.

For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!

Brooks & County Immigration Services

New Drumheller Office located in the Community Futures Building!



Provides guidance or assistance with filling out documents and paperwork.

Connects you and your family with family doctors, school, and other local resources.

> Helps you learn and get settled into your new community, and more!

403 978 9100

kimberlee.groves@bcis-brooks.ca

Kimberlee Groves, Settlement Counsellor 181 Railway Ave, East Drumheller, AB





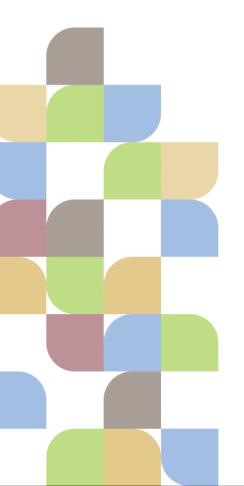
Campus Alberta Central

For more information, please contact:

Drumheller Learning Centre

403-823-8300

connect@ campusalbertacentral.com



GET YOUR POST-SECONDARY EDUCATION IN YOUR OWN COMMUNITY!

campusalbertacentral.com

RED DEER POLYTECHNIC PROGRAMS

Online Delivery with Local Support

- Administrative Professional Certificate
- Business Certificate
- Business Administration Diploma
- Human Resources Management Graduate Certificate
- Early Learning & Child Care Certificate
- Early Learning & Child Care Diploma
- Educational Assistant Certificate
- Pre-Health Sciences Certificate
- University Transfer Courses

Extended Education Online Programs

- Certificate in Cybersecurity
- Certificate in Digital Marketing
- Certificate in Leadership for Women in Business
- Medical Office Assistant Certificate
- Unit Clerk and Dental Office Specialty Certifications (with successful completion of the Medical Office Assistant program)
- Accounting Technician Certificate
- Activity Coordinator Certificate (Alberta Seniors & Community Housing Association)
- Site Manager Certificate (Alberta Seniors & Community Housing Association)
- Management Skills for Supervisors Certificate
- · Management Skills for Commercial Kitchens Certificate

OLDS COLLEGE PROGRAMS

Online Delivery with Local Support

- Veterinary Medical Receptionist
- Agribusiness Finance
- Beef Production Certificate
- Cannabis Production Program
- Introduction to Brewing Certificate
- Pre-Apprenticeship Exam Traininge

COMMUNITY PROGRAMS

Check the website for start dates and locations

- Practical Nurse Diploma
- Health Care Aide Certificate

IN PARTNERSHIP







Health Care Aide Certificate

Fall 2024 in Drumheller



Watch for Information Sessions coming this spring!

Learn about coursework, career opportunities for graduates, funding opportunities and more!

Learn more at:

rdpolytech.ca/healthcareaide rdpolytech.ca/practical-nurse-diploma

campusalbertacentral.com

For more information: Drumheller Learning Centre 403.823.8300 drumfurthered@gmail.com







Power of Four

Free

Our program will help you be more aware of the skills and strategies that help your child be ready for kindergarten. Through the use of awardwinning children's books, hands-on activities and discussion, you will have a better understanding of the skills essential to a successful start to school. In the Power of Four, parents will discover a delightful new way to take a book walk, learn the alphabet, enjoy play-based fine and gross motor skills and much more.

Instructor: Cindy Law

Location: Drumheller Community Learning Society

Dates: Starting February 14, 2024. **Wednesday** mornings. 9:30 AM-11:30 AM (With Childcare). Call **403-823-8300** to register.

Homework Help & Learning Styles \$20

Parents, are you frustrated with your child's homework, would you like to brush up on your skills, concepts, strategies, educational games and more? Do you have a child in kindergarten to grade six? Would you like to be more involved and supportive? Join us for a 6-week refresher.

Instructor: Louise Henrickson Location: Drumheller Community Learning Date: TBD

Call **403-334-8233** for more information and to book an appointment.



Dancing To Your Own Tune

A gathering for kids, a space to belong. Free

This program is a monthly support group for kids aged **8-11** who have learning difficulties and school struggles. We will gather to connect, play games, share experiences, and explore what it means to learn differently and feel empowered by our differences. A snack will be provided.

Dates: January 15 2024, January 22, January 29, February 5, February 12, and February 26

6 Monday Evenings (Excluding Family Day)
 Time: 6:00PM - 7:30PM
 Instructor: Cindy Law

Location: Drumheller Community Learning Centre

Call or text Cindy to register at :403-652-6486

ADHD: Is It Real? Of Course It Is!

A workshop & meal for adults interested in learning about ADHD and Executive Dysfunction. Free

This workshop is perfect for adults who are either diagnosed or know someone who is diagnosed with ADHD and is seeking more information and research from doctors and specialists. Together, we will learn:

- What ADHD brains look like
- Common behaviours and symptoms of ADHD
- Trials and Triumphs of ADHD
- Executive Functions ADHD, and so much more!

Sessions are available as a single full day Saturday workshop from 9:00 AM to 3:30 PM **OR** a 3-part evening workshop.

Full-day Saturday Workshops:

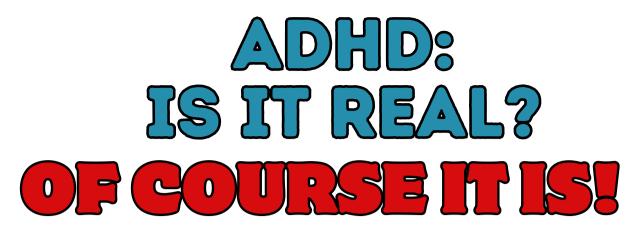
Dates: January 13 **OR** February 10 **Time:** 9:00 AM – 3:30 PM

3-part Monday Evening Workshops:

Dates: March 11, March 18, & March 25 Time: 6:00 PM – 8:30 PM Instructor: Cindy Law Location: Drumheller Community Learning Centre

Call or text Cindy to register at :403-652-6486

For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!



Are you someone curious about ADHD? -- Parent, caregiver, professional, or someone with ADHD --THIS COURSE IS FOR YOU!

Learn what doctors and specialists have to say about ADHD & Executive Dysfunction!

- What ADHD brains look like
- Common behaviours and symptoms of ADHD
- Trials and Triumphs of ADHD
- Executive Functions and ADHD
- What it feels like to live with ADHD
- And much morel

Register

now!

Sessions running from January until March! FREE

Check out page 7 for our workshop schedule Located at the Drumheller Community Learning Centre 250 Centre Street, Drumheller AB

Follow us on Facebook for more dates!

Email: cblaw@telus.net Phone: 403-652-6486

Instructed by Cindy Law BA, Learning Disabilities Specialist

Note: Our office is closed until September 5. If registering before, please leave a message with your name, email, and phone number and we will confirm your registration early September.

Workshop

schedule on

previous page

Family& Lifestyle



Meditation and YOU (3 Classes) \$60

Meditation is a grounding practice that helps you to know yourself better, appreciate yourself and others more, and allows you to get more relaxed. Science has proven that regular meditation can have powerful, long-lasting effects. Meditation helps to activate our rest-and-digest system and begin the process of ushering our body back to a more natural and calm state. Our body begins to heal, grow stronger, and more resilient. Start a new journey to improve your life and those around you today.

Please bring a water bottle and wear comfortable clothing.

Dates: February 26, March 4, March 11 Time: Mondays, 6:30pm – 8:00pm Instructor: Louise Henrickson Location: Drumheller Community Learning Centre

Spanish for Beginners! (6 classes) \$120

Have you wanted to learn another language? Or maybe you're travelling in the near future and wanted to brush up on your Spanish. Either way, join us for an introduction to Spanish that is perfect for beginners!

Dates: April 3, 2024- May 8, 2024 Time: Wednesdays, 6:00PM - 7:30PM Instructor: Sofia Mancini Location: Drumheller Community Learning Society orundeller Fomily Lizenoc

A simple gift... To learn, laugh, play, & grow together.

It's not always easy being a parent. Often you're tired and have foo much to do. When you join us, we can help out so you can take a break!

Play is the "work of children". Parents are an essential "play partner" for their children. When parents play with their kids, they learn to explore and discover the world and their role in it. Come play with us!

We can teach you songs and comfort strategies for when your child is in need! Responding quickly in ways that show your child they can depend on you will give your child the simple gift of confidence. This gift will make a huge difference for the rest of their life. 403-823-8300

Program Ages Playful Discovery Birth to 5 years Birth to 12 Months Bright Beginnings 3-5 years Power of Four Bond to Literacy Birth to 5 Years Birth to 5 Years Badlands Building Blocks

Call Louise for

more details!

,	\wedge	HOMEWORK
- (;;-		HELP!
	Does your homework	You don't need to struggle alone!
$2x + 4\gamma = 0$ $X + \gamma = 0$	look like this?	We offer one-on-
HUH?	Maybe you should	one tutoring to help you with all your
	try	learning needs. Call <u>Louise</u> for details:
M		403-823-8300
Ę		Ext. 104

Get Ready For Kindergarten with the Power Of

Did you know that there are certain skills your child should develop by the age of 4 before entering kindergarten?

> Come join us for our exciting 6 week program that will model for the parents how they can prepare their child for Kindergarten and into formal education!

> Your child will find their super powers of 4 in no time!

For more details call <u>Louise</u> at <u>403-823-8300 Ext</u>. <u>104</u>

Understanding Finances



Own Your Financial Future! Basic Finances Workshop FREE

Take your financial future into your own hands with this workshop that covers a range of questions, such as: Should you open an RRSP or TFSA? What's the difference? How do you budget for your lifestyle? And more! Register today!

Instructor: Joan Sztym, Certified Financial Educator Location: Drumheller Community Learning Centre Date: January 18th, 2024 Time: 6:00PM – 7:30PM

One on one sessions also available by request. Call 403-823-8300 for more information and registration.

Joan Sztym Certified Financial Educator

Joan did her schooling in Hanna. She has been working in the financial industry for the past 21 years, 10 years in Edmonton where she expanded and built her career. Currently residing in Sylvan Lake, she enjoys helping to educate families on financial concepts and strategies to help them reach their financial goals in life.

Marketing & Business Advisor

Take Your First Steps to

Entrepreneurship!

Call or email today to book your appointment for a FREE session on marketing or entrepreneurship basics.







Learn business models & concepts





Devolop your marketing plan

Computers

We are offering tutorials for all your computer needs. See our list below of topics and some suggestions. Tutorials are tailored to fit your need, time, and number of sessions. Parties will be put in contact with an instructor and arrangements made to meet.

Fee: \$40/hour

Laptops may be supplied during the tutoring session if required, otherwise, please bring our own device.

Raylin Robinson

Raylin Robinson is an experienced computer trainer, having recently worked with large organizations to help implement a new computer and operating system and train new staff and users until proficiency. Along with this, she is also highly experienced with Microsoft Suite products, such as Outlook, Word, and Excel – but that's not all! Raylin also has some experience in social media marketing and would love to share her knowledge with you!

Mastering your computer can be as easy as clicking your mouse!



Computer Basics

This course will teach you how to use your computer in a few hours. Learn basic components of your operating system. Learn how to personalize your desktop, maintain your files, how to use an email program, send and save attachments, upload and download files as email message attachments, use a web browser and Adobe Acrobat Reader and various other housekeeping tasks. No experience is necessary, but you will leave this course more confident in your computer skills!

Web Searching and Email 101

The internet contains millions of websites and billions of pages. No wonder it is easy to become frustrated when searching for information on the internet. In this course, you will learn some timesaving tricks to help you "surf the net" like a pro. You will also learn how to send and receive basic email messages using webbased email and how to open and save an attachment that has been sent to you. You will leave this course with much more confidence and web savvy.

Microsoft Word Basics

Discover the features in Word that enable you to create basic documents such as letters, posters or invitations. You can work on: saving, opening and printing documents: using tabs and indents: and working with tables and more. Previous computer experience in a Windows environment is desirable.

For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week ¹⁴ before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!

Computers

Social Media Marketing Basics

Are you hoping to expand your business by building an online presence or community on social media? We can help teach you about the various social media platforms, like Facebook or Twitter, and which features they offer that will help you create your brand. Such as, automated advertising, popular times to post an ad, and more.

Microsoft Powerpoint Basics

PowerPoint is a program used for presenting or printing information in an aesthetically pleasing way. Learn how to create presentations, add animations and sounds, automatic control of timing, use built in content, create and store content, insert hyperlinks, create photobooks, and use advanced printing options. Previous computer experience is necessary

Microsoft Excel Basics

Excel Basics is a session focused on those beginning to work with Excel or those with no experience in the use of spreadsheets. The session covers how to create and edit basic worksheets and workbooks. This introductory session is designed for students who want to gain the necessary skills to create, edit, format, and print basic Microsoft Excel 2016 worksheets.



Microsoft Excel Level 1

Microsoft Excel is a spreadsheet program that allows you to produce tables of numbers and perform calculations on these tables. It also provides charting and database capabilities. This project-based session explains how to enter text, numbers and formulas into the spreadsheets. You will learn how to create graphs, and create and print out spreadsheets. Previous computer experience is necessary.

Microsoft Excel Level 2

If you are already an Excel user who currently uses the program, but want to improve the appearance and functionality of spreadsheets and workbooks. Learn how to work with multiple worksheets, create formulas, search and find specific data, use advanced functions (Sumif, Countif, Averagif, etc.), advanced printing options, filtering lists, protecting data, and using templates. Prerequisite Excel Level I.



Computers

Social Media Demystified

In this session, we will be introducing you to the different social media platforms including Facebook, Instagram, Twitter, YouTube, LinkedIn, and Pinterest. We will explore the terminology (e.g. hashtags, clickbait, DMs, etc.). Once we've covered the basics, we will delve deeper to find out which platform(s) make the most sense for you? What are you waiting for? The future is here, it's time to find out what it's all about!

Get to Know Your iPhone or iPad

Get to know how to use the stock applications and some of the best ones you can download for free.

- Multi-function of the home and power buttons • Kill applications (to save battery)
- Search
- Folders, Drop Down Menu Change settings for apps Change background
- Set up email
- iTunes, loading music and pictures

Get to Know Your Android

• Get to know how to use the stock applications and some of the best ones you can download for free.

• Different form factors such as a tablet vs phone • Kill applications (to save battery)

- Search
- Folders, Drop Down Menu
- Change settings for apps
- Change background
- Set up email







For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!

CERTIFICATION & SAFETY

Standard First Aid Level C with AED - 2 DAY CLASS

Fee: \$150

This comprehensive first aid course will provide participants with fundamental skills and knowledge that will assist you in any emergency situation. Course includes adult CPR, choking, artificial respiration, bleeding and fractures. This course is a must for those working with children, students or the elderly. This is the certificate course that is required for employment purposes. AED training (defibrillator) included in course. Certificate awarded upon completion.

Date: January 27 & January 28, 2024 Time: 8:00 AM - 4:00 PM Instructor: David Friesen Location: Drumheller Community Learning Society

Mental Health First Aid - Virtual

"Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved." (Drawn from https://www.mhfa.ca/en/bigpicture)

Check out this site for Mental Health First Aid information and access to virtual classes: www.mhfa.ca

Presented by Mental Health Commission of Canada and Mental Health First Aid Canada

Heart & Stroke BLS Course Fee: \$ 95

Basic Life Support (BLS) is the foundation for saving lives. It is designed for healthcare providers and trained first responders who provide care to patients in a wide variety of settings or by those in a healthcare training program.

Features:

• Reflects science of the most recent Guidelines Update for CPR and ECC

• Hands-on class format reinforces skills proficiency

• Emphasis on high-quality CPR including team dynamics

• Video-based course with real world scenarios

• High-quality CPR for adults, children, and infants • Chain of Survival

• Use of an automated external defibrillator (AED) • Ventilations using a barrier device and bag-valve-mask

- Multi-rescuer resuscitation
- Team Dynamics

• Relief of foreign-body airway obstruction (choking) for adults, children, and infants

Instructor: Wendy Wilton. *Call for more information.*



CERTIFICATION & SAFETY

Canadian Firearms Safety Course

Fee: \$135/course

This course goes over the history of how firearms began, the different types of guns in each course, storage and transportation of each type of gun, safe handling, rules and regulations, legal aspects of owning a firearm. This course is a prerequisite in order to obtain your PAL (Possession and Acquisition License). Note: Individual testing will take place after written exam. Depending on class size, this could take several hours into the evening. Instructors will do their best to accommodate students' time requirements. The Non-Restricted course must be taken before the Restricted course.

*Please Note: registration must be done minimum of two weeks in advance in order that materials can be purchased by the instructor.

Instructor: Larry Coney **Location**: Drumheller Community Learning Society

Non-Restricted: Sat • April 27th, 2024 • 8:00am – 5:00pm (1 class)

Restricted: Sun • April 28, 2024 • 8:00am - 5:00pm (1 class)

Pro Serve Liquor Staff Training

Visit www.proserve.aglc.ca. Course Fee is payable online.



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FOLLOW

Got a quick question? Send all your inquiries to our new email! admin@drumhellercommunity learning.com





For all course registrations and inquiries call 403-823-8300. Registration and/or cancellations must be completed 1 week before the class. Classes may be cancelled if minimum numbers aren't met, so register ASAP!

Cottonwood Clay Studio Badlands Community Facility, Drumheller



Cottonwood Clay Studio is a cooperatively run studio. Whether you are experienced or a beginner we welcome you to join and explore your creativity.

Membership includes studio time, use of tools, use of wheels, glazes, with kiln firing included.



We welcome members year round and offer both single and family memberships.

If you have no previous ceramics experience, we may require you to take a beginner course before becoming a member.

The studio is equipped with the essentials for creating. Come and see for yourself!



Classes Offered:

- Porcelain Dishes
- Beginner Mosaic
- Intermediate Mosaic
- Children's Classes
- Handbuilding

To find out more about our studio, email

cottonwoodclay@gmail.com





11 Jake &

Flower Pots & Wall

ysanki Easter Egg

Mud Pies for Little Guys

ontainers

HOW TO MAKE & GLAZE SIMPLE CLAY PLATES OR PLATTERS \$125

Join an introductory class and learn how to build and texture shallow bowls, plates or platters using a clay slab. Once pieces are made and fired, move on to learn basic glazing and mixing glazes. No supplies are necessary, clay is included.

Dates: January 25, February 1, 15, 22, & 29

Time: Thursdays, 6:30-8:30

Instructor: Mona Saltys-De Jong

All supplies included. For more information on the class, call Mona at 403-334-2517

HOW TO MAKE A FLOWER POT OR OTHER WALLED CONTAINERS \$125

This is an introduction to making a flower pot or other similar shaped container. For complete newbies, it would be helpful to take the Plates and Platters class first. Once pieces are made and fired, move on to learn basic glazing techniques. No supplies necessary, clay is included.

Dates: March 7, 14, 28, April 4 and 11th. Time: Thursdays, 6:30-8:30 Instructor: Mona Saltys-De Jong All supplies included. For more information on the class, call Mona at 403-334-2517

PYSANKI EASTER EGGS

\$30

Learn how to decorate eggs using the traditional Eastern European dye and wax technique. Traditional designs or personal designs can be used to decorate eggs that will last for many years. All materials supplied.

Dates: March 23, 2024 Time: Saturday, 1:00PM - 4:00PM Instructor: Mona Saltys-De Jong All supplies included. For more information on the class, call Mona at 403-334-2517

MUD PIES FOR LITTLE GUYS (AGES 6-8)

\$90

"Mud Pies for Little Guys" is a 5 week clay class for children that will bring out the budding artist in your child. This class involves creative hand building and sculpting in a comfortable, relaxed atmosphere which will allow your child to explore, imagine, and have fun. Be prepared to be amazed by your child's creations.

Dates: April 9, 16, 23, 30, & May 7 Time: Tuesdays, 6:30-7:30 pm Instructor: Yvonne Markotic *All supplies included*.

SPRING INTO CLAY (AGES 9-12)



"Spring Into Clay" is a 5 week clay class for children that will bring out the budding artist in your child this spring. This class involves creative hand building and sculpting in a comfortable, relaxed atmosphere which will allow your child to explore, imagine, and have fun. Be prepared to be amazed by your child's creations.

Dates: April 11, 18, 25, May 2 & May 18 Time: Thursdays, 6:30-8:00 pm Instructor: Yvonne Markotic *All supplies included*. All classes are first come first serve, so register quick before spots fill up!





Alberta Healthy Living Program

- Adult Weight Management
- Better Choices. Better Health®
- Chronic Pain Better Choices Better Health ®
- **Diabetes The Basics**
- Heart Wise
- Managing Emotional Eating
- Sleep Well
- Moving Matters
- Minding Stress
- Support Weekly Action Team SWAT

- Celiac Disease Going Gluten Free
- Eating for Weight & Health
- Eating Well to Manage Irritable **Bowel Syndrome**
- Heart Health: Eating to Improve **Blood** Pressure
- Heart Health: Eating To Improve Cholesterol and Triglycerides
- Nutrition: 4P's for Meal Planning
- Nutrition: Eating Away from Home
- Nutrition Labels
- Tips for Eating: Prediabetes and
 - Diabetes

Supervised Exercise

Scan the QR code for class calendar



To register call: 1-877-314-6997

www.ahs.ca/ahlp

REDU SPIRITUAL WELLNESS CENTER



We offer year-round retreats in Drumheller and all over the world to recover your personal power and reconnect with your soul!

Healing

- Past lives, Psych-K, Shamanism Session, tarot reading
- Reiki, Soul Reading and Spirual Coaching, House Blessing



Relaxation

- Meditation, Sound baths, Visualisations
- Drumming, Fire Ceremonies



Learning

- Mediumship, Reiki, Akashic records, Meditation basics
- Chakras, Elementals, Energy, Tarot reading



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