

### 1. Monthly Calendar

Just a reminder that the monthly calendar will only be available online (email or Facebook) or for pick up at the New Sarepta Market & Café or New Sarepta Agriplex. Please call Lucille at (780) 941-2382 or email [Lucille@leduc-county.com](mailto:Lucille@leduc-county.com) to make arrangements to receive the monthly calendar via email if that is your preference.

### 2. Volunteer Income Tax Program (Post-Season)

New Sarepta FCSS will complete 2022 Income Tax Returns for low-income individuals who have a simple tax situation and are living within rural Leduc County or the municipality of New Sarepta. Please contact Lucille at (780) 941-2382 to make an appointment to have your 2022 Income Tax Return completed free of charge. Please Note: we are not able to complete complicated returns, returns for the deceased, or those with business, farming or rental income.

### 3. Community Awareness

Please join us at one or both of the Community Awareness evenings:

\*Wednesday, September 6 (5:30-6:30 p.m.) in partnership with Meet the Teacher at New Sarepta Elementary School (outside)

\*Thursday, September 7 (6-7 p.m.) in partnership with Meet the Teacher at New Sarepta Community High School

\*Tuesday, September 12 (4-6 p.m.) in partnership with the Farmer's Market at Yardley Jones Park

My office (Leduc County FCSS) will have resource bags available to take home with information about agencies, organizations and clubs in and around New Sarepta. Please drop by my table and learn about programs, services, resources and events.

**Please visit the Leduc County Website to Learn about Leduc County FCSS and FRN Upcoming Programs, Events and Workshops, Get Registration Details and to Sign Up to Receive Leduc County FCSS and FRN Email Updates:**

**Leduc County FCSS Email:** [fcssinfo@leduc-county.com](mailto:fcssinfo@leduc-county.com)

**Leduc County FRN Email:** [frn@leduc-county.com](mailto:frn@leduc-county.com)

**Leduc County FCSS Online Programs-Some programs are listed below. Please visit the Leduc County website to learn about upcoming programs, events and workshops, get registration details and to sign up to receive FCSS email updates:**

#### **Confronting the Uncomfortable: A Series on Anti-Oppression and Anti-Racism**

Join Leduc County FCSS for this virtual series tackling the topics of anti-oppression and anti-racism. These sessions are a part of a series – you'll register for the whole series but feel free to attend one or both. These introductory sessions are open to adults and professionals.

#### **Session One: Fundamentals in Anti-Oppression (Thursday, September 7, 2023)**

Join us for an important conversation about the history of oppression in Canada and how it is connected to biases, prejudices, and discrimination. We will discuss how this history continues to affect us locally, and discuss where we can see biases, prejudice and discrimination impacting our community today.

#### **Session Two: Anti-Racism: Learning to Confront the Uncomfortable (Thursday, September 21, 2023)**

This session will help us better understand racism by examining its foundation and challenging common misunderstandings. It's a chance for us to reflect on what we know and what we think we know, using a critical social justice framework. Building an anti-racist society begins within ourselves and is an on-going journey of unlearning, bravery, and empathy. We hope participants will leave this session feeling more

comfortable with the uncomfortable and have a clearer understanding of terms and ideas that are commonly used in conversations about race and racism.

This series is presented by Leduc County Family and Community Support Services (FCSS) in partnership with the John Humphrey Centre for Peace and Human Rights (JHC). JHC develops and delivers education and training to support communities, organizations, and individuals to embed human rights, build equity and address discrimination.

**Dates:** Thursdays, September 7 and September 21

**Time:** Noon to 1 p.m.

**Location:** online via Zoom

**Technology needed:** internet access by computer, laptop, tablet or smartphone.

**Register:** contact Kristin at **780-955-6421** or [kristin@leduc-county.com](mailto:kristin@leduc-county.com).

### **Defining Your Retirement Years and Planning Ahead (with Guest Speaker Bob Layton!)**

Join us for a FREE day of information, lunch, and entertainment. We will have two outstanding facilitators with extensive knowledge and experience that will cover pertinent topics for adults and older adults of Leduc County. During the catered lunch, sit back, relax, and take in Bob Layton's story of his life in broadcasting: "*Welcome to Radio!*". Perhaps you may even become inspired to write your own life story! His latest book will be available for purchase, with all proceeds going to a local shelter. Open to all adults living in Warburg, Thorsby, Calmar, New Sarepta, and rural Leduc County. **Re-think and Re-define Your Retirement Years!**

### **Gail McDonald, BGS Career Ventures**

In this engaging session, be provoked to plan, dream, and create new goals, as you develop strategies for living a fulfilling and purpose-filled life up to and throughout your retirement. Gail McDonald is a certified career and personal development coach with almost 20 years of experience in the field. Gail is a professional speaker, facilitator, and coach in the art of optimizing life transition.

### **Create Your Own Personal Planning Guide: How to Pre-plan for a Funeral: Jeanni Guenther, Dignity Memorial Funeral Homes**

Pre-planning a funeral means to decide how you wish to commemorate a life fully lived and easing the burden on family and friends while they grieve a loss as well as cherish fond memories. Allow Jeanni Guenther to take you through every step of the pre-planning journey with a compassionate and professional approach, as she ensures that every detail reflects your unique spirit and wishes.

**Date:** Friday, September 15

**Time:** 10:30 a.m. to 3:00 p.m. (Doors Open at 10:30 a.m., Sessions Begin Promptly at 11 a.m.)

**Location:** Glen Park Hall

**Register:** contact Carla at 780-955-4554 or [carla@leduc-county.com](mailto:carla@leduc-county.com)

**Spaces available:** minimum # of registrants: 25, maximum # of registrants: 80