# 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 <a href="mailto:Lucille@leduc-county.com">Lucille@leduc-county.com</a> to make arrangements to receive the monthly calendar via email if that is your preference.

# 2. Volunteer Income Tax Program

New Sarepta FCSS will complete 2023 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 2023 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. Seniors Appreciation for New Sarepta and Area Seniors

Please join us at the Agriplex on Wednesday, June 5<sup>th</sup> – lunch will be at noon, with entertainment to follow. This is a registered program –please contact Lucille (780) 941-2382. Seniors belonging to the Golden Pioneers will receive a phone call from a group member and can register through them.

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: <a href="mailto:fcssinfo@leduc-county.com">fcssinfo@leduc-county.com</a><br/>Leduc County FRN Email: <a href="mailto:frn@leduc-county.com">frn@leduc-county.com</a><br/>

#### **Navigating Parenting Through Separation and Divorce**

Navigating co-parenting through separation and divorce can be challenging, but with the right tools and strategies, it is possible to foster healthy communication and prioritize the needs of the children. This session aims to ensure participants are able to manage the various emotions involved in this process, while developing effective communication and conflict resolution strategies for a respectful co-parenting process. Facilitated by Jenn Parker, Registered Provisional Psychologist with Level Up Wellness Group.

Date: Tuesday, May 7 Time: 6:30-8:30 p.m.

Location: Coast Nisku & Conference Centre (1101-4<sup>th</sup> Street, Nisku)

Register: contact Kristin at (780) 955-6421, online through the Leduc County website or Kristin@leduc-

county.com

#### E-Prep Emergency Preparedness Workshop

What is E-Prep? The intent of this workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

Date: Thursday, May 9

**Time:** 6-8 p.m.

Location: Online via Zoom

Register: contact Sara at (780) 955-6424 or Sara@leduc-county.com

# Anti-Racism: Learning to Confront the Uncomfortable

This training 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 training is presented by 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.

Date: Wednesday, May 29

**Time:** 1-4 p.m.

**Location:** Coast Nisku & Conference Centre (1101-4<sup>th</sup> Street, Nisku)

Cost: \$50/person

Register: contact Kristin at (780) 955-6421, online through the Leduc County website or Kristin@leduc-

county.com