

# The Advocate: Helping Ourselves Help Others

April 23, 2019

St. Albert Victim Services Newsletter

## St. Albert Victim Services



We provide support, assistance, information and referrals to victims of crime, violent acts and accidental or natural disasters within the City of St. Albert, Alberta in order to minimize the effect of their crisis and help return their lives to a desired degree of stability.



## Save The Date

**Sleep (you don't go and sleep – you will learn how to sleep better – lol)**

April 30 6 pm – 8 pm. (see April 8 newsletter)

**Senior's Expo**

May 8, 2019 @ Senior's Association Center. (see April 8 newsletter)

**Monthly Advocate Meeting**

May 9, 2019

**Self Defence with MC (Part two)**

May 11, 2019 10:00 – 2:30 at Red Willow Park

**Monthly Board Meeting**

May 16, 2019

**Anxiety**

May 28, 2019 6 pm – 8 pm. (see April 8 newsletter)

**Safety Fair**

June 9, 2019 (info to follow soonish)

**Family Violence Across the LifeSpan**

**Workshops (see Feb. 25 newsletter)**

June 26 and 27

September 4 and 5

December 4 and 5

All of the exciting past issues are located in the VSU office.



**St. Albert  
Victim Services**



Providing emergency support and services to the community since 1984

At a recent meeting at the St. Albert Food Bank – it was indicated that their food stocks were very low. If anyone would like to donate some food, there will be a box just outside the VSU office for a week or so and we will make sure it gets delivered. Any little bit helps. Thank.



But Seriously...



Insp. Robinson and Cpl. Kading attended Payhonini Reconciliation in St. Albert on April 17, 2019 along with Tammy.



...to **Laura Spencer**, our newest Board Member....



**YOU KNOW WHEN  
YOU BUY A BAG  
OF SALAD & IT  
GETS ALL BROWN  
& SOGGY?**

**COOKIES DON'T  
DO THAT**

Laura Spencer is the Executive Director, Banking and Debt Operations for the Government of Alberta. She recently relocated back to her roots in St. Albert to be closer to family. With over 25 years of banking and treasury experience, Laura wants to help support the staff at Victim Services in making a difference in people's lives. In her spare time Laura enjoys playing sports and exercising her green thumb. Laura also loves spending time with her husband Gary and their two furry kids.

Below is a link to a great resource from the Calgary Police Service. Check it out at- <https://cpsevents.ca/presentation/story.html>

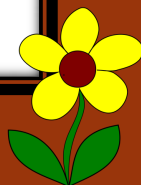
The screenshot shows a presentation slide with a teal background. On the left is a 'Menu' with a list of 26 items under the heading '1. Victim Services in Alberta'. The first item, '1.1. Understanding the Court Process', is highlighted. The main content area features a large teal circle with the text 'Understanding the Court Process' in white, and 'Court Support in Alberta' in teal below it. To the right of the circle are three smaller circles in red, yellow, and blue. At the bottom right of the slide, it says '© 2015 Calgary Police Service' and a 'NEXT >' button. A volume icon is visible at the bottom left of the slide frame.



## We want to hear from you....

Please let us know...

- 1) If you are planning to attend the Self-Defence Seminar with Marie-Catherine in the Park on May 11, 2019 – (April 15 newsletter)
- 2) If you are able to help out with the Senior's Expo on May 8, 2019 (today's newsletter)
- 3) If you are available to help out with the Safety Fair on June 9, 2019 (more info to follow)



Schedule	
10:30 am	Vendors start setting up booths; first set of workshops
11:30 am to 2:00 pm	Vendors exhibit begins at 11:30 am; lunch service available
2:00 pm to 3:30 pm	Second set of workshops
4:00 pm to 6:00 pm	Light supper available
6:00 pm to 7:00 pm	Vendors close their booths at 6:00 pm; last set of workshops


Senior's Expo, Wednesday May 8, 2019		
	Volunteer A	Volunteer B
10:30	Don Hornsberger	10:30 - set up
11:30	Don Hornsberger	
12:30	Don Hornsberger	
1:30		
2:30		
3:30		
4:30		
5:30		
6:30		6:00 tear down



Hi Everyone


Again, we are looking for some fabulous volunteers to help get our message out of the services we offer. Please let Diane know if you are able to attend the Senior's Expo. Many Thanks!

diangoodwinnini@gmail.com




I help blind people, I give them independence

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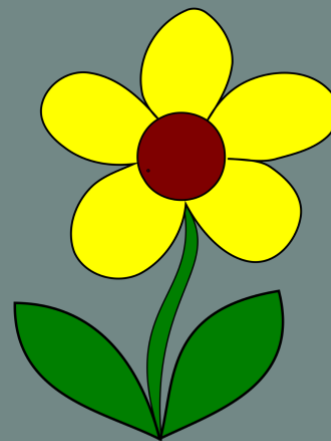


I protect people, I help them walk around without fear of criminals

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I eat shoes



**Have a Wonderful Week!!**