

The Advocate: Helping Ourselves Help Others

April 8, 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

Prevent It! Workshop

April 13, 2019

(see March 11 newsletter – free workshop on child sexual abuse)

Basic Mental Health First Aid

April 3, 10, 17 and 24 (see Jan. 14 newsletter.

To register, contact Diane)

Volunteer Appreciation Event

April 10, 2019 – see March 28 newsletter – still lots of complimentary tickets left.

Advocate Monthly Meeting

April 11, 2019, 6:30 pm

Monthly Board Meeting

April 18, 2019, 6:00 pm

Family Violence Across the LifeSpan

Workshops (see Feb. 25 newsletter)

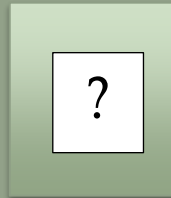
June 26 and 27

September 4 and 5

December 4 and 5



**St. Albert
Victim Services**



Introducing the new Board of Directors for St. Albert Victim Services. – (left to right) Shelley de Tremaudan (no pic available at press time), Derrick Meyer, Becky McCaffrey and Chandra Sarafinchin. We wish them all the best for a successful year.



**HaPpY
nAtIoNaL
vOlUnTeEr
WeEk!!!!**

But Seriously...






Thank You to all of our Fabulous Volunteers for participating at the Lifestyle Expo last weekend. Honorable mention to Linda Allen for stepping up at the last minute.

Anxiety

May 28 @ 6:00 pm - 8:00 pm

St. Albert and Sturgeon Primary Care Network, Unit 196 St. Albert Centre, 375 St. Albert Trail
St. Albert, Alberta T8N 3K5 Canada + [Google Map](#)

Free 24 spots left **RSVP Now!**




Have you been called a worrier? Is your mind always racing? You may have anxiety or an anxiety disorder. Learn what you can do to cope and some practical strategies to help keep you feeling calmer. Find out about treatment options including therapy and medications.

Understanding Depression

April 16 @ 6:00 pm - 8:00 pm

St. Albert and Sturgeon Primary Care Network, Unit 196 St. Albert Centre, 375 St. Albert Trail
St. Albert, Alberta T8N 3K5 Canada + [Google Map](#)

Free 21 spots left **RSVP Now!**



Have things been looking bleak? Are you not enjoying the activities you used to love? This may be depression. Learn more about the signs, symptoms and treatments available for depression, including medications and therapy options. It's OK to not be OK.

Training Available in St. Albert!

For More Information Visit:

https://www.saspcn.com/events/list/?tribe_aged=1&tribe_event_display=list



Sleep

April 30 @ 6:00 pm - 8:00 pm

St. Albert and Sturgeon Primary Care Network, Unit 196 St. Albert Centre, 375 St. Albert Trail
St. Albert, Alberta T8N 3K5 Canada + [Google Map](#)

Free 26 spots left **RSVP Now!**



Having trouble sleeping? Not feeling refreshed? Poor sleep can have a devastating affect on your physical and mental health. Learn some tips and tricks to improve your sleep hygiene and stop tossing and turning! There's more to sleep than counting sheep!



Colleen Olexiuk – April 4

Joanne Baxter – April 20

Linda Wilson – April 30



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



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

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

<p>Description</p> <p>SafeTALK is Suicide Alertness for Everyone</p> <p>Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. safeTALK is a 3-4 hour training that prepares participants to recognize these invitation and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.</p> <p>Who should attend?</p> <p>Anyone who lives or works in St. Albert and is 15 or over who wants to help people be safer from suicide.</p> <p>Learning Outcomes:</p> <p>By the end of the training, participants will be better able to:</p> <ul style="list-style-type: none"> Move beyond common tendencies to miss, dismiss, or avoid suicide. Recognize people who have thoughts of suicide, and Apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with thoughts of suicide to a suicide first-aid intervention caregiver. 	<p>Date And Time</p> <p>Sat, 27 April 2019 9:00 AM - 12:00 PM MDT Add to Calendar</p> <p>Location</p> <p>Beaudry Place 50 Bellerose Drive #10 St. Albert, AB T8N 3L5 View Map</p>
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This is free training – you can register yourself online at <https://www.eventbrite.ca/e/safetalk-tickets->



HAVE AN AWESOME WEEK!!