



Wellness *for everyone*

Call for Medical Assistance or Advice:

Health Link Alberta 811

Alberta Health Services **Walk-in Clinic:**
Monday to Friday: 9:00 a.m. to 9:15 p.m.
No appointment required
#17 102 Queen Street
780.743.7187

We are here for you:

211 Alberta
24-Hour Information line for Community Health,
Government, & Social Services

Alberta Health Services:
Addictions & Mental Health
780.791.6194

FCSS Counselling Services, Regional Wood Buffalo
780.743.7910

Canadian Red Cross, Fort McMurray
780.791.6610

Layla Isaca Foundation
Free Play Saturdays
780-715-4998
Visit:
www.facebook.com/LaylaIsaacFoundation

For Families:

MacDonald Island Park
www.macdonaldisland.ca

Justin Slade Youth Foundation
780.715.0010

Fort McMurray Boys and Girls Club
780.791.7775

The Hub Family Resource Centre
Free daily drop in for ages 6 and under
Open Daily 10:00 a.m. – 4:00 p.m.
Downtown: 780.791.7110
Timberlea: 780.743.9225

For daily updates visit
facebook.com/The-Hub-Family-Resource-Centre

Mental health matters. People matter. YOU matter. I can't fight my battle alone, and you don't have to either. Reach out!

Contact:

Natali Levasseur, Registered Psychologist
Shannon Noble, Assistant Superintendent

231 Hardin Street
Fort McMurray, AB, T9H 2G2
780.799.7900

**Fort McMurray
Public Schools**





“Your mental health is just as important as your physical health”

For Parents:

Charmaine Hammond will be offering a series of workshops. Charmaine Hammond, is an international transformational speaker (has spoken to more than 200,000 people around the globe), and is a #1 international bestselling and award winning author of several books. Her children's books are A Mom's Choice Awards Recipient, and also received the Parent Tested Parent Approved Award, and gold in the Global eBook award. Charmaine has been nominated for the Ontario Premiers Award in 2016. Charmaine was the winner of the 2013 Alumni of the Year Award, 2012 Business Matchmaker of the Year award, an international award (eWomenNetwork) and the Outstanding Alumni Award. On Toby's Terms won a GOLD in the Reader's Favorite Book Awards.

March 8 - 6:30 – 8:00

Bounce Forward to Resilience

March 9 – 6:30 – 8:00

Building Family Resilience

March 29 – 6:30 -8:00

Resolving Conflict at Home

March 30 – 6:30 – 8:00

Communicating for Success

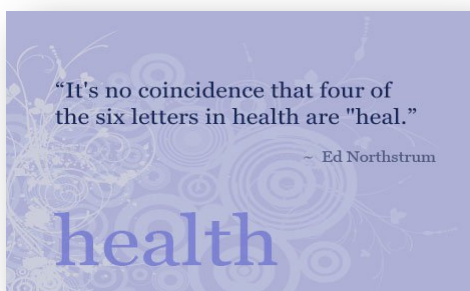
All workshops will be held at FMPSD

District Office, 231 Hardin Street.

To register, please contact Sandi

Esler, Administrative Assistant at

780-788-8005



Contact:

Natali Levasseur, Registered Psychologist
Shannon Noble, Assistant Superintendent
780-799-7900