

Forty Mile Community Resource Centre

January 2012

OUR SERVICES~ About Us

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We are an information desk for residents of the County of Forty Mile, ages 15-65. Here we provide career development and employment services and resources.

There are two locations serving the Forty Mile area. We have one in Foremost, located at 119 main St. Across from the banks. The other is located in Bow Island at 116 North Railway Ave West, located two doors down from the post office. Hours of operation at the Foremost location are: Monday through Thursday 10:00am until 4:45pm. Hours of operation at the Bow Island location are: Monday through Wednesday and Fridays, 10:00am until 5:00pm. Thursdays from 1:00pm until 8:00pm.

No appointments are necessary at either locations.

Our Foremost location is equipped with 6 computers and our Bow Island location has 8 computers. All computers are internet compatible. The Bow Island location also has a family youth centre to accommodate youths ages 11 and up with activities such as ping pong, x-box, pool and air hockey. On Thursday evenings, the Bow Island centre is open late with planned youth activities such as craft nights, movies, tournaments and more.

Both centres offer **FREE AND CONFIDENTIAL SERVICES.**

We provide the following FREE & CONFIDENTIAL services onsite: Local Job Board, Computers with Internet Access, Prepare and Fax Resumes, Cover Letters & Portfolios. We have a Resource Library for: Jobs, Schooling, Self Improvement, Government Forms,

Portfolios, Apprenticeships, Self-Employment Business Plans, Driver Test Preparation, and EI and SIN applications. For local Businesses we offer site recruitment and training Information, Workplace Safety and Employment Standards and Summer Student Employment Funding Information.



Government of Alberta
Employment and Immigration

POST SECONDARY & CONTINUING STUDIES

Attention 2012 Grads!! Many scholarship deadlines are quickly approaching so if you would like a little bit of help in the following college or university year, stop by and check out the **FREE \$\$\$** you could be losing out on! You'd be surprised about some of the scholarships out there. Both of our locations have a resource library for Post Secondary

Schooling and Funding, which include forms for student loans and application information for Scholarships and Bursaries.

College and University course calendars, either online or hard-copy. Apprenticeship information is also available, as well as a local job board if you are

interested in looking for a job. Our local job board should start filling up with available Summer Positions, soon!! Stop on in so you don't miss out on the great opportunities out there!!

Community
Resource
Centre



116 north railway Ave West

403-545-6222

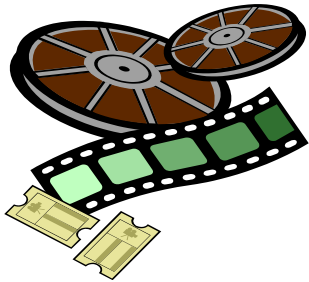
Www.40milecrc.ca

Canada Government of Alberta

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

F.C.S.S. FAMILY MOVIE AFTERNOON

Will be January 21st @ 3pm. Watch for details.....



Rachel's Challenge~ A O.K. Community

~ Treat others with kindness and compassion and you just may change the world you live in.

"I have this theory that if one person can go out of their way to show Compassion then it will start a chain reaction of the same."

For more information go to: www.rachelschallenge.org

We are an A. O.K. community!!! What's that mean?

Acts Of Kindness.

FCSS in partnership with Big Brothers and Big Sisters is looking for interested individuals in the community to mentor youths in activities at school during the lunch hour. Can you spare some time and make a difference?

Call 545-2200 for more



2012 Woman's Wellness Conference

This Conference is brought to you by the Forty Mile Community Adult Learning/Forty Mile Regional FCSS partnership.

Debbie Brewin Face 2 Face Image Consulting of Taber will be presenting Colors.

Selecting the proper colors contribute to a more radiant and healthy look, uplift your spirits and give you confidence. By evaluating your skin-tone, eye color and hair color, you will find the proper color palette to enhance your natural features! Supper, fashion show, door prizes & More!!

You will gain personal image knowledge and confidence by attending this conference!!

DATE: January 25, 2012

TIME: 5:30pm-4:00pm

WHERE: Bow Island Legion Hall

REGISTRATION FEE: \$40.00

Call 403-867-3973 for more information.

FAMILY LITERACY DAY IS JANUARY 27TH!!

Celebrate Family Literacy Day in Bow Island on January 27th at 10:30am at the Bow Island Library with Beach Party Story Time. Wear your favourite beach wear, bring your beach blanket and join us for rhymes, songs and stories!!



- *8 computers with FREE internet*
- *Job Board* *SIN Forms* *Fax*
- *Resource Library*
- *Free & Confidential Service*



VIRTUES PROJECT INTERNATIONAL

The vision of the virtues project is to serve humanity by supporting the moral and spiritual development of people of all cultures. Our mission is to provide empowering strategies and programs of excellence and simplicity to inspire the practice of virtues in everyday life.

The virtues project offers a wide variety of programmes and materials for individuals seeking to deepen their spiritual practices, parents raising morally responsible children, schools creating a culture of character, organizations enhancing corporate spirit, and for the development of safe and caring communities.

Modesty is having self-respect. When you practice modesty, you are not showy or boastful. Modesty comes when you have self-acceptance and quiet pride. Modesty is to value yourself and to have a sense of respectful privacy about your body. Modesty is also accepting praise with humility and gratitude.

~Virtues Project International.

You are practicing Modesty when you....
*Respect yourself
*Are comfortable being who you are.

