



EXPLORE EDSON

SUMMER 2023



Canada Day

July 1, 2023
RCMP Centennial Park

Make some memories



Legion's Pancake Breakfast



Food Trucks
2:00-10:30pm



Family Fun
2:00-6:30pm



Photo booth & Caricaturist all day



Live Music
7:00-10:30pm



Fireworks
10:45pm





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+ MAYOR'S MESSAGE



As the days grow longer and the weather becomes warmer, I am excited to remind everyone of the wonderful activities and events our community and surrounding area has to offer. After a long winter, let's take advantage of the beautiful spring and summer months and make the most of what Edson has to offer.

Edson and the surrounding region is blessed with many opportunities to explore the outdoors. From hiking the trails, mastering your bike skills at the skills park, or camping with your family at Willmore Park, to cooling off and enjoying a picnic at the Kinsmen Spray Park, there are a multitude of ways to explore the outdoors.

On those days when you want to beat the heat, I encourage you to go for a swim at the Edson & District Leisure Centre or check out the summer programming at the Edson & District Public Library.

Our Community Services team has once again developed a schedule of quality programming and events for residents of all ages, with a myriad of activities and classes from which to choose. Eddie's Big Run is a classic Edson event that is open to all ages and abilities.

The summer months will kick off with the annual Canada Day celebration and will include a spectacular fireworks display that should not be missed! Other family-friendly events include the Renaissance Faire, Teddy Bear Picnic, and Wop May Day.

Should you choose to be involved directly as a volunteer; the Community Services team is always looking for volunteers to lend a hand and can connect you with numerous opportunities to help out around the community.

In addition to the natural beauty of our town, we have a thriving local business community which is eager to welcome you. From restaurants and retail shops to our wonderful local movie theatre, I encourage everyone to make a commitment to support our local businesses.

As a Council we have worked hard with Administration to respond to community concerns and collaborate with our regional partners to advance our shared goals. Our focus is on building a strong, vibrant, inclusive community that provides the highest possible level of service while ensuring long-term sustainability and fiscal responsibility.

I am proud to be the Mayor of such a vibrant and close-knit community, and I look forward to seeing everyone out and about this summer. On behalf of Town Council, I hope you enjoy a sensational spring and summer season! – Mayor Kevin Zahara

Town of Edson Directory

Town Administration.....	780-723-4401
Infrastructure and Planning.....	780-723-4402
Community Services & FCSS.....	780-723-4403
Public Works (Animal Pound).....	780-723-6461
Landfill.....	780-723-6476
Bylaw Enforcement.....	780-723-3178
Edson Leisure Centre.....	780-723-7665
After Hours Town Related Emergency.....	780-723-6300

Email..... civiccentre@edson.ca
 Address..... 605 50 Street, Edson, T7E 1T7
 Website..... www.edson.ca
 Hours - Civic Centre..... 8:00AM-4:00PM Monday to Friday
 Hours - Public Works..... 7:30AM-12:00PM & 12:30PM-4:00PM Monday to Friday
 Hours - Landfill..... 10:00AM-6:00 PM Tuesday to Saturday
 CLOSED Sunday, Monday, Statutory Holidays
 Please Note: Gates close approx. 10 minutes prior to closing to allow for unloading



Proceeds to benefit
Edson Animal Rescue Society



MAYOR ZAHARA'S

CHARITY GOLF

TEXAS SCRAMBLE

TOURNAMENT

JUNE 23 AT 9 AM

Edson Golf Club

\$150
PER
PLAYER

@Edson.ca





2023/24 Mayor's Youth Council

Providing a Voice for Youth and Serving the Community



OPEN TO ALL EDSON & AREA STUDENTS AGES 13-18
RECEIVE SCHOLARSHIPS FOR YOUR FUTURE EDUCATION!

APPLICATIONS FOR THE 2023/2024
TERM ARE OPEN!

FOR MORE INFORMATION VISIT:
WWW.EDSON.CA/YOUTHCOUNCIL
OR CALL 780-723-4403/TEXT 780-723-8107
OR SCAN THE QR CODE



FINANCIAL SUPPORT AVAILABLE FOR RECREATION/SPORT/ ART/CULTURE PROGRAMS IN EDSON



Town of Edson & Yellowhead County Residents of any age can apply for up to \$450 per household to be used for registration in Community Services Programs. This means activities at the Leisure Centre (swimming/skating/fitness classes) as well as programs through Community Development (FCSS, Recreation, Arts, Youth Interagency, etc). More information and applications can be found at www.edson.ca/leisureassist or picked up at the Town Office or the Leisure Centre.



ACES has funding available for arts and cultural programs for children under 18 living in or around the Edson area. The bursary will cover 50% of the supply and registration cost. For more information & to apply check out www.artscentreforedson.ca.



Funding is available through Jumpstart for physical activities or sport for children 4-18 years old. Applications are all done online and the funds can cover the cost of equipment & registration. For more information and to apply go to <https://jumpstart.canadiantire.ca/>



Pool Schedule



April 29th – June 30th 2023

Monday Closed May 22	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Lane & Lagoon Swim 6 – 8:30am Membership Required		Lane Swim & Swim Club 6 – 8:30am Membership Required		Lane & Lagoon Swim 6 – 8:30am Membership Required	Lane & Preschool Swim 9:30 – 11:15am
Public Swim & Swimming Lessons 9 – 10:15am Cancelled May 15	Aqua Gentle 9:30 – 10:15am No class May 23 rd & May 30 th	Public Swim & Adapted Aquatics 9 – 10:15am	Aqua Gentle 9:30 – 10:15am ONLY May 25 th & June 1 st Make up classes for May 23 rd & May 30 th .		
Aqua Fit 10:45 – 11:45am					Private Rental 11:30 – 12:30pm
Lane & Lagoon Swim 12 – 1:15pm					Public Swim
Public Swim & Schools 1:15 – 3:15pm					12:30 – 2:30pm 3:15 – 5:15pm
Toonie Swim & Lessons 5:30 – 6:30pm	Public Swim 5:30 – 7:30pm	Toonie Swim & Lessons 5:30 – 6:30pm	Public Swim 5:30 – 7:30pm	Private Rental 5:30 – 6:30pm	
Aqua Fit 6:45 – 7:45pm		Aqua Fit 6:45 – 7:45pm		Public Swim 6:30 – 8:15pm	Lane & Preschool Swim 5:30 – 6:30pm Membership Required
Lane & Lagoon Swim 8 – 9pm Membership Required		Lane & Lagoon Swim 8 – 9pm Membership Required		Lane & Lagoon Swim 8:30 – 9:30pm Membership Required	

The Pool Schedule is subject to change

*Adapted Aquatics is a quiet swim designed for swimmers with developmental disabilities. All swimmers are welcome, the music and waterslide will be off to provide a quiet environment.
Accommodations such as a walker, wheelchair & ear defenders are available at Guest Services when requested.

Contact us with any questions or if you require additional support.

- May 2nd Lane/Lagoon Swim from 12 – 1:15pm & Public Swim from 1:15 – 3pm cancelled for safety meeting.
- May 15th Morning Public swim cancelled for school booking.
- May 18th Youth Interagency Youth Pool Party stay tuned for more details.
- May 19th Pool is closed until the 10:45am Aqua Fit for staff training.
- May 22nd Closed for Victoria Day.

For the most up to date information visit our Facebook page “Edson & District Leisure Centre” OR our website www.edson.ca/lc OR call 780-723-7665

HOSTING A BIRTHDAY PARTY, EVENT OR GATHERING?

CHECK OUT THE AVAILABLE OPTIONS AT THE EDSON & DISTRICT LEISURE CENTRE



Hospitality Room

Tables & Chairs provided
Seating up to 50
\$45/hr

Pool Rentals

Available Friday, Saturday & Sunday

1 hr. Pool Time \$85

1 hr. Party Room \$21

Party Room is also available to rent during Public Swim times



EDSON AND DISTRICT LEISURE CENTRE

For more info please call 780-723-7665

Hosting a Birthday Party, Event, or Gathering?

Inflatable Rentals

\$110.00/hour
Includes Inflatables, Sports Equipment, and Tables/Chairs all on the dry pad in Centennial Arena

Saturdays & Sundays
12:00pm-2:00pm
2:30pm-4:30pm
May 15th-July 30th

For more info or to book please call 780-723-7665



TOWN OF EDSON

ACTIVE LIVING CLASSES



Find a class at www.edson.ca-->
Program Registration-->Activenet

DID YOU KNOW ?

We offer punch passes for our Active Living Classes! They are available at the Leisure Centre for purchase (cash or debit only). They can be used for any one of our programs that are currently running & have extra space available.

\$15/one time

\$60/5 times

\$120/10 times

To find out more call 780 723 7665



Become a Lifeguard



Why become a lifeguard?

Being a lifeguard is much more than sitting in a chair watching the pool. Lifeguards become a close team of friends you can count on. Lifeguards get to learn about the water chemistry of pools and what it takes to keep a pool safe & clean all while enjoying the hot humid environment all year round. They learn how to teach people to be safe in and around the water. Lifeguards practice incident prevention, water safety & learn life skills all while having fun and collecting a paycheck. If you are looking for a career that is rewarding, fun and challenging, join the world of Aquatics.

Step 1:
Standard First Aid &
CPRC



Step 3:
Standard First Aid
16 hours



Step 5/6:
Swim Instructor
32 hours
National Lifeguard
40 hours
Ages 16+

Step 2:
Bronze Medallion
Ages 13+
15 hours



Step 4:
Bronze Cross
20 hours



Email katieb@edson.ca
for more information

Canadian Firearms Safety



Non-Restricted
Saturday
May 6 or Nov 18
Ages 12+
Leisure Centre
\$140

Instructors:
Dan & Spencer Johnston

Register online at edson.ca or
in person at the Leisure Centre (1021-49st)
For more info call 780-723-7665



SAVE THE DATE!

BIKE RODEO



Saturday May 27 from 9am- 1pm
Griffiths Park Centre Parking Lot



WILLMORE WALKING GROUP



TUESDAYS STARTING MAY 2



@ 7:00 PM

Winter is over so we are back to the park!
Join us for a 60 min guided walk through Willmore Park
exploring the beautiful trails it has to offer.

DROP IN
NO REGISTRATION REQUIRED
DOGS & KIDS WELCOME AS LONG AS THEY CAN KEEP UP WITH THE PACE.
MEET @ THE LOWER PARKING LOT

WATCH OUR FACEBOOK PAGE @EDSONCOMSERV AND SIGN UP TO THE WILLMORE AND
TUESDAY NIGHT WALK FACEBOOK GROUP FOR ANY CHANGES (EX. WEATHER)

THE TOWN OF EDSON & SWEET RIDERS ARE
BRINGING YOU:

MOUNTAIN BIKING COURSES @ WILLMORE PARK

AGES 4 TO ADULT
CO-ED

REGISTRATION OPENS
MAY 8TH

FOR MORE INFO & TO
REGISTER GO TO
EDSON.CA/BIKE OR
SCAN THE QR CODE



JULY 11-16





Kids fun run & 3KM & 5KM & 10KM

EDDIE'S BIG RUN



Run starts at the Edson & District Leisure Centre

SATURDAY JUNE 17 2023

REGISTER NOW!

REGISTER ONLINE AT
edson.ca **OR**
runningroom.com



REGISTER IN PERSON AT
**EDSON & DISTRICT
LEISURE CENTRE**
1021 49 St, Edson



REGISTER EARLY & SAVE!

Register before May 10 get \$5 off plus a guaranteed t-shirt.

KIDS	3KM	5KM	10KM
FUN RUN	RUN/WALK	RUN/WALK	RUN/WALK
\$20	\$35	\$45	\$55



CHECK US OUT ON FACEBOOK.

For more information, visit edson.ca or email LexiA@edson.ca.



yellowhead TRIPLE CROWN

Get
RUNNING
in **2023**

*and be a part of
something big!*

Participate in all three race events in Whitecourt, Edson and Hinton to complete the Yellowhead Triple Crown.

IT'S FREE TO PARTICIPATE IN THE YTC! THE DETAILS...

Register for one event at each of the races in Whitecourt, Edson and Hinton (applicable registration fees apply). Once registered, send an email to yellowheadtriplecrown@gmail.com by June 30 to become a YTC contender! Top finishers are based on points so you must complete each event to be eligible. All Yellowhead Triple Crown participants will receive a medal.

You do not need to register for the same distance - mix it up and challenge yourself! Prizes for top finishers!

**WHITECOURT
JUNE 3**

Kids, 5km, 10km, 21.1km



REGISTER ONLINE:
www.runningroom.com
Search for 'Run 4 Fun 2023'

f Run4FunWhitecourt
For more information email
jolenerarick@whitecourt.ca

**EDSON
JUNE 17**

Kids, 3km, 5km, 10km



REGISTER ONLINE:
www.edson.ca or www.runningroom.com
Search for 'Eddie's Big Run'

f eddiesbigrun
For more information email
lexia@edson.ca

**HINTON
SEPT 16**

Kids, 5km, 10km, 21.1km



REGISTER ONLINE:
www.raceroster.com
Search for 'Hinton's Run in the Rockies'

f HintonRunInTheRockies
For more information email
hinton.runintherockies@gmail.com

Youth Interagency

Watch For Our Events!

EVENTS FOR YOUTH AGES 11-17 ARE OFFERED AT LEAST ONCE A MONTH! KEEP AN EYE ON OUR FACEBOOK PAGE OR GO TO OUR WEBSITE TO STAY IN THE KNOW ABOUT DANCES, POOL PARTIES, NERF WARS, SKI TRIPS, TRIPS TO THE WORLD WATERPARK, AND SO MUCH MORE!




Wild Wednesdays

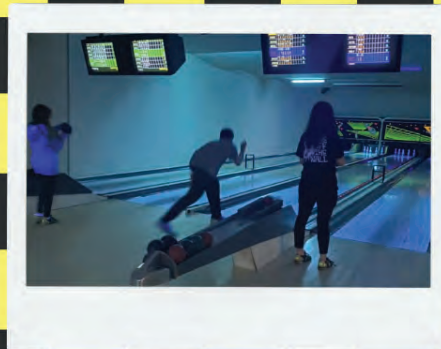
WE WILL BE HOSTING EXCITING EVENTS EVERY WEDNESDAY THROUGHOUT JULY AND AUGUST FOR YOUTH AGES 11-17! ACTIVITIES INCLUDE WHITE WATER RAFTING, RENAISSANCE DAY, PADDLE BOARDING AND MORE. ONCE DETAILS ARE CONFIRMED, MORE INFORMATION AND REGISTRATION WILL BE AVAILABLE ON EDSON.CA/YIA

Volunteer With Us!

BECOME A COMMITTEE MEMBER OR AN EVENT SUPERVISOR TO GIVE BACK TO YOUR COMMUNITY AND HELP YOUTH THRIVE!

FOR MORE INFORMATION OR TO APPLY TO VOLUNTEER, VISIT EDSON.CA/YIA OR CALL 780-723-4403

 @Youth Interagency - Edson
 @townofedson
 Edson.ca/YIA





Community Engagement Action Team

WATCH FOR OUR EVENTS!



f @CEAT2017
@CEAT2017
Edson.ca/CEAT

COME JOIN OUR TEAM!!

The Community Engagement Action Team is a community based society which collectively shares resources to promote a healthy, thriving and engaged community through various initiatives and educational events. Interested in getting involved? Email LexiA@edson.ca

Community Engagement Action Team

SKATE PARK LUAU

Edson Skate Park

JULY 26
7PM-11PM

AGES 12+

YOUTH ONLY



FREE BBQ, TREATS, POP/WATER, GIVEAWAYS, DJ AND MORE



A COLLECTIVE VOICE FOR
ARTS AND CULTURE PROMOTERS
IN OUR COMMUNITY

JOIN C.A.N.O.E. (CULTURE AND ARTS NETWORK OF EDSON)

OPEN TO FOR PROFIT AND NOT FOR PROFIT
ORGANIZATIONS AND INDIVIDUALS

For more information:
visit: edson.ca/CANOE
email: dianai@edson.ca
call: 780-723-8107
Register here



Calling for nominations!



SCAN HERE TO NOMINATE ONLINE OR VISIT
EDSON.CA/CULTUREDAYS FOR PAPER FORMS & MORE INFO



DEADLINE FOR NOMINATIONS: FRIDAY, SEPTEMBER 8TH, 2023

SUBMIT FORMS ONLINE THROUGH SURVEY LINK, BY EMAIL TO DIANA@EDSON.CA
OR IN PERSON TO TOWN OF EDSON CIVIC CENTRE

GALA SAVE THE DATE: 7PM, SATURDAY, SEPTEMBER 23, 2023



Edson Renaissance Faire

July 21-23, 2023

Yellowhead Ag Society Grounds

Hear Ye Hear Ye!

Thou hast been summoned to partake in the merriment and festivities of the first annual Edson Renaissance Faire! Avail thyself of food and drink, trinkets and treasures, soothsayers, unguents, and potions.

Fri., July 21 5:00 - 10:30pm

VIP Sneak Peek and Concert in the Mead Garden with Celtic Band The Borch Brothers. Food, vendors and beer garden will be open. Over 18 only. Tickets: \$35 per person.

Sat., July 22 10:00am - 7:00pm & Sun., July 23 10:00am - 2:00pm

Thine General Admission ticket includes admission to events on both Saturday and Sunday. Pay witness to the great deeds of heavy armour combat, take heed of demonstrations of art, sport, and music. Transmogrify thy weekend with fun for the whole familia! Attend ye adorned in thy finest medieval or fantasy garb for a chance to win awards from the nobility!

Tickets: free 0-5 | \$10 per child 6-14 & 65+ | \$15 per adult 16-64

To volunteer



To buy tickets



**FOR MORE INFO, VISIT
EDSON.CA/RENFIRE**

Resilience Project Premiere and Gala Edson Legion May 13, 2023

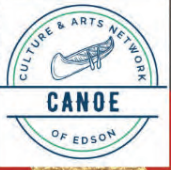
A night to celebrate resiliency and hope featuring and created by local residents

6:30pm
Doors open
7:00pm

Documentary Premiere
Photography Exhibit
Commemorative Book Unveiling
Live Music, Food, Cash Bar



Scan HERE to RSVP or visit
www.edson.ca/CANOE
for link & more info



WOP MAY DAY



Dedicated in memory of Denny May, a great man who worked tirelessly to share his father's contribution to Canadian aviation history.

**CENTENNIAL PARK
1 TO 5 PM
SEPTEMBER 2!**

FIELD GAMES

MUSIC!

TUG-O-WAR

FOOD TRUCKS

PIE EATING CONTESTS!



Find out more about Wop May and his historic connection to Edson



ALBERTA DAY



September
2023

culture days



CREATE, PARTICIPATE & SHARE

Edson.ca/
CultureDays

ALL MONTH
COMMUNITY BUILDING CONTEST
EDSON & DISTRICT PUBLIC LIBRARY

ALL MONTH
COMMUNITY ART GALLERY
RED BRICK ARTS CENTRE

SEPT. 2
WOP MAY Day

1-5 PM
RCMP CENTENNIAL PARK


SEPT. 14
DOWNTOWN MUSIC & ART WALK
4-8 PM
MAIN STREET

SEPT 16
COMMUNITY SHARING TABLE
TIME TBD
GALLOWAY STATION MUSEUM

SEPT. 21
EDMONTON SCHOOLBOYS ALUMNI BAND
7 PM
ROYAL CANADIAN LEGION #51

Sept. 23
Arts on Fire Gala
7 PM
Galloway Station Museum

National Day for Truth and Reconciliation
 & Orange Shirt Day
 September 30
#NDTR





Edson LADIES NIGHT OUT
WORLD ART DAY

Celebrate China



May 26, 2023

7-9PM

Kinsmen Shack
(beige building next to spray park)

\$20/person

Dabble in the art of Chinese paper cutting, calligraphy & more with local artist, Isabel Dong.

Includes supplies, snacks and refreshments.

Register here or
edson.ca/cdprograms



THE TOWN OF EDSON PRESENTS
**COMMUNITY
INFORMATION
NIGHT**

EDSON ROYAL CANADIAN LEGION #51
TUESDAY, AUGUST 29TH
5PM-7PM



**Come check out everything
that the Edson & area
recreation, arts, and culture
groups have to offer this fall!**

**If your organization
would like to participate,
please reserve a table at
Edson.ca/RecEdson.
Deadline to register is
August 28th.**



Tuesday, August 22nd
Time and Shows TBA
(the box office doesn't open until August)

\$80/person

includes bussing to and from Edmonton, admission to 2 plays & all the street performers in between
Bring some extra \$\$ for lunch

www.Edson.ca/CDprograms for more info or to register

Register here by July 31



Join the Volunteer Hub

www.edson.ca/volunteer

Find Local Volunteer Opportunities & Resources

Share your group/agency's volunteer opportunities

VOLUNTEERS ARE AN ESSENTIAL PIECE OF OUR COMMUNITY



Seniors' Week Schedule

Monday, June 5th – Saturday, June 10th

Monday - 5th

11 a.m. - 2 p.m.
**Seniors' Week Kickoff
 BBQ @ The Parkland
 Lodge**

- Live Music
- BBQ
- Games



Tuesday - 6th

11:30 a.m.
**Lunch @ The Pioneer
 Cabin**

5 p.m.
Dinner @ The Legion



Wednesday - 7th

11 a.m.
**Movie @ The Nova
 Theatre**
 Sponsored by Parkland
 Lodge & Auxiliary

10 a.m. - 1 p.m.
**Lunch @ The Edson
 Recycle Depot**

3 p.m. - 4 p.m.
**Healthy relationships
 with adult children
 workshop @ The Pioneer
 Cabin**

Thursday - 8th

9 a.m.
**Pancake Breakfast
 @ The Fire Hall**
 Sponsored by the
 Town of Edson



Friday - 9th

10 a.m. - 12 p.m.
**Craft @ The Leisure
 Centre Hospitality Room**
 Sponsored by The Edson and
 District Public Library

10:45 a.m. - 11:45 a.m.
**Free Aquasize
 @ The Leisure Centre**

2:30 p.m.
**High Tea @ The Galloway
 Station Museum**



Saturday - 10th

12 p.m. - 2 p.m.
**Green Shack
 Block Party @ The Tiffin
 Green Space**

- BBQ
- Crafts
- Frisbee Golf



**Check our Facebook
 for more details:**
[Town of Edson
 Programs & Events](#)

Come celebrate with us!

If you would like to donate,
 sponsor an event,
 volunteer, or offer a
 discount during this week,
 please call
 780-723-4403 or e-mail
 emmaf@edson.ca.



SENIORS CHAIR YOGA

\$2 / CLASS

**EVERY TUESDAY & THURSDAY
EDSON LEISURE CENTRE HOSPITALITY ROOM/
MILLENNIUM PARK
10:00AM-11:00AM**

10 class punch passes can be purchased from the Edson Leisure Centre. The class will be located at Millennium Park when the weather is nice, otherwise it will be in the Leisure Centre Hospitality Room.

This drop-in program is an excellent way to loosen and stretch muscles, reduce stress and improve circulation. It also reduces anxiety, helps to lower blood pressure, protects joints and builds strength and balance. It is a low impact program that is suitable for all physical activity and mobility levels.



STEPS AND SIPS WALKING GROUP

FREE

**EVERY FRIDAY
EDSON DRIVE TRAIL HEAD
9:30AM-11:30AM**

Join us for a slow paced guided walk through Edson every Friday. The walk begins at 9:30am at the Edson Drive trail head followed by a coffee or tea on us at Sacred Groundz!

Meet new people and get some steps in! This program is great for seniors, pre and postnatal families, and anyone who likes to take it slow! Please call 780-517-7055 to confirm.

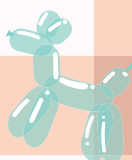




Early Childhood Matters

TEDDY BEAR PICNIC

An opportunity to engage with the numerous organizations in our community



Thursday,
August 3rd

1:00 PM-7:00 PM

EDSON & DISTRICT
LEISURE CENTRE
(1021-49 ST)
NORTHERN GREEN SPACE
(INSIDE ARENA IF RAINING)

FREE

**INFLATABLES
BALLOON TWISTING
FOOD & TREATS
GIVEAWAYS
& MORE**



DROP IN Indoor Play Groups

Located at:
Edson LEAP Centre 4818 7 ave.
Enter through
West doors & go upstairs.
For info or to receive reminders email:
info@edsonleapcentre.com



9-11 AM
Mondays
&
Wednesdays

Until June 28

This is a parent stay and play program. We provide the indoor play space and a facilitator to lead some activities and answer your questions. This is a safe space where **everyone is welcome** to attend and participate.



Leap Website
for more Info



Optional
Registration
Link



GRAND' BUDDIES

Wednesdays 9:30am-11:00am

Join us for conversation, crafts, and music.

@ Parkland Lodge, upstairs

4619 9 ave

- All Ages
- Free Drop In
- Everyone is Welcome
- Light snacks and refreshments provided



Check
Facebook for
up-to-date
schedule
changes



Call/Text/E-mail questions to Emmaf@edson.ca 780-712-3500



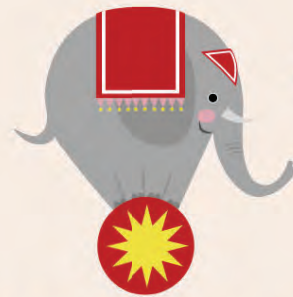
Mother-Son Soirée



Circus Themed



May 4, 2023
5 p.m. to 8 p.m.



Tickets
\$25 Each

@ The Galloway Station Museum

1 Ticket/
Person

Limited
Tickets
Available on
ActiveNet.



223-55th St



Dinner, Dance, & Photo Booth



Ages 6+

A formal event for
mothers
(she/they) and their
sons (he/they)



THE WISDOM OF THE BODY

A (re)introduction to our mind-body connection

Our bodies are connected to our minds and have an inherent capacity for healing, which all of us can access.

DISCOVER HOW in this EXPERIENTIAL WORKSHOP SERIES MONDAYS IN MAY & JUNE

When we pay attention, our bodies tell us where we are ill and hurt, why, and how we can better meet all our life's challenges – emotional, intellectual, physical, and spiritual.

Starting May 1st

\$20 for all
8 sessions*

*no session on May 22nd

Who is this workshop for?
Everyone & Anyone
Ages 16 - 99+

Bring your favourite support
human & learn together



Kinsmen Shack
(next to the spray park)
7 pm to 9 pm

Evidence based tools for health and
healing in a small group setting.

For information on
The Center for Mind-Body Medicine visit
www.cmbm.org



For more information
Call/text or email Marsha
780 725 2075
marshas@edson.ca



Town of Edson FCSS - Community Volunteer Income Tax Program

FREE TAX CLINIC



NOW ACCEPTING DROP-OFFS!

Do you still need to get your taxes done?

Call 780-723-4403 to learn about our free drop-off services!

Eligibility Requirements:

- **Simple tax returns only** (no business income, no capital gains, no depreciation and no death returns)
- Edson and area residents welcome
- **Low income, seniors, students**

Income Thresholds are as follows:

1 person income \$35,000 or less
2 person income \$45,000 or less
3 person income is \$47,500 or less
4 person income is \$50,000 or less
5 person income is \$52,500 or less
and increases by \$2,500 per individual per family thereafter

Common Tax Slips:

- T4
- T4A
- T4A(P)
- T4A(OAS)
- T4E
- T3
- T5007
- T5
- T4RRSP
- T4RIF



Edson
FCSS Since 1966
Family & Community
Support Services


Edson

Proudly Supported By



Grief Support Group

Support and mentorship through the stages of grief.

Wednesdays

April 12
May 17
June 14

1:30-3:30
p.m

Saturdays

April 1
May 6
June 3

9:30-11:00
a.m

**DROP
IN**



Drop in the third Wednesday of every month from 1:30-3:30 p.m. at the Edson & District Leisure Centre Hospitality Room OR the first Saturday of every month from 9:30-11:00 a.m. at the Kinsmen Shack (4740 7th ave)

Grief is a normal emotion to emerge after the loss of a loved one, pet, or job. It affects everyone differently and requires time and compassion in order to process it. Join us in a safe and confidential space for discussions, and to connect with others going through the process. Connection and conversation can assist the process in running its course.

Call 780-725-6138 or email emmaf@edson.ca to register or for questions or concerns.



EDSON & AREA SUPPORT SERVICES

Asking for help is a sign of strength.



EDSON & AREA SUPPORTS

Sexual Violence Support Services - 780-223-4055

Call or text for support. Available to everyone in Edson & Yellowhead Region through the Mamowichihitowin Program

Family Resource Network - 780-723-5494 press 2

Provides prevention and early intervention programs for families and youth ages 0-18.

Edson Family and Community Support Services (FCSS) - 780-723-4403

Provides programs and referrals to enhance social well-being of individuals, families and community through prevention.

AHS Edson Mental Health Crisis - 811

If you or someone you know is in a mental health crisis please call 811 or visit Emergency at the Edson Hospital

AHS Edson Addictions - 780-725-6132 or 1-888-594-0211 (Central In-take Line)

Provides support, information and referrals to Edson & area residents experiencing addiction concerns, including problem gambling. Call & leave a message to start intake process.

AHS Edson Mental Health - 780-725-6110 or 1-888-594-0211 (Central In-take Line)

Provides in-person and virtual access to mental health professionals, along with information and referrals to Edson & area residents experiencing mental health concerns. Call & leave a message to start intake process.

Victim Services Edson - 780-723-8813

Supports victims and/or witnesses of crime or trauma by providing direct support, information and referrals. Self-referrals are accepted.

Mental Health Help Line - 1-877-303-2642

The Alberta Health Services Mental Health Help Line is a 24 hour, 7 day a week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

Native Counselling Services - 1-587-467-8858

Services for Indigenous People by Indigenous People - Court work, Housing, Residential School Health Support, Family Reunification Services

Yellowhead Emergency Shelter Crisis Line - 1-800-661-0937

Confidential crisis line and family violence support 24 hours/day 7 days/week.



Your Community Calendar!



The Edson & Area Events Community Calendar is EASY and FREE to use.

Thank-you to our contributing partners!



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