




**BARONS-EUREKA-WARNER  
FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS)**

**Seniors' Wellness Program**

*Finding new meaning to life.*

**WORKSHOPS/ACTIVITIES (no charge)**

AGE	School Aged Children	Adults	Seniors
Between Friends			
Better Choices, Better Health			
COMPASS (Caregiver Support)			
Seniors Information and Support			
Support Group Facilitation			
Seniors Conferences			
Volunteer Coordination			



**See back for descriptions.**

**Additional assistance on topics such as:**

- Coping strategies
- Self management
- Strength building
- Overcoming challenges
- Depression
- Values & action plans
- Seniors benefits
- Community development
- Problem solving
- Creativity
- Anxiety
- Grief and loss
- Mentoring
- Resiliency
- Relationships
- Healthy brain - Healthy food choices
- Help yourself by helping others - volunteer
- and MORE

**Visit [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca) for Activity Calendars and more information.**

**SERVING:** Barnwell, Barons, Coaldale, Coalhurst, County of Lethbridge, County of Warner, Coutts, Milk River, M.D. of Taber, Nobleford, Picture Butte, Raymond, Stirling, Taber, Vauxhall, Warner

**NO CHARGE**  
for programs



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FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS)  
Seniors' Wellness Program**

**Between Friends** (school age children/teens and seniors)

Between Friends is an opportunity for seniors to connect and increase their awareness, knowledge and understanding of children/teens. Visits from young people help to alleviate loneliness and isolation. They create a general sense of well-being. The focus is on relationship building skills and, with their wisdom, seniors can provide encouragement to students.

**Better Choices, Better Health** (adults and seniors)

This course is designed to help participants manage their health condition. It includes improving coping skills through exercise, symptom management, communication, goal setting & problem solving.

**COMPASS (Caregiver Support)** (adults and seniors)

This course is for caregivers who are providing care to family members or friends due to age, disability or health. There are eight sessions that focus on self care for the caregiver.

**Seniors Information and Support** (adults and seniors)

Information regarding seniors' services is provided. Presentations, individual consultation and referrals can be made on a variety of topics and services can be arranged.

**Support Group Facilitation** (adults and seniors)

Participants build on their own strengths to become more creative in their problem solving. Mentoring and sharing is a key component of the group as they improve their skills.



**Seniors Conferences** (seniors)

Senior volunteers can assist in planning and organizing community senior conferences.

**Volunteer Coordination** (teens/adults/seniors)

Interested individuals are matched with opportunities in their communities to serve.

**NO CHARGE for programs.**