



LETHBRIDGE FAMILY CIRCLE ASSOCIATION

NOVEMBER 2011

Village News

WELCOME!

We are pleased to welcome two new board members to the Family Village team for 2011-2012:



Jason Baranec is a Project Manager at the University of Lethbridge and has had the opportunity to work on several large scale projects on campus. As an active and engaged community member, he is always looking for ways to help enact social change and is hopeful his experience in the construction industry can help see the Family Village to fruition. Jason is an avid gardener, an outdoor enthusiast, an aspiring Permaculturist and a lover of all things sustainable.



Darren Adamson is a partner at Young Parkyn McNab Chartered Accountants, and has worked with the not-for-profit sector as an auditor and business advisor for over 20 years. He was born and raised in southern Alberta and believes in supporting good causes in the community, such as LFCA. Darren enjoys the occasional round of golf, camping and boating in the summer, skiing at Castle Mountain in the winter and spending time with his wife Kelly and two daughters.

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SPECIAL POINTS OF INTEREST

- Annandale – December 17 and 18
- New Board Members
- Upcoming Agency Events

LFCA Retreat 2012—coming soon!

Mark your calendars.

OSF Members and LFCA board members will attend a retreat January 11, 2012.

Details coming next edition.

LFCA BOARD MEMBERS — 2011-2012:

Executive:

President: Noreen Neufeldt

Vice President: Corrine Steele

Treasurer: Darren Adamson

Secretary: Jim Campbell

Members at Large: Ray Hoffarth, Sonny Zgurski, Laurie Ruff, Jason Baranec, Lyndsey Robinson

Do you have great ideas for the Family Village? Make your voice heard! We are looking for volunteers for the following committees:

- Marketing/fundraising
- Finance
- Proposal
- Commonwealth
- Policy
- Nomination



PARTNER HIGHLIGHTS

Behavioral Solutions has been providing services in to families of children with developmental learning disabilities since 2000. The program’s clinical director, Dr. Douglas Lee is board certified in cognitive Behavioural Psychology and is also a board certified Behaviour Analyst with more than three decades of experience working with children and adults with developmental disabilities and brain injury.

The program in Lethbridge is managed by Ray Hoffarth, a board certified Behaviour Analyst with more than 10 years experience delivering behavioural-based services to families. Supervisory staff has training

in Pivotal Response Treatment (PRT); Integrated Play Group; Facilitator for Parenting the Strong-Willed Child; Supporting Individuals Through Value Attachments (SIVA); as well as formal instruction in Applied Behavioural Analysis (ABA) and Early Intensive Behavioural Intervention (EIBI).

Our client support services offer families practical and pragmatic solutions for problem behaviours and skill-building. Interventions and strategies are created in consultation with parents and caregivers to ensure that the goals and objectives are meaningful and appropriate for their circumstances. Please check us out online at www.behavioral-solutions.com.



“Our client support services offer families practical and pragmatic solutions for problem behaviours and skill-building.”

- Ray Hoffarth, Behavioral Solutions

“

In every community,
there is work to be
done. In every heart,
there is the power to
do it.

”

- Marianne Williamson

GET INTO THE CHRISTMAS SPIRIT WITH LFCA

Celebrate Christmas at 'Historic Annandale'

Join us for a tour of the Annandale house and property as it is decorated for the Holidays. See the Victorian Village and 12 foot Christmas Tree, then warm up with a hot chocolate or cider.

Come Show Your Support For:

London Road Neighbourhood Association:	Dec. 3 & 4
Lethbridge Lifelong Learning Association:	Dec. 7 & 8
Raymond Resident & Family Council & Raymond Handibus:	Dec. 9 & 10
Lethbridge Food Bank & Interfaith Food Bank:	Dec. 14 & 15
Lethbridge Family Circle Association:	Dec. 17 & 18

1280 4th Ave South, Lethbridge
6:00 - 8:30 pm

ADMISSION BY DONATION



FOR INFORMATION: Info@thefamilyvillage.ca

UPCOMING AGENCY EVENTS

Date	Agency to Contact	Event and Location
Nov. 16 – December 19	Lethbridge Family Services 403-327-5724	19th Annual Angel Tree Campaign
Dec. 14 and 15	Lethbridge Food Bank & Interfaith Food Bank	Annandale Hours Tours 1280 – 4th Avenue South
Dec. 17 and 18	Lethbridge Family Circle Association	Annandale Hours Tours 1280 – 4th Avenue South
January 9, 16, 23 and 30	Lethbridge Family Circle Association	Yoga Rituals 618 – 3rd Avenue South

If you have an upcoming event, let Tara know and she will put it in the next quarterly newsletter.



PRESENTS

THE \$1000 CHALLENGE

Attend hot yoga
at 7:00pm

each Monday in January 2012
(January 9, 16, 23, 30)

Entrance by donation with all
proceeds going to

Lethbridge Family Circle Association

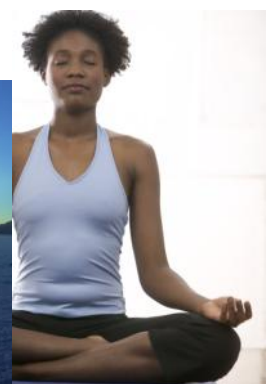


Hot Yoga is a powerful practice aimed at total body and mind wellness. It provides incredible results. The instructor leads the class through various asana and pranayam exercises. This well rounded practice targets every joint and muscle group of the body including the core, spine, hips, legs, arms, shoulders, chest and the neck. The routine and selected postures focus on enhancing the function of various endocrine and digestive organs as a means to help regulate and balance hormones and body weight. It is perfect for any level: beginner or advanced, young or old, small or large.

Contact Tara at info@thefamilyvillage.ca for more information.

YOGA RITUALS - \$1,000 CHALLENGE

Do you want to get in shape this new year? We have the perfect solution! Attend Hot Yoga sessions in January 2012 and support LFCA. Sessions will take place each Monday in January (9, 16, 23, 30) at 7 p.m. Entrance upon donation; all proceeds will go towards LFCA. For more information, contact Tara at info@thefamilyvillage.ca





Tara Yagos
Project Co-ordinator

403-381-4676
403-892-0616
403-320-8878 (fax)
info@thefamilyvillage.ca

We are now on

Become a friend today!

TARA'S MESSAGE

Happy Holiday Season everyone!

Things continue to be exciting for LFCA and we continue to work hard in creating Family Village. I appreciate all the support from the various agency volunteers who help with our numerous functions and fundraisers.

Gift Card Program: Don't forget to purchase your gift cards prior to December 1st. This is the simplest way to support LFCA without a lot of effort on your part. Let me know if you need additional information about this easy fundraiser. Watch for it monthly.

Annandale Tours: I hope you are able to take the time to bring your family and friends on a tour of Annandale. This is a great holiday tradition to get into. The Bland family has generously offered up their home for 5 tours this holiday season, each in support of worthwhile NFP's in Lethbridge and area. Support the great causes plus get in the spirit with a tour. Of course, if you have a chance to choose your date to attend, LFCA will be offering tours December 17 & 18. We are still looking for volunteers as well so be in touch and get involved.

I hope you have been able to spend time with those who are important to you, whether that is family or friends. As we move closer to Christmas, make sure to get in touch with significant people in your life.

Tara

MEET OUR MEMBERS

Agency members:

Alberta Health Services-Healthy Weights	Lethbridge Community Network
Alvin Reinhard Fritz Architect Inc.	Lethbridge Family Services
Behavioral Solutions Inc.	Lethbridge Food Bank
Boys & Girls Club of Lethbridge & District	Lethbridge Schizophrenia Society
Canadian Mental Health Association	McMan Youth, Family and Community Services Association
Canadian Paraplegic Association	Office of the Public Guardian
Family Ties Association	Opokaa'sin Early Intervention Society
Greystoke Homes & Support Services Inc	Southern Alberta Language Assessment Services Ltd.
Interfaith Food Bank	Southern Alberta Community Living Association
It's a BLAST	Southern Alberta Individualized Planning Association
Kidney Foundation of Canada	Special Olympics
Lethbridge Association for Community Living	Volunteer Lethbridge

Individual members:

Darren Adamson	Susan Jensen
Jason Baranec	Tobilynn Shaw
Diane Bland	Corinne Steele
	Mike Vercillo

Is your name/organization missing from this list? That means we don't have your membership information and fee for 2011-2012. Contact Tara to get this fixed up!

We look forward to working toward the opening of our Family Village!