



Magrath
The Garden City



Magrath Family and Community Support Services Program Guide

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FCSS Programs





Better Together Program

Supporting Families, Strengthening Connections

Better Together is a program run by FCSS that supports families by providing guidance, resources, and practical help. Parents can meet one-on-one or in small groups with trained staff to discuss parenting strategies, access community services, and find support for challenges at home. The program is designed to give families the tools and information they need to manage daily life, make informed decisions, and strengthen family relationships.

A key part of the program is the school-based counsellor who works with children facing emotional, social, or behavioral challenges. These sessions help children develop coping skills, build confidence, and learn strategies to handle difficult situations. FCSS staff also work closely with teachers and school staff to provide consistent support across home and school environments, ensuring that each child's needs are understood and addressed.

Program Highlights:

- ❖ Parent Support Meetings: One-on-one or group sessions to discuss parenting and family needs
- ❖ Resource Assistance: Help accessing food programs, housing, healthcare, and educational supports
- ❖ Financial Guidance: Information about financial assistance, grants, and subsidies
- ❖ School-Based Counselling: Support for children dealing with emotional, social, or behavioral challenges
- ❖ School and Family Collaboration: Coordination between home and school to provide support for each child
- ❖ Family Well-Being: Practical strategies to improve both financial stability and emotional health

Why It Matters:

Better Together gives families guidance, tools, and support to handle challenges and build stability. By connecting parents, children, and schools, the program creates a network of support that strengthens families and helps children succeed both at home and at school.



Free Tax Support

Prepare, Access, and Succeed

The Community Volunteer Income Tax Program (CVITP) is a free and confidential service offered through FCSS to help eligible individuals and families file their income taxes. Delivered by trained volunteers, the program ensures residents can access the government benefits, credits, and refunds they are entitled to—supporting financial stability and reducing stress.

Participants receive personalized guidance throughout the tax filing process. Volunteers simplify forms, explain next steps in plain language, and help ensure income-tested benefits and credits are claimed correctly. This support helps both individuals and families access child-related credits, maximize refunds, and maintain ongoing household supports, making it easier to plan finances with confidence.

Program Highlights:

- ❖ Free, one-on-one tax preparation assistance from trained volunteers
- ❖ Guidance on federal and provincial benefits and credits
- ❖ Help maximizing refunds and ongoing supports for households
- ❖ Clear explanations of tax forms, notices, and next steps
- ❖ Confidential service in line with privacy requirements

Why This Matters:

Filing income taxes is often the gateway to essential supports such as income benefits, child benefits, and cost-of-living credits. For individuals and families with low incomes, barriers like cost, complexity, and uncertainty can prevent access to these supports. By offering free, trusted, and accessible tax assistance, CVITP helps ensure community members receive the benefits they are entitled to, supports financial stability, and strengthens overall community well-being.

Who Qualifies?

Simple tax situations with an annual income of less than:

- \$35,000 Individuals
- \$45,000 Couples
- \$52,000 Families

Where to Drop Papers:

- Town Hall (6 North St. West)
- FCSS Building (135 W Civic Avenue)



Kids Summer Camp

Fun, Learning, and Adventure

Kids Summer Camp provides a safe and welcoming environment where children can explore, learn, and have fun during the summer months. The camp offers a variety of activities that support physical activity, creativity, and personal growth, giving children a chance to try new things and discover their interests.

Campers take part in outdoor games and sports that help build coordination, teamwork, and healthy habits. Arts, crafts, music, and nature-based projects encourage imagination and self-expression, while group activities and team challenges give children opportunities to practice communication, cooperation, and problem-solving skills. With guidance from trained and caring counsellors, children gain independence, confidence, and a sense of accomplishment while enjoying a supportive and inclusive environment.

The camp also emphasizes social connections, giving children a chance to make friends, share experiences, and take part in fun competitions and performances. By providing structured activities alongside time for creativity and play, Kids Summer Camp offers a balanced summer experience that is both enjoyable and meaningful.

Camp Highlights:

- ❖ Outdoor Sports & Activities: Games and team challenges
- ❖ Arts & Crafts: Creative projects to explore and express ideas
- ❖ Educational Exploration: Hands-on learning and nature activities
- ❖ Team Building: Activities that encourage working together and problem-solving
- ❖ Games & Talent Shows: Fun competitions and opportunities to showcase skills
- ❖ Camp Performances & Presentations: Celebrate achievements and share experiences

Why It Matters:

Kids Summer Camp keeps children active, engaged, and learning over the summer. By supporting social skills, independence, and personal growth in a safe and structured environment, the camp gives children a positive summer experience and lasting memories.



Counselling

Connect, Grow, and Belong.

To strengthen and support individuals, families, and communities, FCSS provides professional counselling services to residents experiencing stress, life challenges, or difficult transitions. Our goal is to offer a safe, confidential, and welcoming space where residents can explore solutions, develop coping strategies, and improve overall well-being.

Counselling sessions are short-term, goal-focused, and tailored to each resident's needs. Participants can work one-on-one with professional counsellors to address stress, anxiety, depression, grief, or other personal challenges. Families can receive guidance to navigate communication issues, relationship concerns, or other dynamics at home, while developing strategies to strengthen connections and support positive family interactions. Through these sessions, residents gain practical tools, build resilience, and find support during times of change.

Program Highlights:

- ❖ Free, short-term, goal-oriented counselling
- ❖ One-on-one sessions for individuals to manage stress, emotions, and life challenges
- ❖ Family-focused support to improve communication and relationships
- ❖ Practical strategies to build coping skills, resilience, and self-awareness
- ❖ Confidential, professional, and supportive environment

Why It Matters:

Access to professional counselling can make a meaningful difference in personal and family well-being. By offering accessible, goal-focused support, FCSS helps residents manage stress, work through challenges, and build stronger, healthier connections within their families and the broader community.



Parent Preschool Program

Learning and Growing Together

The Parent Preschool Program offers parents and caregivers a unique opportunity to engage actively in their child's early learning while developing practical parenting skills. This program combines interactive workshops for parents with developmentally appropriate activities for children, creating a well-rounded experience for the whole family.

Parents participate in evidence-based workshops covering topics such as positive discipline, managing behaviors, family routines, communication, and emotional well-being. Facilitators provide hands-on guidance, helping parents apply new strategies confidently at home. The program also fosters connections among parents, offering a supportive community to share experiences and gain encouragement.

Children take part in interactive play, sensory exploration, music, movement, story time, and creative arts, all designed to support cognitive, social, emotional, and physical development. Activities are conducted in a safe, child-friendly environment under the guidance of experienced early childhood educators, allowing children to explore, learn, and grow alongside their peers.

Program Highlights:

- ❖ Evidence-based workshops for parents on practical parenting strategies
- ❖ One-on-one guidance and support from experienced facilitators
- ❖ Interactive early learning activities for children
- ❖ Opportunities to connect with other families and build community

Why It Matters:

The Parent Preschool Program strengthens parenting skills, supports children's early learning, and fosters positive family relationships. By combining parent education with hands-on activities for children, the program creates a balanced, engaging, and supportive experience that benefits the entire family.



Prenatal Education Classes

Prepare and Learn Before Baby Arrives!

The Magrath FCSS Prenatal Education Classes provide expectant parents with the knowledge, skills, and support they need to feel prepared and confident for childbirth and early parenting. Beginning in May, these classes cover pregnancy, labor, newborn care, and practical strategies for the first weeks at home. The program also offers a supportive environment for parents and partners to learn and connect.

Participants gain essential information about pregnancy, labour, delivery, newborn care, breastfeeding, and safe sleep practices. Classes help parents understand what to expect, build confidence, and make informed decisions. Guidance on nutrition, exercise, and prenatal self-care supports the health of both parent and baby. In addition, the program encourages connections among expectant parents and partners, creating a supportive network and helping reduce anxiety by demystifying labour and newborn care. Classes respect diverse parenting choices and provide practical strategies that reflect participants' values and family needs.

Program Highlights:

- ❖ **Expert-Led Instruction:** Clear and practical guidance throughout the program
- ❖ **Interactive Discussions:** Ask questions, share experiences, and learn collaboratively
- ❖ **Hands-On Demonstrations:** Practice essential skills such as diapering, bathing, breastfeeding, and infant CPR
- ❖ **Educational Materials:** Take home guides, handouts, and resources for pregnancy and after birth
- ❖ **Partner Involvement:** Partners and support people learn alongside parents to feel informed and confident

Why It Matters:

Prenatal education prepares parents for childbirth and the first weeks of parenting. By providing practical knowledge, hands-on practice, and a supportive environment, these classes help reduce anxiety, build confidence, and foster healthy parenting and strong family connections.



Seniors Week Pancake Breakfast

Celebrating and Supporting Our Seniors

Join us at the Seniors Centre for the Seniors Week Pancake Breakfast, a special event dedicated to honoring the contributions of seniors in our community. Enjoy a warm meal, engaging conversation, and a welcoming atmosphere as we celebrate Seniors Week, connect with friends, and create lasting memories.

The event offers seniors a chance to socialize, meet new people, and engage in meaningful conversations that help reduce isolation and strengthen community ties. The supportive environment also promotes mental and emotional well-being, helping seniors feel valued, included, and connected.

The Pancake Breakfast is accessible and inclusive, welcoming all seniors, including those with mobility challenges, to ensure a comfortable and easy-to-participate experience. Younger community members are encouraged to volunteer.

Event Highlights:

- ❖ *Pancake Breakfast: Enjoy pancakes, syrup, and other breakfast favorites in a relaxed, social setting*
- ❖ *Socializing Opportunities: Connect with friends, meet new people, and build community ties*
- ❖ *Community Support: Volunteers and local businesses help make the event welcoming and inclusive*

Why It Matters:

The Seniors Week Pancake Breakfast at the Seniors Centre is more than a meal. It is an opportunity for seniors to celebrate, connect, and feel valued in the community. By bringing people together, the event supports social engagement, well-being, and stronger community connections.



Seniors Friendly Calls

A Friendly Voice, Just a Phone Call Away

The Seniors Friendly Calls Program connects seniors in our community with a caring volunteer for a regular phone conversation. Participants receive a friendly call once a week, at a time that works for them, providing an opportunity to visit, catch up on life, and stay connected.

These calls are a simple way to provide companionship and a regular point of connection. Whether someone wants to share what has been happening during their week, have a friendly conversation, or simply hear a familiar voice, volunteers are there to listen and chat.

Program Highlights:

- ❖ *Weekly Check-In: A friendly call once a week for connection and peace of mind.*
- ❖ *Someone to Talk With: Enjoy a regular conversation about whatever is on your mind.*
- ❖ *Friendly Connection: Build an ongoing connection with a caring community volunteer.*
- ❖ *Reduce Loneliness: Regular conversation can help seniors feel connected and supported.*
- ❖ *Convenient Scheduling: Calls are arranged for a time that works for the participant.*

Why It Matters:

Regular social connection can make a meaningful difference in a senior's week. The Seniors Friendly Calls Program provides an easy and accessible way to stay connected from home, enjoy conversation, and maintain ties to the community. Through a simple weekly phone call, Magrath FCSS helps create stronger connections and ensures seniors have someone to talk to.

Interested in Receiving a Call?

Contact the FCSS Office at 403-758-6363, fcss@magrath.ca or message Magrath FCSS on Facebook.



Stay and Play Program

A Program for Parents and Young Children

Stay and Play is designed for parents and children ages 0 to 6 to learn, play, and grow together. This program offers hands-on, age-appropriate activities in a safe and welcoming environment where both you and your child can explore, discover, and develop new skills.

Parents and children participate together in interactive play that includes art, music, movement, storytelling, and sensory activities. These experiences are designed to support early learning while encouraging curiosity and creativity. The program also provides opportunities for parents to connect with one another, share experiences, and gain practical tips from experienced facilitators.

Through Stay and Play, children build important skills in language, motor development, social interaction, and emotional understanding. Guided activities allow them to explore and experiment safely, while parents gain confidence in supporting their child's growth at home. The program also encourages family connection, giving parents quality time to strengthen their bond with their child in a structured but relaxed setting.

Program Highlights:

- ❖ *Interactive Play:* Activities such as art, music, movement, storytelling, and sensory experiences
- ❖ *Parent Support:* Opportunities to meet other parents, share experiences, and learn practical strategies
- ❖ *Developmental Growth:* Activities that help children develop language, motor, social, and emotional skills
- ❖ *Safe, Child-Friendly Environment:* A secure space where children can explore freely under guidance
- ❖ *Community & Connection:* Build friendships with other families and enjoy time together

Why Parents Love Stay and Play:

Stay and Play allows parents to spend meaningful time with their children while learning simple ways to support growth at home. Families join a supportive community of parents on similar journeys, share experiences, and create lasting memories. The program encourages exploration, learning, and connection in a relaxed and enjoyable environment for both children and adults.

Community Events





Children's Festival

Celebrate, Play, and Connect

The Children's Festival is a lively event where children and families come together to have fun. Designed to bring families and children together in a cheerful and welcoming atmosphere, the festival provides a safe and engaging environment for children of all ages to play, explore, and make new friends.

Children can enjoy a variety of activities, including craft stations, face painting, interactive performances, group games, and more. Families can spend quality time together through shared activities and entertainment, strengthening family bonds and creating lasting memories. The festival also provides opportunities to connect with friends and neighbors in a community setting. All activities are designed to be inclusive, allowing children of all ages and abilities to participate and have fun.

Event Highlights:

- ❖ Bouncy Castles: Active play for gross motor development and fun
- ❖ Magicians & Entertainers: Inspiring imagination and attention skills
- ❖ Craft Stations: Hands-on creativity and self-expression
- ❖ Petting Zoo: Learning empathy and responsibility through animal interactions
- ❖ Face Painting: Artistic fun that boosts confidence and creativity
- ❖ BBQ & Food Options: Relaxed, family-friendly dining experience

Why It Matters:

The Children's Festival brings families and the community together through play, creativity, and shared experiences. By providing a safe and inclusive space, the festival encourages learning, social connections, and memorable experiences for children while supporting strong family and community ties.



Community Centre Bookings

Your Space. Your Community. Your Activities.

The Town of Magrath Community Centre offers flexible spaces for recreation, education, and social events. Whether you are hosting a fitness class, a youth program, a meeting, or a special event, the booking program, run by Magrath FCSS, makes it simple to access safe, affordable, and well-maintained facilities.

The Community Centre can be booked for a wide variety of activities. Fitness and recreation programs such as yoga, dance, and aerobics are welcome for all ages, along with youth programs like after-school activities, summer camps, and educational or recreational sessions. The space is also ideal for meetings, workshops, and community gatherings. Our main hall and courts are available for sports, leagues, and tournaments. Special events, including birthdays, family gatherings, holiday celebrations, and community events, can be accommodated. The Centre also supports arts and cultural activities such as music rehearsals, art exhibits, performances, and cultural gatherings.

Program Highlights:

- ❖ Fitness & Recreation: Yoga, dance, aerobics, and other programs for all ages
- ❖ Youth Programs: After-school activities, summer camps, and learning sessions
- ❖ Meetings & Workshops: Space for community groups, organizations, and gatherings
- ❖ Sports & Leagues: Gym and courts available for practices, games, and tournaments
- ❖ Special Events & Celebrations: Birthdays, family events, community parties, and holiday gatherings
- ❖ Arts & Cultural Activities: Music rehearsals, performances, art exhibits, and cultural events

Why It Matters:

The Community Centre provides spaces for a wide range of activities, helping bring people together and supporting an active and connected community. Booking the space through Magrath FCSS is simple and makes it easy for families, groups, and organizations to hold events and programs in a safe, welcoming setting.



Community Movie Night

Bringing Families and Friends Together

Community Movie Night is a casual event where people of all ages can come together to watch a movie, meet others, and enjoy an evening out. It is held on the Thursday before Magrath Days, which is held on the fourth weekend of July. The event is free and provides a relaxed setting for families, seniors, and other community members.

Attendees can watch a single movie together, spend time with family, and connect with neighbors. Screenings are free so that everyone can take part. The event is held in a safe, accessible location, either outdoors or indoors depending on the weather. The movie is chosen to appeal to all ages and encourages families and community members to enjoy time together.

Event Highlights:

- ❖ **Movie Screening:** Enjoy a single film suitable for all ages
- ❖ **Concessions and Refreshments:** Snacks and drinks available
- ❖ **Picnic & Social Space:** Bring blankets and visit before the movie begins
- ❖ **Pre-Movie Activities (Optional):** Games or contests attendees can bring on their own
- ❖ **Community Participation:** Local organizations and volunteers help run the event

Why It Matters:

Community Movie Night gives families and neighbors a chance to spend time together in a safe, comfortable setting. The event provides a simple, enjoyable way for people of all ages to connect, share a movie, and take part in the community.



Town Easter Egg Hunt

Celebrate Spring, Family, and Community.

The Town of Magrath Easter Egg Hunt is a popular community event that brings families together to celebrate the Easter holiday. Children of all ages can search for hidden eggs, meet the Easter Bunny, and take part in other seasonal activities that create fun and lasting memories.

Families can enjoy time together while socializing with neighbors in a safe, welcoming outdoor setting. The egg hunt encourages children to explore, think, and be active while participating in a fun and organized event. Age-appropriate areas ensure that toddlers, younger children, and older kids can all enjoy the hunt. Meeting the Easter Bunny and taking photos add to the festive experience.

Event Highlights:

- ❖ Easter Egg Hunt: Search for eggs filled with treats, toys, or prizes in age-designated areas
- ❖ Photo Opportunities with the Easter Bunny: Capture memorable moments with a festive photo
- ❖ Age-Appropriate Hunts: Separate areas or categories to make the hunt fair and enjoyable for all children
- ❖ Easter-themed Crafts & Activities (Optional): Additional creative activities for kids
- ❖ Community Gathering: Celebrate the season with friends and family in a relaxed and friendly environment

Why It Matters:

The Easter Egg Hunt gives families a chance to spend time together while children enjoy outdoor activities and a sense of celebration. It creates memorable experiences, encourages community connection, and provides a safe, organized way for children to participate in a fun seasonal tradition.



Hometown Christmas

A Community Celebration of Joy, Connection, and Holiday Spirit

Join us for Hometown Christmas, a Magrath tradition that brings families, friends, and local businesses together to enjoy the holiday season. Held on the first Monday of December, the event features twinkling lights, festive music, and shared laughter as the community comes together to celebrate.

Families and community members can take part in activities designed to create memorable moments. From photos with Santa to skating at the Garth Veale Ice Arena, each activity is planned to provide fun and enjoyment for all ages. Local businesses and seasonal markets offer opportunities to find unique gifts and support Magrath's small businesses and artisans. The event encourages neighbors to come together, celebrate the season, and spend time with friends and family.

Event Highlights:

- ❖ Tree Lighting: Gather to watch the Town Christmas Tree light up and mark the start of the holiday season
- ❖ Bonfire and Hot Chocolate: Warm up by the fire and enjoy a drink with family and friends
- ❖ Museum: Enjoy apple cider and fudge provided at the museum
- ❖ Library: Meet an author for a story reading and visit the Seniors Craft Market hosted by the library
- ❖ Family Skate: Indoor skating at the Garth Veale Ice Arena for families to enjoy together
- ❖ Local Businesses: Shops stay open late so you can find the perfect stocking stuffer
- ❖ Santa Comes to Town: Be there when Santa arrives at Town Hall for the tree lighting, then rides his sleigh to the Fire Hall to hand out gift bags

Why Attend:

Hometown Christmas is a chance to celebrate the season with family, friends, and neighbors. It provides opportunities to support local businesses, enjoy time together, and create lasting holiday memories. Being part of this event means taking part in a Magrath tradition that brings the community together each year.



Magrath Days

Celebrate. Connect. Enjoy.

Magrath Days is the Town's annual community celebration, bringing residents and visitors together for a weekend of activities, entertainment, and friendly competition. From family activities and sports tournaments to special shows by visiting performers in the school gym, the event highlights the community spirit that makes Magrath unique.

Throughout the celebration, friends reconnect, local businesses are showcased, and families enjoy activities designed for all ages. Whether you're cheering at a softball tournament, exploring the trade show, or enjoying the evening fireworks, Magrath Days offers something for everyone.

Typical Events:

- ❖ Petting Zoo & Face Painting: Interactive experiences for children and families.
- ❖ Council BBQ: A Council-sponsored BBQ offering free hotdogs and ice-cream.
- ❖ Inflatables & Climbing Wall: Active fun for kids of all ages.
- ❖ Parade: A vibrant community parade with colorful floats and lots of candy.
- ❖ Saturday Night Fireworks Show: End the evening with a community fireworks display.
- ❖ Teen Dance: A dance for teens to socialize with friends in a safe environment.
- ❖ Pickleball & Softball Tournaments: Friendly competitions promoting teamwork and activity.
- ❖ Live Performances: Enjoy special performances and shows from visiting performers, providing entertainment for families and community members of all ages.

Location: On the field at 5 North Centre Street, Magrath, AB and various other locations throughout Magrath

Dates: The fourth weekend of July



Remembrance Day Program

Honoring Those Who Served

The Remembrance Day Program is a community event that honors the sacrifices of military personnel, veterans, and service members throughout history. This program brings people of all ages together to reflect, learn, and show gratitude for the freedoms we enjoy today.

Community members can participate in ceremonies, listen to stories, and take part in moments of silence that recognize the contributions and sacrifices of those who served. Students, families, and neighbors are encouraged to attend to learn about the history of conflicts, understand the role of the military, and reflect on the meaning of service, freedom, and peace. The program provides an opportunity for the community to come together, show respect across generations, and foster understanding of the costs of war and the value of working toward lasting peace.

Event Highlights:

- ❖ Moment of Silence: A pause to honor those who gave their lives in military service
- ❖ Guest Speakers or Veterans' Stories: First-hand accounts sharing experiences and lessons of service
- ❖ Wreath-Laying Ceremony: Symbolic gestures of respect from community groups, schools, and organizations
- ❖ Performance of "The Last Post" and Reveille: Traditional bugle calls for reflection and remembrance
- ❖ Community Gathering: A chance for families and neighbors to come together in respect and gratitude

Why It Matters:

The Remembrance Day Program gives the community a chance to reflect on the sacrifices made for our country, learn from veterans' experiences, and express gratitude. By attending, residents strengthen community connections, honor service members, and remember the importance of peace and understanding.