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Year at a Glance

Community Adult Learning Council (CALC)

**Director: Debbie Holland**

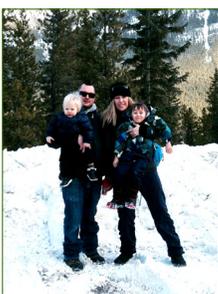
Lamont County Community Adult Council (CALC) makes meaningful changes to the quality of peoples' lives. We tell you this every year and we give you statistics every year. This year we decided you should hear from the people for whom life is much better because they connected with CALC. If you want to learn more about our programs please check out the CALC page in the community section of the Lamont County web site. You can also read past articles published in the Lamont Leader.

Testimonials



JODANA WHYNOTT—My name is JoDana Whynott and I have a 3 ½ year old daughter, Isabella. We have been attending P.A.L. for the last 2 years. I am very grateful for the program as I am a first time mother and recently lost my husband in August. This program is full of knowledge of child development, parenting do's and don'ts, and ways of simplifying daily living with your child. I was so fearful being a first time mother and with this program I have been put at ease. Being able to talk with other moms, having great facilitators with weekly lessons (organizing, discipline, activities with your child), and anything else you may have questions or concerns about. The songs and reading time is great. We also take part in the CALC kitchen which is a great opportunity to make healthy, money manageable meals. I would highly recommend these programs to anyone.

TARA ELLIS—Hi my name is Tara. I moved to Lamont two years ago and was really struggling to make friends. Dealing with my kids had become pretty hard. I have twin girls, who are now 3, and a 5 year old boy. I met a mom through my son's preschool who could see my struggle. She suggested I check out some of the programs that Lamont County CALC had to offer. With the help of the P.A.L. program as well as the CALC Kitchen I was able to help my girls get over their separation anxiety. The programs also helped me with my own self confidence. I now realize that I am not a failure where motherhood is concerned. The programs gave me many coping tools to help me with everything from tantrums to getting my life organized. And they are always there if I need any more help or information. I know I always have somewhere and someone to go ask. I was also able to meet a bunch of moms that are now part of my support group that don't leave me feeling so lonely.



CHRISTY BEAR—Hello, my name is Christy Bear. I am a daughter, sister, wife, and proud mother of a 3yr old and 5yr old. Even though we didn't know a soul living in Lamont, my husband and I decided, in 2010, that we wanted to raise a family in a smaller community. After giving birth to our first child, I started to feel overwhelmed and experienced an increase in my anxiety level. On one of my journeys into the community I met another mother who suggested I enroll in the P.A.L. program. I started going to P.A.L. in the winter of 2012 in Mundare, AB. It was a bit of a drive but it gave me a sense of security and routine. We learned new songs to sing, shared laughs, read books and made new friends. I now attend P.A.L. in Bruderheim, AB, and take both of my children. At home it's great to hear them sing songs from P.A.L. and ask to sit in my lap to read them a book. I also attended the RENEW program offered by CALC. It has helped me immensely with my troublesome anxiety, self esteem issues and limiting beliefs. I felt I could really open my heart up and talk about my insecurities while developing a sense of trust with my peers. I am also a part of the CALC kitchen in Lamont. I've learned how to prepare delicious, inexpensive meals on a budget. The CALC kitchen provides extra meals to take home where my family and I sit down together and converse amongst one another. These programs definitely have had a positive influence in my family life. Thank you to all the wonderful facilitators of the CALC programs and to our beloved Director Deb Holland and her wonderful assistant Odette Romanchuk.

STEPHANIE CAMPBELL—My name is Stephanie Campbell and I've lived in Bruderheim for the past 8 years. I have 5 children aged 5-14. When I first moved here I had a really hard time meeting people, especially other moms. The early interventionist my twins were seeing suggested I register for P.A.L. That was the best decision I ever made. My children and I have taken so much from it! I've learned new ways of parenting and improved my coping skills. I have met many people and now feel like a true member of my community. CALC programs also opened other doors such as giving me the confidence to become a part of our Recreation and Culture board. I also now participate in the CALC Kitchen where I learn to budget and provide healthy meals for my family. My family and I are very appreciative of all we've been offered through CALC.



IGOR KUZNIETSOV—My name is Igor Kuznietsov. I am from Ukraine, Vinnitsa city. My boss, Robert Malicia, told me to look up Lamont County Community Adult Learning Council on the internet. I phoned and made an appointment with the person in charge of the tutor program. I then met with the program's Assessor. After that they told me they are going to find a tutor for me. Then pretty soon they called me and told me they found a tutor for me. Lillian Sabo met with me and my tutor. The name of the tutor is Terry Dmytrash. He is a retired teacher. The ladies with CALC were very nice to me and everything was organized. I like my tutor and our lessons so far. CALC supports us with educational stuff, such as books, discs, textbooks and a tutorial guide. When I work with Terry I am learning the grammar of the English Language, doing exercises from the educational text books, reading different stories and discussing them. The biggest thing is that Terry always corrects my mistakes in grammar and explains the meaning of the words. We are getting along which is very good too!! English learning helps me a lot in my work and in my life. I can better understand English during speaking and listening and ask and answer the questions more accurately. Also it helps me communicate and build up word combinations and sentences. I would like to say thank you very much for organizing this program and for your help and support with educational things. It helps really a lot.

Programs & Courses

P.A.L. Family Literacy Program - this referral-based program helps parents prepare their children for school

CALC Kitchen - this referral-based program instructs on budgeting, meal preparation and cooking meals in bulk

Volunteer Tutor Program - this program provides free tutoring to people who need help learning English

RENEW - this program empowers people to exercise control over the things they can control

Courses - we offer courses such as Air Brakes and Fire Arm Safety