



COUNTY OF WETASKIWIN No.10
 Strong Proactive Leadership • Safe Progressive Communities

Phone 780-352-3321 Toll Free 1 (800) 661-4125
www.county.wetaskiwin.ab.ca



GET IN THE KNOW ABOUT MENTAL HEALTH LITERACY

In the Know is a course designed to help you learn about mental health and illness, promoting wellbeing in your life, how to recognize when someone is struggling, and how to respond.

The course has been developed specifically for farmers and evaluated by researchers at the University of Guelph.

At the end of this program you will be able to:

- Describe stress, anxiety, depression, acute trauma, suicide and substance abuse
- Recognize signs and symptoms of mental distress
- Describe approaches for engaging in safe conversations about mental health with someone who may be struggling
- Identify appropriate people and/or organizations that can provide help/support/resources for someone who may be struggling

DATE: MARCH 7, 2022

TIME: 10:00 AM to 2:00 PM (Coffee 9:30 AM. Lunch will be provided.)

LOCATION: WETASKIWIN AG SOCIETY HALL 4714 - 72 Ave, Highway 13

BROUGHT TO YOU IN PARTNERSHIP WITH:



REGISTER AND FIND OTHER COURSES NEAR YOU AT WWW.ALBERTA.ITK.CA

Please note that the Restrictions Exemption Program is in place for this workshop and will require proof of vaccination, negative test results, or medical exemption for participants 12 and over. Masks will also be required.

Learn your Technology!

with the County of Wetaskiwin FCSS

Learn the basics of your computer and it's apps in a friendly classroom environment at the Mulhurst Bay Community Hall!

Computer Basics 1 Learn basic computer skills	February 7 9:30 AM - 2PM COST: FREE
Computer Basics 2 Improve your basic computer skills	February 11 9:30 AM - 2PM COST: FREE
Google Docs Learn how to use Google's word processing app	February 14 9:30 AM - 2PM COST: FREE
Google Sheets Learn how to use Google's spreadsheet app	February 18 9:30 AM - 2PM COST: FREE
Gmail Learn how to use Google's email app	February 25 9:30 AM - 2PM COST: FREE
Windows 10 Learn how to use Google's email app	February 28 9:30 AM - 2PM COST: FREE

CALL OR EMAIL COUNTY OF WETASKIWIN FCSS

PHONE: 780-352-3321

WEBSITE: COUNTY.WETASKIWIN.AB.CA

EMAIL: FCSSADMIN@COUNTY10.CA



NOTICE TO RESIDENTS

PLOWING SNOW ONTO COUNTY ROADS

Please be advised that plowing snow from your yard into the County right of ways is not permitted. Concerns such liability, safety and equipment damage are factors. Plowing snow into the ditches or onto the side of the roads puts our employees and the safety of the traveling public at risk.

In accordance with the *Public Highway Development Act, Section 43(1)*:

A person who, without justification or excuse,

(a) Obstructs or deposits any material on a highway (as defined in the Act), or

(b) interferes with, breaks, cuts, or otherwise injures a highway, is guilty of an offence.

Thank you for your cooperation in this matter.

Further inquiries may be addressed to Brian Anderson, Public Works Manager of Operations at 780-361-6244 or by contacting the Public Works Call Centre at 780-361-6241 or via email pwadmin@county10.ca.