

Events and Programs

Understanding Anger

Tired of letting anger control your life? Ready to take charge and gain the skills to handle those intense emotions? Register for our 6-week program Understanding Anger.

Tuesday evenings, Oct. 3-Nov. 14.

\$65/participant, 18+.

Details at sprucegrove.org/FCSSPrograms.

Skills for Safer Living

4-week suicide prevention program for youth ages 12-18 and their parents/caregivers. Virtual sessions, 90 min/week. Learn warning signs, conversation skills, and where to get help. Free to join, register for fall sessions at sprucegrove.org/FCSSPrograms.

ASIST

Applied Suicide Intervention Skills Training (ASIST) is an internationally recognized training method which equips participants with the skills to identify those at risk of suicide, provide life-saving intervention, and seek further help.

Oct. 16-17

8:30 a.m. - 4:30 p.m.

Cantiro Pioneer Wellness Centre (344 Pioneer Road, Spruce Grove)

Adults 18+

\$125/participant

Register by October 9 at sprucegrove.org/FCSSPrograms

Financial Literacy Workshop Series: Debt Smarts

Sept. 25 | 6-7:30 p.m. at Cantiro Pioneer Wellness Centre

Register online at sprucegrove.org/FCSSPrograms

Career Opportunities

- General Manager of Corporate Services and Chief Financial Officer (CFO)
- Data Analyst
- Manager of Enforcement Services
- Human Resources Business Partner
- Firefighter - Paramedic or Mechanic
- Operator - Roads - Temporary
- Seasonal Labourer - Parks

For details or to apply, visit sprucegrove.org/Careers.

News You Can Use

Free event on National Day for Truth and Reconciliation

Presented by Horizon Stage in partnership with Skydancer Indigenous Cultural Centre and Spruce Grove Public Library

Join us on National Day for Truth and Reconciliation for an opportunity to learn about Canada's history, engage in meaningful conversation, and hear from a local Elder. The evening will start with a musical performance, followed by the screening of a short documentary that explores the legacy of residential schools. Tea, bannock and fruit-infused water will be served afterwards. Tickets are free, but you must register and get a ticket to attend.

September 30, 2023 - 7:30 p.m.

Tickets: horizonstage.com

Join a Board or Committee to Contribute to Your Community

The City of Spruce Grove believes in the power of diversity to build a brighter future for our City. We're looking for enthusiastic people from various backgrounds to join the following boards and committees:

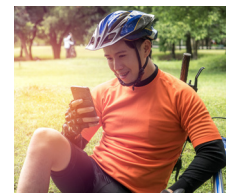
- Economic Development Advisory Committee
- Spruce Grove Library Board
- Subdivision and Development Appeal Board
- Youth Advisory Committee

Applications are open until Sept. 29.

sprucegrove.org/Boards

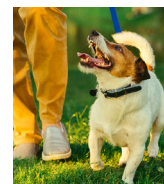
Bike Index

Have you registered your rides? Take the time to add your family's bicycles to the Bike Index. If your bike is ever lost or stolen, Bike Index ensures bike shops, police, and other riders can help you get it back. Sign up for free at bikeindex.org.



Keep your dog on a leash

Out exploring Spruce Grove's many trails with your dog? They must be on a leash at all times unless you are at one of the City's designated dog off-leash parks (all pathways, parks and open spaces within Spruce Grove are on-leash areas). Also, remember to scoop the poop. sprucegrove.org/Pets



Council Meetings

Regular Council meeting Monday, Sept. 25, 2023

Spruce Grove City Council's Regular Council meeting on Monday, Sept. 25 at 6 p.m. will be open to the public and live streamed at sprucegrove.org/LiveCouncil.

Members of the public may participate in the Public Input Session either in person or virtually. Virtual participation may be done by registering by email cityclerk@sprucegrove.org or by calling 780-962-7615 before noon on Monday, Sept. 25.

Alternately, residents can submit a statement or a question to be read on their behalf by emailing cityclerk@sprucegrove.org until the Public Input Session is complete.

City Council and Governance and Priorities Committee Meeting agendas and meeting minutes are available at sprucegrove.org/Agenda.



Public Notice – Monday, Sept. 25, 2023

Bylaw C-1274-23: Off-site Levy Bylaw Amendment -

See the ad in this week's newspaper for more information.

sprucegrove.org/PublicHearings

Safe Internet Exchange Zone

Looking for a safe place to meet when buying or selling online? Check out the Safe Internet Exchange Zone located in the front parking lot of the Parkland RCMP detachment at 91 Campsite Road in Spruce Grove.

For details about the program, visit sprucegrove.org/SafeXchgZone.

