

Preventative education coming to Lacombe

Shalom Counselling
Centre reaching
out to surrounding
communities

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For those seeking counselling services or looking to make some life changes, Shalom Counselling Centre in Red Deer is offering several preventative education courses in Lacombe throughout the month of October.

Lyn Lamers, education coordinator for the Shalom Counselling Centre, said with children back in school and winter headed his way, it's important that the centre makes an effort to reach out to those outside of Red Deer.

"We're concentrating a lot on Lacombe and Sylvan Lake this year," Lamers said.

"There are lots of courses in Red Deer, but we need to bring them to our rural communities as well."

Targeting Lacombe's younger crowd, Shalom is offering Forming Healthy Relationships for Teens on Oct. 18 at the Mary C. Moore Public Library. This particular workshop allows teens to come together, learn about what constitutes a healthy relationship and the warning signs of an unhealthy one.

"Because they're young, often they don't know what a bad relationship looks like," Lamers explained. "This teaches them the markers of healthy relationships and dangerous ones so they can see the red flags and back off before it's too late to get out."

Plotted in Red Deer last year, another Shalom course Lamers said is growing in popularity is Downsizing and Moving Forward, which will be held Oct. 18 at the Lifelong Learning Association in Lacombe.

Lamers said this course addresses the emotional struggles people face when down-

sizing or having to move to a smaller space; things start to accumulate, but many have trouble recognizing what should stay and what should go. She added that it is especially important for those dealing with the death of a loved one because there's often a great deal of difficulty letting things go.

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—Lyn Lamers
education coordinator

"It's a much more complicated issue than one might think," Lamers said. "Out of the 20 people in our class, most have had to deal

with deaths in the last few years. It's really important to have the tools to deal with your surroundings because what is around us really does mirror what is inside of us."

Shalom is also offering a series of Managing Change Effectively courses starting Oct. 7 at Neighbourhood Place, which aims to teach people strategies to manage anger and stress when a sudden change in life comes about.

Lamers added that while these courses are relevant to people of every age, she has noticed the baby boomer generation is more in need of preventative services when it comes to managing major life changes and crises.

"I find these courses are very much needed for that particular demographic," she said. "But what's important is it is all preventative. We want to provide some tools and talk about things before they becomes a crisis."

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Checkstops hit Lacombe

Motorists may have noticed police pulling drivers over this past Friday, as roadside checkstops were out in Lacombe.

Members of the Lacombe Police Service in conjunction with the Alberta Sheriff's Department conducted roadside checkstops at various locations in Lacombe Alberta as part of the Enhanced Alberta Checkstop Program.

- vehicle driving suspensions
- One driver was arrested/charged with impaired driving
- One driver was arrested/charged with impaired driving/refusal
- Three vehicles were seized as per the Alberta Immediate Roadside Sanctions per the offences listed above
- One driver was arrested on an out-