



20 Years

Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

2019-2020 Annual Report

HELP: IT'S WHAT WE DO

REPORT OVERVIEW

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MISSION

To establish and ensure that accurate information about FASD, effective prevention, diagnosis and support services are available in the Lakeland Service area.

VISION

We envision a region with no new FASD births and where currently affected individuals are well supported.

OPERATING PRINCIPLES

- Committed to maintaining the trust of partners and stakeholders by being accountable and transparent.
- Dedicated to creating an atmosphere in which all stakeholders feel valued, respected and engaged in our efforts.
- Committed to treating individuals with FASD, their parents and families with respect and dignity.
- Promoting the use of FASD best practices and accurate information with community service providers.
- Dedicated to planning services based on identified needs, and by promoting best practices as they emerge in the field.
- Committed to achieving collective impact and quality service through collaboration with our community partners.
- Providing evidence based practice and when evidence is not available will work with researchers to develop this evidence.
- Providing leadership in the field of FASD by sharing our experiences, developing evidence based practices and continually working to improve our services.
- Dedicated to our employees and their well-being.

Board of Directors and Team Members

BOARD MEMBERS

Chair
Stephanie Oleksyn

Vice Chair
Carmen Bull

Treasurer
Coleen Manary

Secretary
Phillip Lee

Directors
Roy Ripkins
Michelle Dargis
Joey Daniels
Bonnie Hankey

MANAGEMENT TEAM

Executive Director
Lisa Murphy

Prevention Program Manager
Paula Dewan

Mothers to be Supervisor
Candice Sutterfield

FASD Coordinator Supervisor
Lisa Swan

2nd Floor Residential
Supervisor
Kayla Vick

Audrey McFarlane
Executive Consultant

FRONTLINE TEAMS

Administration-4

Diagnostics-2

Interventions-10

Mentorship-8

Counselling-2

Camp-4

2nd Floor Recovery-18

Contractors-4



*Dedicated to our clients, families
and communities.*

Message from the Executive Director

The Lakeland Centre for Fetal Alcohol Spectrum Disorder has been providing Diagnostic, Intervention and Prevention of FASD services since 2000. We continue to be known across the province and nationwide for our novel, non-judgmental, supportive services. In 2019, I was welcomed as the new Executive Director, sending well wishes to LCFASD's founder, Audrey McFarlane as she assumed a national role with CanFASD.

2019-2020 was another impressive year, full of successes and challenges that led to many innovations. We surpassed our previous record number, serving more than 600 individuals and families in all our programs. It is amazing to see so many individuals with FASD and their families seeking service, knowing that they see LCFASD as a safe and non-judgmental place to go to for help.

Our remarkable staff continue to find new creative ways to connect with our clients, adapting to the ever-evolving complexities and need for support. LCFASD has not received any increase in funding for more than seven years. This puts extreme

pressure on our staff and programs to meet all the demand. To manage this strain on our service, we have reviewed and adapted our programs, introduced more group activities, and developed our community partnerships. We are maintaining regular contact with our clients, supporting their unique needs.

We take pride in supporting all of our clients; the 2nd Floor Women's Recovery serve women who have been unsuccessful in other recovery environments due to their complex needs. We use creative problem-solving skills to meet women "where they are at", support them in succeeding, and learning things about themselves they did not think they could achieve. This program has been so positive that women are staying longer, which has proven to minimize the risk of relapse.

We offered another successful summer camp season with the highest number of children in attendance. The kids enjoyed a variety of experiences including field trips to the airbase, geocaching, hiking, swimming, paddle boarding, kayaking, and lots of crafts!

Our annual International FASD Day events were held across the Lakeland region. We hosted free barbeques and mocktails in communities throughout our region, spreading FASD awareness to all in attendance. Our annual Mocktail Challenge was a big hit in Cold Lake, and we look forward to expanding this event to the other communities.

Our Diagnostic Team participated in a pilot project, offering FASD diagnosis and assessment through telehealth. This was a great learning opportunity that could lead to removing barriers for diagnosis. We look forward to taking these learnings and sharing them with Diagnostic Teams across the province.

The year end was met with an unprecedented challenge with the COVID-19 Pandemic, which shut down businesses and services across the province. The LCFASD team took this in stride, developing fresh approaches to service delivery. We quickly offered all supports online and even started several weekly support groups to encourage social connection.

LCFASD continues to be an active Alberta FASD Service Network member and a leader in the development of unique strategies to serve rural areas. We are proud of our employees and the services they deliver in challenging times. Our board of directors is very keen on developing social enterprises to prepare us for less governmental support; we continue to explore these opportunities and look forward to sharing our next venture.

2020 marked the LCFASD's 20-year milestone! From all of us at LCFASD, we'd like to share our utmost appreciation to all of our partners, community supporters, families and individuals that we work with for all the encouragement and continued support.

Lisa

LISA MURPHY
EXECUTIVE DIRECTOR



Our Programs and Services

LCFASD served 684 unique individuals and families

The 2nd Floor Women's Recovery Centre served 33 women

Mothers to Be Mentorship Program served 132 women

Diagnostics assessed 47 individuals

The Counselling Program served 63 clients

The Outreach Program served 338 clients and families





-2nd Floor Client Art

Residential Services

THE 2ND FLOOR WOMEN'S RECOVERY CENTRE

As the Lakeland Centre for FASD turns 20, the 2nd Floor Women's Recovery Centre will be celebrating its 8th birthday this June. The 2nd Floor was modelled after the PCAP program. Women accessing Parent-Child Assistance Program (PCAP) found treatment options were not suited to their needs....they spoke, and we listened! The 2nd Floor is part of LCFASD's prevention programs. Our doors opened June 2012, and wow have we learned a lot since then.

The 2nd Floor is a live-in addiction recovery centre exclusively for self-identified women. Priority is given to women who are pregnant, or at risk of becoming pregnant. 2nd Floor focuses on supporting women with problematic substance use in order to help them develop healthy lifestyles and have healthy children in the future. We work to create individual treatment plans for every woman, taking account each woman's unique circumstances, followed by an aftercare plan that builds a support network to assist her in her recovery journey. Our program focuses on life skills, trauma informed care, and harm reduction

based programming. We provide 1:1 and group addictions counselling and access to alternative therapies. In our 8 years, we have been privileged to support women in navigating their recovery journey and feel honoured that they have chosen 2nd Floor to start their healing journey.

Women served to date: 247
Average length of stay: 43.5 days
Percentage with FASD Diagnosis or suspected: 74.3%



ALWAYZ be Positive
Look back on your Past, is
the Past.
now you have grown
Stand tall, be strong ♡
dont forget to Laugh

just trust the process. go
with the flow. Every thing
will happen as it should.
Believe in yourself. ♡

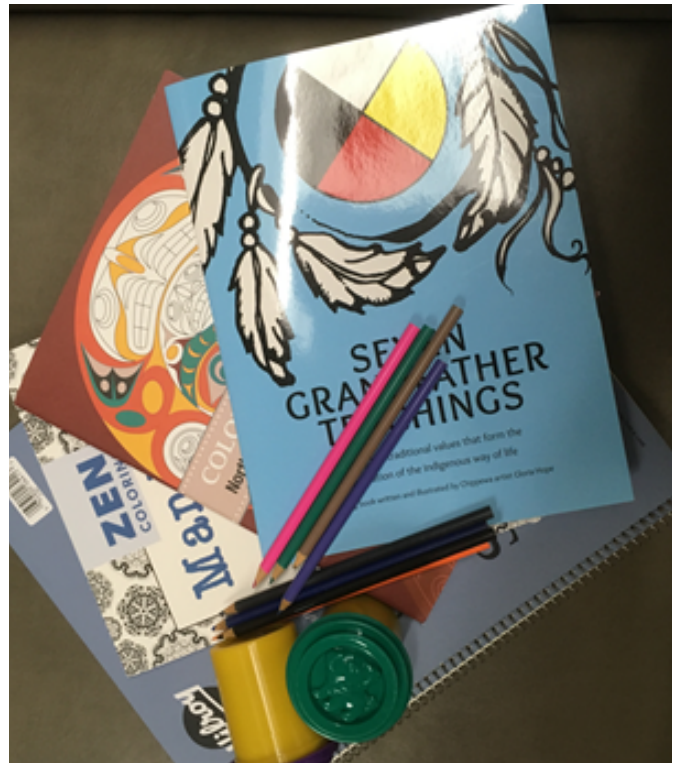
Counselling

The Lakeland Centre started the counselling program in 2012 along with the opening of the 2nd Floor Women's Recovery Centre. LCFASD recognized the need for the counselling program to serve the complex needs of women with a trauma informed approach. The 2nd Floor counselling program has served 248 women to date.

The Lakeland Centre recognized the benefits of this unique program and expanded its services in 2017 to meet the needs of LCFASD clients and caregivers within the Lakeland region. The program was very well received by LCFASD clients and caregivers and has serviced 64 to date.



"I have really benefitted from this time in counseling. It helped me work through the thoughts in my mind and it felt good to know I was working through them."



Mothers to Be

MENTORSHIP PROGRAM

The Mother's to be Mentorship Program is a free, non-judgemental support program for women who are pregnant or recently given birth and who have concerns about their substance use. The goal of the program is to prevent FASD births.

When the program began in Cold Lake in 2001, there were similar programs across Canada, but the Centre's program was the first to work in a non-urban setting. The mentorship work began with the full intention of having mentors throughout the region when funds became available.

By 2010, the program had four mentors who were serving four communities, which included Cold Lake, Bonnyville, Lac La Biche and St. Paul. The program continued growing and currently the program has 8 mentors who serve 25 towns, 7 First Nations, 4 Metis Settlements, 1 city and military base.

As the program expanded, more and more women were supported. Positive feedback about the program has been shared and now women are self-referring for supports;

this is key to the success of the program. The program mentors continue to meet women where they are at and build relations with them and their support systems. They will help with setting the women up for success by wrapping them in services to support them.

The Mother to Be Program continues to be an extremely valuable program within our communities. This year we have served a total of 132 woman and we have received 81 new referrals.



"You have helped me more than anyone ever has."

Mothers to Be

A MENTORING SUCCESS STORY

Tina is a 23-year-old woman from the Lakeland area. We first noticed Tina in 2018, when she was left by her friends on the bench outside the Cold Lake office.

Through discussion, it was apparent that Tina was a woman in need and would benefit from the supports through the program. Some of the major supports that Tina received included medical, dental, financial, addictions and a FASD diagnosis.

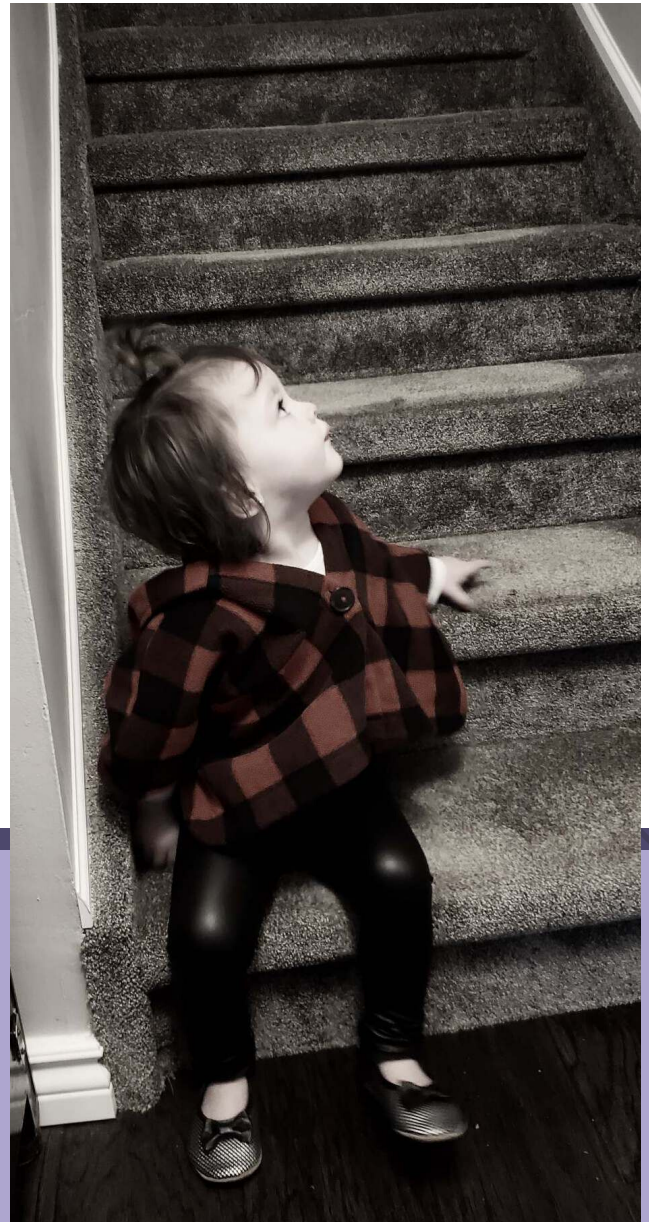
While building a relationship with her mentor, Tina agreed to go for a birth control consult where she disclosed to substance use with two of her pregnancies. Before any further steps were made, tragedy struck when Tina's partner was killed, which caused Tina to fall further into addiction. Her mentor was able to get Tina and her children into a woman's shelter where they stayed for a month and a half.

During this time, Tina secured birth control with support from her mentor. She was also referred to the LCFASD Diagnostic Clinic for FASD testing.

Her supports continued and Tina went into a detox program for 7 days, which was a

huge success for her. This was followed up with several dental visits to support her health.

Tina's children are currently being cared for by family to allow her to continue to make progress and positive changes for both her and her children.



"I have got further in the last 6 months with mentor help, than I ever have.."

The Prevention Conversation

2009-Alberta Cross Ministry Committee on FASD creates a FASD Prevention Sub-Committee.

2013-The FASD Prevention Conversation is developed. A Prevention Conversation facilitator from the Lakeland and the other 11 FASD Networks are trained.

2014-The "Let's Talk About Alcohol and Pregnancy; A Shared Responsibility" project launches.

2015-www.preventionconversation.org website is launched.

2016-Lakeland Facilitators engage in a committee to develop a program targeting 11-25 year olds.

2017-The "Let's Get Real about Alcohol and Pregnancy" program is produced.

2018-Facilitators begin "Train the Trainer".

2019-The <https://getrealab.ca/about/> website is launched.

2020-Application for mobile users that directs users to the "Let's Get Real website.

SINCE 2013:

- Prevention Conversation has trained over 15,000 Albertans to discuss alcohol and the related risks with all women of childbearing age.
- In addition, over 20,000 people have accessed FASD prevention conversation resources through community development initiatives.
- Those trained have since reported a significant increase in knowledge around FASD and feel they know how to support women who have confirmed drinking while pregnant.

OUR MESSAGING IS SIMPLE

- It's safest not to drink alcohol during pregnancy No safe time No safe kind No safe amount.
- Alcohol and pregnancy don't mix. If you drink alcohol and are sexually active, make sure to use effective contraception.
- Some women need support, care and treatment to help them stop drinking during pregnancy. Research points to the effectiveness of intervention. Engage them in the Prevention Conversation.



The Prevention Conversation

It's time to talk about alcohol and pregnancy

The Prevention Conversation

TRAINING



PREVENTION CONVERSATION

- We facilitated 3 trainings in Metis Communities reaching 26 individuals and 37 trainings to the rest of the Lakeland area reaching 628 individuals.
- A total of 1291 individuals have heard our consistent prevention messaging through individual prevention conversations and the people who have received Prevention Trainings.

COMMUNITY DEVELOPMENT

- We participated in 20 Community Development initiatives with Metis Settlements reaching 457 individuals plus 17 Community Development initiatives in the rest of the Lakeland area reaching 264 individuals.
- We had 93 individual Prevention Conversations in Metis Communities and 54 individual Prevention Conversations in the rest of the Lakeland.



September 9th

INTERNATIONAL FASD AWARENESS DAY

The first FASD Day was celebrated on 9/9/99; the ninth day of the ninth month was chosen to remember the importance of abstaining from alcohol use during the nine months of pregnancy.

This year and every year, events are held by our staff in our community, along with participating community members to raise awareness about FASD throughout the Lakeland Region.



Every year on September 9th, International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day is observed.

Training and Awareness

REGIONAL

HOW MANY TRAININGS DID WE DO THIS YEAR?

92 • Training Events by LCFASD Staff

54 • Awareness Booths & Tables

14 • Mocktail Events

HOW MANY PEOPLE DID WE REACH THIS YEAR?

1459 • Training participants

2624 • People reached through awareness booths & tables

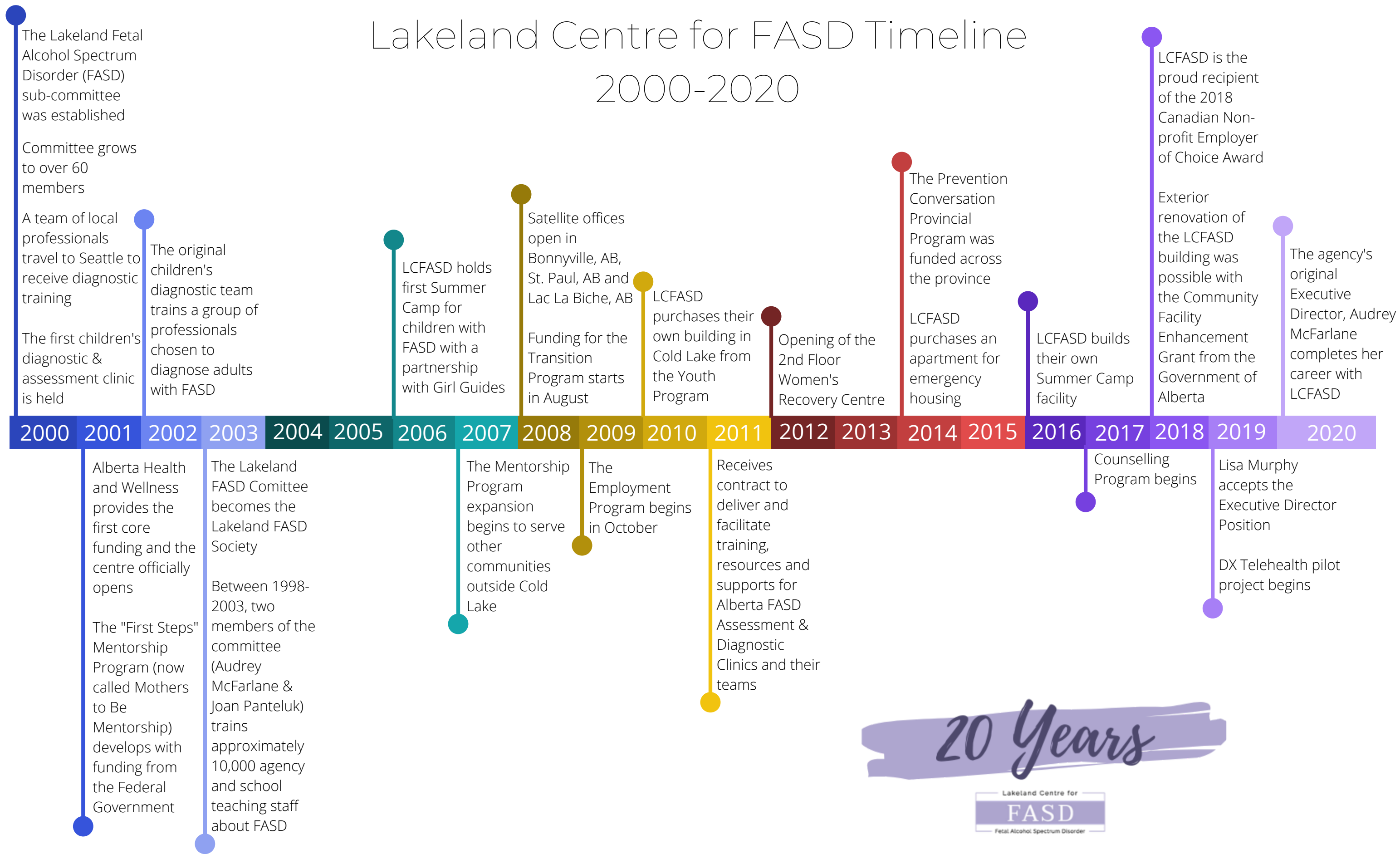
1546 • People served through Mocktails



A Total of 146 Training & Awareness Events.

Lakeland Centre for FASD Timeline

2000-2020



Rajani & FASD Clinic Training

PROVINCIAL



New Clinic Coordinator training Calgary, AB

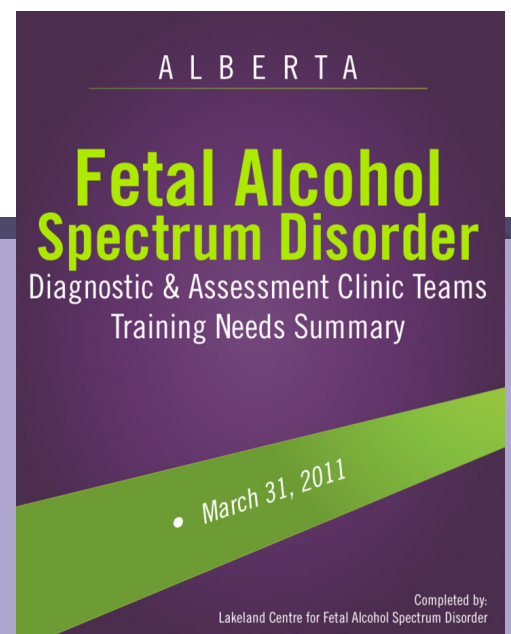
A one-day training to orient new clinic coordinators to referral, intake, medical summary reports and other clinic processes.

Calgary Forensic Adolescent Program, Enviros Diagnostic clinic training Calgary, AB

A two-day training was provided focusing on assessment and diagnostics in a justice setting.

2011-2020

- Rajani Clinic Training Services was launched
- First Links Newsletter sent out to all AB FASD clinics and networks, stakeholders
- Clinic Training Manual completed, to be used at growing number of clinic training events
- Best Practices Guide for FASD assessment and diagnostic clinics (2nd edition, 2018)
- Numerous Clinician meetings and Community of Practice events
- Annual Clinic Coordinator meetings each fall



Diagnostic Services

CLINIC

The Lakeland Fetal Alcohol Syndrome Regional Committee was formed in 1994 by a group of people who were interested in supporting individuals affected by Fetal Alcohol Spectrum Disorder (FASD). As their understanding of prenatal exposure increased, the committee realized that the Lakeland service area required a FASD diagnostic clinic to better support individuals and families affected by prenatal alcohol exposure.

The committee sent a team of professionals to receive training at the world-renowned FAS Diagnostic & Prevention Network in Seattle in September 2000. The Lakeland Centre for FASD implemented the first diagnostic clinic for children in the province of Alberta in November of 2000.

The committee soon recognized a gap in service for adults affected by prenatal alcohol exposure. As a result, the Lakeland Centre for FASD developed the first adult FASD diagnostic clinic in Canada.

The Lakeland Centre for FASD diagnostic teams meet 3 times per month to assess children, adults and complex youth with FASD.

This year, the Lakeland Centre for FASD had the opportunity to participate in an innovative pilot project to evaluate the effectiveness of FASD diagnostic assessment using Telehealth technology. Through a secure, online platform, the Lakeland Centre provided FASD diagnostic assessments to children between the ages of 12 and 17. The project was a success and those involved in this project reported satisfaction with the service. An official evaluation of the pilot project is coming soon!

2019-2020

- 36 Child Diagnostic Assessments
- 11 Adult Diagnostic Assessments

Our diagnostic clinic has seen a total of 753 clients since our first clinic in 2000.



Outreach

Whether going through the Lakeland FASD diagnostic process or moving into the Lakeland Region previously diagnosed, clients are connected to one of our dedicated Outreach Coordinators. The Outreach Coordinator assists each client in determining their unique array of strengths and struggles. The Outreach Team is then tasked with identifying the client needs, connecting to supports, and then building a collaborative network with identified supports, who understand FASD and how the diagnosis impacts each client in day-to-day life.

- 811 Clients served in last 20 years
- 225 clients served this fiscal year
- 3500 individual client contacts this fiscal year

Determine your unique array of strengths and struggles.



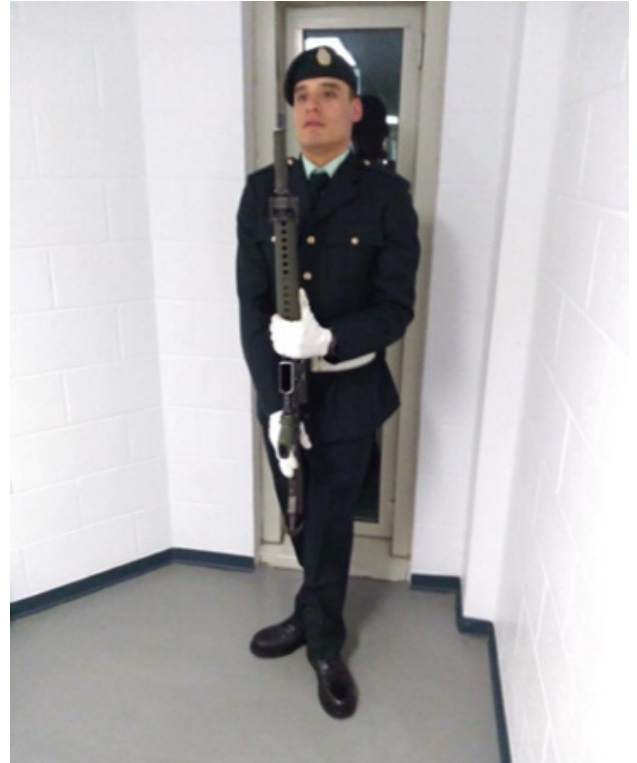
Outreach

A SUCCESS STORY

Colton is now 22 years old; he received his FASD diagnosis 18 years ago through Lakeland Centre for FASD in 2002. Colton is a kind and compassionate young man; always willing to lend a hand and help out when needed. He has been connected to several programs offered through LCFASD.

Colton attended our kids summer camp four years in a row where he met other campers, created friendships, and was able to have a positive camp experience. He was also involved in our transition program that assists youth and their supports to plan for the future, providing a concrete plan for youth to a successfully transition into adulthood. As well, Colton participated in the employment program, where he focused on building employment readiness skills along with life and social skills. The Outreach program worked with Colton throughout the years ensuring he was connected to the supports he needed to become successful.

In 2019, Colton enlisted in the Canadian Armed Forces. We have recently had contact with Colton and he is currently awaiting his first posting as Pte. Colton Charland.



The key to success is to focus on goals, not obstacles.

Transition

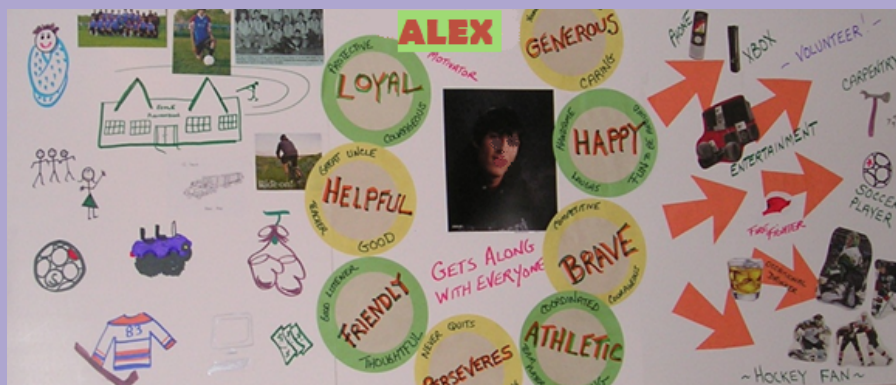
For those diagnosed with Fetal Alcohol Spectrum Disorder, transitions can be a particularly challenging task. Back in 2009, the Lakeland Centre for FASD recognized that many youths needed extra support while transitioning into adulthood. It was noted that many of the societal expectations for young adults such as getting a driver's license, moving out, or going to college, are difficult for those diagnosed with FASD. Physical age versus brain age becomes a daunting factor when entering adulthood. Suddenly, you're an adult physically, but mentally, struggling at a much younger age in a world that can be difficult to navigate. Not only youth, but also many of their families struggled making the shift into adulthood. There was a strong need to bridge the gap between children and adult services. From this need, the Transition Program began.

As this need was identified, the Transition Program was developed for youths aged 15-24 years old. By starting at a younger age, ample time is given for planning. It is, however, never too late to make a plan! The transition between adolescence and

adulthood can be very stressful for individuals with FASD and their families. During the 2019-2020 fiscal year, fourteen youth and their supports were involved in the Transition Program. Of these youth, eleven transitional plans were created to support the journey into adulthood.

The transition planning process works best when there is a team of supports and a stable environment. The team approach is recommended as each person can contribute valuable information to the individual's transition plan. This team is headed by our Transition Coordinator who facilitates the 3-6-month planning process and writes the final transition plan. The Transition Coordinator gathers information from the client and their supports to help identify the client's goals, areas of needs, and required community supports. They connect with the youth one-on-one to build rapport and explore suitable options for the youth's future. Together, they create a personalized story, a project of their choice, that should help discuss interests, strengths and needs of the individual.

Transition teams will vary in size because some adolescence will have more



Transition

supportive, healthy adults in their lives than others. Every team will include the Transition Coordinator and the youth and may include supports such as family members, caregivers, teachers, social workers, counsellors and church members. Supports can provide helpful insight on the adolescent's strengths, abilities, interests and areas of need. Supports can also identify a variety of priorities and help the adolescent meet their goals. Every individual with FASD has different needs, so every transition plan will be unique to them and the future they would like to pursue. For some this may be entering the workforce or volunteering, for others it may be a post-secondary program. Transition plans identify needs from a holistic view of life; Health/Wellness, Education, Employment, Recreation, Social Development, Income/Finances, Living Skills and Culture. Planning can help ensure that young adults are well supported in all aspects of life.

At the end of the Transition Program, our clients walk away with a written document that outlines their short-term and long-term goals, strengths, areas of need,

support network, and an individualized action plan. There have been many youths that have prepared to transition into adulthood successfully through this program! We aim to complete 10-12 plans per year. Many youths who have gone through this program have pursued a college education, started families of their own, found successful employment, and avoided adverse outcomes. Together with a plan and a supportive team, the possibilities are endless for youth with FASD. As we celebrate our 20th anniversary as an organization, it is important to reflect on the accomplishments we have made along the way. This program emerged near our 10th anniversary and has grown and evolved to fit the needs of our clients since then. For the past decade, LCFASD has been supporting youth to reach their goals, accomplish their dreams and be the best version of themselves they can be!

Clients create personalized stories using posters, PowerPoints, magazine collages, journaling, homemade movies, drawings and scrapbooking.



Employment

The Employment program offers specialized services for individuals diagnosed with FASD. The program is tailored to meet the specific needs and goals of every client, connecting unique skills and talents to each employment placement.

LCFASD Employment coordinators assist each client with resume building, writing cover letters, and completing job applications. Clients in the employment program are supported in work placement opportunities such as LCFASD's 'Make Mine a Mocktail' bar; this service provide a fun and great-tasting alternative to alcohol at community events and parties, supporting healthy habits. Clients are encouraged to take part in hands on skills building and providing opportunity to learn professionalism and time management in a workplace setting.

Volunteer supports are provided to individual's who seek to learn new skills to better prepare for future employment. Employment services connect with local charities and community to find meaningful volunteer experience. Volunteer

experiences enhance skills and provide valuable work experience for our clients. Employment Coordinators consult with Employers ensuring FASD training and strategies are in place to support clients in a successful environment.

Employment groups are offered throughout the Lakeland region. Each week clients are exposed to a variety of topics that build on employment readiness skills. Topics could include interviewing skills, work readiness, self-care, goal setting and exploring career options.

- 40 Clients supported through employment this year
- 179 total clients supported
- 221 participants attended employment related work shops last year

Finding meaningful employment, education and volunteer work can boost self-esteem and self-worth.

Employment

SUCCESS STORIES

- Employment Services helped a young 17-year-old with applying for a social insurance number, studying for a learner's license, and obtaining a bank account. All these were needed to start a new job in the oil field.
- Employment Services assisted a young man with job shadowing at a local bar & grill. Which later led to part time Employment in the restaurant.
- Employment has supported another individual, who had applied for many jobs and never got a call back. After Employment Coordinator worked on updating the resume and cover letter, got called back for interviews and even second interviews.
- Employment services has assisted with finding several Volunteer options for LCFASD clients. Everything from Humane Society, Friendship centre, Food bank, to charity ran second-hand stores.
- One client has completed the Culinary Arts program at Portage College in this past year.
- Another young man got approved for the Canadian disability Pension Plan when he returns to work. Employment assisted with the application process.





-Summer Camp

Summer Camp

The Lakeland Summer Camp was established in 2006. The camp was developed to meet the complex needs of children with FASD, while providing campers the opportunity to have a positive camp experience without the fear of rejection. It is our long term goal that these children will discover positive life experiences and develop social skills.

For many years, we partnered with the Girl Guides, running our summer camp out of their cabin in Ethel Lake. It was our dream to own our own facility and in 2016 through donations and a small mortgage, we built our own cabin at French Bay on Cold Lake.

In 2018, the "Sponsor a Kid to go to Camp" campaign was launched and has been very successful sending kids to camp that may otherwise not have the opportunity to go. Thank-You!



- 39 kids came to camp this year
- 370 kids since our first camp in 2006

Every child deserves a chance to go to camp!



Emergency Housing

SPIRIT ARMS

The Emergency Housing Program was established in November 2013 in partnership with Habitat for Humanity. Realizing the need to further support our clients with housing needs, LCFASD purchased a bachelor suite in the local Sprit Arms complex.

The Program was developed to support individuals with FASD who are at imminent risk of homelessness. As an intermediate step between Emergency Shelter and Supportive Housing, our model supports clients for up to 3 months at a time. LCFASD provides supports and programming, connecting those who access the Emergency Housing Program to harm reduction activities, education and training supports, counselling, and life and social skills building. We also connect each client to our FASD Outreach Coordinators and Mothers to be Mentors for additional support.

We have since housed 20 individuals and are looking forward to supporting many others in the future."



"The emergency accommodation helped me get back on my feet and to help me move forward, gaining care of my kids while continuing my sober journey."

Service Awards



10 YEARS OF SERVICE

Megan Tucker (Top Left)

5 YEARS OF SERVICE

Jaylene Haggerty (Top Right)
Chelsea Blair (Missing)

1 YEAR OF SERVICE

Diane Gillan, Rhonda Vermette, Kim Cyr,
Belva Cardinal.

Missing: Jessica Bernard, Danielle
Hitchcock, Madison North.



THANK-YOU

We would like to acknowledge our staff who have reached service milestones and thank them for their dedication and hard work. Thanks to you, we are leaders in our field.

Financial Snapshot

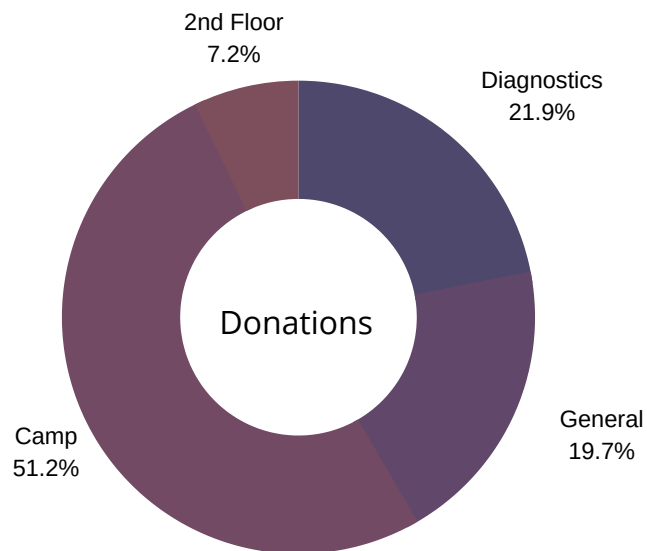
LAKELAND FETAL ALCOHOL SPECTRUM DISORDER SOCIETY

Statement of Revenues

March 31, 2020 with comparative figures for March 31, 2019

	March 31, 2020	March 31, 2019
REVENUES:		
Government Contracts & Grants	\$3,549,736.00	\$3,548,548.00
Other Contracts	\$166,007.00	\$53,561.00
Donations	\$23,457.00	\$13,008.00
TOTAL	\$3,739,200.00	\$3,615,117.00

EXPENDITURES:		
Operating Costs	\$931,784.00	\$1,259,320.00
Wages & Benefits	\$2,534,789.00	\$2,493,535.00
TOTAL	\$3,466,573.00	\$3,752,855.00



Office Locations

WE ARE HERE TO HELP



Cold Lake	4823-50th Street
Bonnyville	4313-50th Avenue Unit 257
St. Paul	4707-50th Avenue
Lac la Biche	10117-102 Avenue

20 Years



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