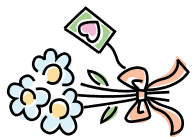




THE BUZZ



ADVANCING FUTURES BURSARY PROGRAM FEBRUARY 2011 EDITION

Happy Valentines Day!

Welcome Newbies!

When you call or stop by the office of your Coordinator, you may meet a new person! We have been joined by two practicum students and one Intern who will be learning about and supporting the AFB program. They will only be with us for a short time, but we want to make them feel welcome.

Here are some details!

In Calgary:

Lindsay E. (Yes, there will be **two** Lindsay's...so you don't have to memorize names!) Lindsay is taking her Masters in Social Work at the University of Calgary. She will be supporting AFB Mondays, Tuesdays and Wednesdays until the end of April, sharing her passion for youth as well as her love of art (she also has Bachelor of Arts!).

In Edmonton:

Monique S. is finishing up her fourth year of a Child and Youth Care Degree and will be helping out in the office Mondays and Thursdays until April. She may be giving you a call to see how things are going, so be nice because she's a student too and feels your pain!

Brittany W. has a Degree in Kinesiology and decided to branch out and try her hand in Policy. She will be working with us to find ways to make AFB even better for our amazing students! She will be working full-time in Edmonton until the end of August. Brittany is originally from Calgary, but recently made the move to Edmonton, so if you have any advice for her on where to eat, shop and play, send her a message through the AFB e-mail!

Advancing Futures can get very busy, so we are always glad to have extra support.

If you pop into the office, make sure to say "hi" to these newbies!

Future Planning

Now is the time to start thinking about Spring...tulips and butterflies, patios and ice cream...oh yeah, and making ends meet when you're not in school!

For those of you who will be finishing up your school year in April, its time to start thinking about putting some money aside to ease the transition.

After all, most of you will finish classes and exams in late April, leaving less than a week to come up with rent money for May! If you finish in April, your last cheque is at the one at the end of March!



Start planning!
Avoid a crisis!

Love is When....

"...you go out to eat and you give somebody most of your french fries without making them give you any of theirs."
Chrissy - age 6

"...my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is okay."
Danny - age 7

"...you tell a guy you like his shirt, then he wears it every day."
Noelle - age 7

"...your puppy licks your face even after you left him alone all day."
Mary Ann - age 4

"...Mummy sees Daddy on the toilet and she doesn't think it's gross."
Mark - age 6

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*If there is anything you
would like to see featured
in the newsletter, please
let us know.*

*E-mail suggestions to
Advancing.Futures@gov.ab.ca
or, if you have an update
or story you would like
published, send it our
way!*

Anti-Valentines?

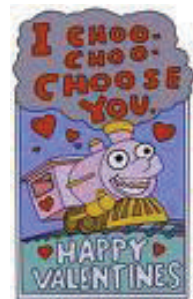
Don't have a secret crush or a steady snuggle buddy for
Valentines? Don't worry - we are here to help!
Here are some dating pointers for the singles out there...

Pamper yourself

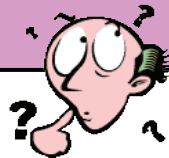
Buy yourself a Valentine's Day gift! Singles may also indulge themselves by going to the spa or cooking a great meal. Indulging in books, CDs and enjoying some "you time" can be a good way of enjoying the day for some.

Freak out with friends

Plan a dinner or movie with friends. You may also throw a "singles party" or "Un-Valentine's Day Party" at your home and have a blast. You will know that life is fun in the company of loving friends.



Tired of the run-around?



The Alberta government has publicly launched the Alberta Supports contact centre and website.

Together these new tools make it easier for Albertans to find information about social-based assistance programs and services offered by the Alberta government. For the first time, Albertans will be able to access information by calling just one number or visiting one website.

This site is easy to use and can help you navigate through everything from finding a job to resources for new parents.

For more information visit www.albertasupports.ca
or call 1-877-644-9992 toll-free in Alberta



Need Someone to Listen?

We all have times when we need to talk - winter time can be depressing, school can be stressful, relationships can be upsetting, staying on budget can be frustrating...
if you **ever** feel like you are coming apart at the seams, please call one of the following:

Edmonton: 780-482-HELP (4357)

Calgary: 403-266-HELP (4357)

Other locations: call the Kids Help Phone at 1-888-668-6868 and ask them to find you the crisis line in your area (if you are over 18).