



# Prescott Weekend Update



February 25<sup>th</sup>, 2024

Good Afternoon PLC Families:

This year, thanks to the generous donations of the PLC Fundraising Foundation, the school has been working to build a greater sense of the community and traditions through the monthly Puma Pride theme days and pizza parties. Last month's *Beach Day*, this week's (Thursday) *Represent! Day*, foster a sense of belonging both in the classroom and the school. They are fun, they generate excitement, and foster friendly competition between classes and grades. However, not all theme days are the same. For example, this Wednesday is the anti-bullying Pink Shirt day. First organized in Nova Scotia in 2007 after a grade nine student was bullied for wearing a pink polo shirt, the event has now garnered international recognition. And now is as good a time as any to share our processes when we are made aware of potential incidences of bullying.

But before I begin, I need to address concerns of whether there is a bullying 'problem' at Prescott. Do we have bullying at Prescott? We do. As an educator wiser than I once said, if there is bullying in our community, there's bullying in our schools. Unfortunately, in our local workplaces, retail outlets, even hospitals, there is bullying in Spruce Grove and area. But is the bullying at Prescott worse than other schools? With PLC being my fourth school in eight years, I don't believe it is. And when we are made aware of potential bullying, we deal with it. But due to privacy concerns, much of what we do is not easily observable and is often misunderstood. As a school, to address the underlying reasons for bullying behaviour it is important to first distinguish the differences between bullying and conflict. As I briefly addressed in last week's memo, dealing with conflict is a skill that we all need to develop as we manage the day to day events of life. Whereas conflict is a disagreement or difference of opinion, bullying is about control or power over another individual. While there are a variety of approaches and definitions, from a school perspective, we focus on three main criteria to differentiate between conflict and bullying.

To start, we ask if an incident was intentional or deliberate. Has an individual or individuals gone out of their way to harm another? Next, we determine whether or not these behaviours are repetitive or form a pattern? A bump or push on the playground or hallway doesn't necessarily constitute bullying, but engaging in these behaviours over and over certainly does. Finally, we look at whether there is a power imbalance between all of the individuals involved. Is the individual engaging in bullying behaviours bigger, stronger, or more popular? Do they have access to some form of embarrassing information? Or, is there a group of students targeting another student in a subordinate position?

When we are made aware of an incident(s), whether it be verbal, social, or physical harassment, our first step is to determine the validity of the claims. Too often kids are shocked to learn that the behaviours they've been engaging in constitute bullying. We see these most often through bullying by exclusion: when a student or students deliberately exclude or socially isolate a classmate. On occasion, we find a student who is making a claim of being bullied engaging in similar behaviours themselves. We have also found students making false accusations of bullying to get a classmate in trouble. Fortunately, these types of instances are

quite rare. Some kids struggle to refrain from these behaviours despite being warned to stop. Depending on the frequency of intensity, we have no choice but to move from education to consequences.

You'll notice that this approach is reactive. One of the best proactive strategies to address the issue is to empower the estimated 85% of students not directly involved in bullying. The silent majority stepping up to say that bullying is unacceptable in our school and community is our best tool to address the problem head on. And because of this, I sincerely hope you'll join your child(ren) and school staff in wearing a pink shirt this Wednesday. And now, here's what's happening at PLC for the last week of February:

Important Events This Week				
Monday 26 <sup>th</sup>	Tuesday 27 <sup>th</sup>	Wednesday 28 <sup>th</sup>	Thursday 29 <sup>th</sup>	Friday 1 <sup>st</sup>
	Ski and Snowboard Club	<b>Pink Shirt Day</b> (Anti-Bullying)	Puma Pride Represent/ Extracurricular Club Day Hot Lunch Assurance Surveys Due	March! Wednesday Schedule PLC Jr B Basketball Tournament
Important Events Next Week				
Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>
	Ski and Snowboard Club	Hot Lunch School Council Meeting @ 6:30 pm		Thursday Schedule PLC Basketball Tournament

#### Athletics/Basketball Dates This Week\*

<b>Monday</b>	Jr A Girls Practice @ 11:41 - 12:41 Jr A Girls Game @ PLC vs Westview - 3:30
<b>Tuesday</b>	Jr B Boys Practice @ 11:41 - 12:41 (Small Gym) Jr A Boys Practice @ 11:41 - 12:41 Sr Boys Practice @ 3:00 - 4:30
<b>Wednesday</b>	Jr B Girls Practice @ 11:41 - 12:41 (Small Gym) Jr A Boys and Jr A Girls (if win on Monday) @ 11:41 - 12:41 Jr A Boys Game @ PLC - 3:30 Jr A Girls Game - <u>TBD if win on Monday</u>
<b>Thursday</b>	Sr Girls Practice @ 11:41 - 12:41 Jr B Boys and Girls Tournament @ PLC
<b>Friday</b>	Jr B Boys and Girls Tournament @ PLC

\*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics>  
- This should make it easy to filter by your athlete's team and sync to your calendar on your device.

### **New and Updated Information**

**Registration Reminder** - If you haven't already done so, it's time to register for the next school year! That includes busing if you need it. Registering before the **Friday March 22nd deadline** will help us immensely in planning for next year both at our school and at the PSD Transportation department. Work is currently underway building bus routes for next year already.

Any applications received after the application deadline may not be processed in time for the first day of school. If your child does not have a valid bus pass for the 2024-2025 school year, they will not be able to ride the bus.

#### ***How do I get started?***

Visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

- Select your child's name in the blue bar at the top of the screen.
- Select the RSVP icon on the left side of the screen.
- Begin reviewing all of your current Student Information we have on file, and follow the instructions on the screen to navigate through the various tabs in the form (Student Info, Address, Contacts, Medical, etc.).

#### ***I can't remember my login for the PowerSchool Parent Portal.***

If you aren't able to retrieve your login credentials using the "Forgot Username or Password?" link on the sign-in page, please contact the school directly for assistance logging in to the Parent Portal.

**Music Notes from Ms. Surrendi/Fleming (!)** - \*The choir is singing at the Oil Kings' game **today**. See everyone at 2:20! Don't forget your choir shirt.

\***Prescott's Got Talent** audition forms were due last Friday; auditions are later this week and next week. If your child is auditioning, please ensure they are working on their act and preparing any materials they need. [Shauna.Fleming@psd.ca](mailto:Shauna.Fleming@psd.ca)

**Grade Four and Six Families Assurance Surveys Due** – As I mentioned a few memos ago, the Alberta Education Assurance Surveys for grade four and seven families are due at the end of February (Thursday). If you have yet to complete the survey I ask that you use the random-access code you received in the mail and logon before the 29<sup>th</sup>. Thanks in advance for sharing your insights on how to make our school better for all children.

**March Stronger Together Newsletter** - PSD's Family Supports March Stronger Together Newsletter features sessions dealing with self-regulation, trauma and addictions, as well information about a variety of community events and activities supporting physical, emotional, even financial well-being. Please refer to the flyer at the end of this memo.

**Puma Pride Represent! Your Extra Curricular Day** - On February 29th, all students are asked to wear their clothing/swag (hat, costume, jersey, t-shirt, hoodie, uniform, etc.) to show support for your favorite team/club/group (sports, art club, dance, hockey, D & D, Cadets, Sparks, etc). The class with the greatest variety of different teams/clubs represented in each division wins swag.

**PLC Fundraising Foundation Update - HOTEL CONTACTS NEEDED!** PLCFF is hosting an upcoming production this spring! It will be a very exciting opportunity for all interested students in all grades. (more information to come) But for now, we are looking for anyone that might have a contact we could reach out to for any deals at a local hotel (2 hotel rooms for 1 week) so we can provide accommodations for the artists that will be conducting the production. If you have any leads for us, please email [executive@plcff.com](mailto:executive@plcff.com)

**Hot Lunch:** This week's hot lunch vendor is The Lunch Lady on Thursday, Feb. 29th! Orders for March 6th will be closing on Thursday night, if you would like to order please log in to your account here: <https://prescott.hotlunches.net>

February 29 - The Lunch Lady      March 6 - LOVE Pizza      14 - Boston  
Pizza      March 20 - The Lunch Lady

**BLIZZARD DAYS!** - There are 2 Blizzard Days scheduled this spring! Orders are now OPEN on the hot lunch website. Dates are Tuesday, March 19th and Monday, April 8th.

**Puma Donut Playground Rubber Matting Fundraiser** - Donut worry! We have something exciting coming to Prescott Learning Center next week. Tim Hortons Westwind have created a "Prescott Pumas" inspired vanilla dipped donut that will be distributed at lunch time on February 28!

These donuts will be sold for \$2 via pre order from Feb 22-27, 2024. Please have your child give the payment to their home room teacher.

At Prescott, we believe in including everyBODY and this fundraiser will be going towards the playground enhancement project. We have started an initiative to remove the wood chips from the park and install poured in place rubber matting for everyone to enjoy!

Order your donut today! For more information, please see the attachment at the end of this memo.

**(Even More) Playground Rubber Matting Fundraiser(s)** - At Prescott Learning Center, we are looking to enhance our incredible playground and make it accessible for everyBODY by replacing the wood chips with rubber matting.

We have a few fundraisers for the poured in place rubber matting which includes:

1. Happy Home Line: By using the link below, this company will give us up to 30% of each product purchased back to the playground. Allison is a Prescott parent who has a beautiful home decor and candle line. Please go support her, supporting Prescott. Link: [https://thehappyhomeline.com/?sca\\_ref=4637619.af2eCh1aZ0](https://thehappyhomeline.com/?sca_ref=4637619.af2eCh1aZ0)
2. Little Big Western Market will be hosting an in person silent auction with all proceeds going towards the playground. This event will be held on April 19, 2024 at the Heritage Pavilion in Stony Plain and will run from 6-10 pm.
3. Wildflower Photography is donating 50% of all session fees for Mother's Day minis. Now is the time to get photos taken with your little ones! Link: <https://www.wildflowerphotographyyeg.ca/>
4. Tim Hortons Westwind will be donating 500 "Prescott Pumas" Vanilla Dip donuts. These Prescott themed sprinkle donuts will be sold for \$2 with all the profits going to the playground enhancement project. Stay tuned for more details next week!
5. We are still looking for business sponsorships! If you know of a company interested in sponsoring a small portion of this project, please reach out to [play4everyBODY@gmail.com](mailto:play4everyBODY@gmail.com).

**Vive Le Francais French Language and Culture Celebration** - We will once again be hosting a French culture and language event in Central Park, Spruce Grove from 5:00 pm to 7:00 pm on Thursday, March 7th. Activities include skating, music, games, a bonfire, and hot chocolate from Perks Coffee House. All families are welcome to attend. Volunteers will be speaking French and kids will be able to get their passport stamped as they complete the different activities. This event is sponsored by the Canadian Parents for French, Perks Coffee House. Please refer to the flyer at the end of this memo.

### **Previously Shared Information**

**2024 - 2025 School Year Calendar** - The calendar for the next school year has been approved. You can have a glance at: <https://www.psd.ca/download/440101>

**No Girl Left Behind** - No Girl Left Behind is a one-day event taking place in Edmonton on Saturday, March 9<sup>th</sup> 2024, empowers girls ages 8+ and women of all ages. A lot of registrants are mothers and daughters. This is a nonprofit event with proceeds going back into future events, girls empowerment camps and scholarships for post-secondary.

Empowered girls and women are less likely to be involved in abusive relationships/intimate partner violence, they are more likely to have the tools to navigate difficulties and mental health issues, or feel confident enough to ask for help when these issues arrive, they are better communicators, hold better boundaries and have a strong sense of self worth. For more information, go to their website at [www.nogirlleftbehindevent.com](http://www.nogirlleftbehindevent.com)

**Ski & Snowboard Club** - A reminder to PLC Ski and Snowboard families that if the temperature dips below -20 degrees Celsius, we will look at rescheduling another trip. This will be communicated through our Class Dojo app.

Please send your child to school on these days with all ski/snowboard gear. We will meet your child at the storage room across from the gym and beside the kitchen (same place as last year). We will have this storage room locked for the day. Your child will be dismissed at 2:35 from class to get his/her belongings and get on the bus. Students are welcome to bring their own dinner or money to purchase food and drinks. Please plan to be at the school to pick up your child at 8:00pm.

Once again, here is our schedule for this year:

~~January 23,~~ ~~January 30,~~ ~~February 13,~~ February 27, March 5, March 12.

**Just a reminder** that the Terrain Park is not available for any students to use while we are at Rabbit Hill. Please have a conversation regarding this policy prior to Tuesday! Thank you, Mrs. Vasileff & Mrs. Blanchet

**CTF Fee Update** - We apologize for the delay in adding the Term 2 CTF fees to PowerSchool. The fees were added to PowerSchool this past week. Thank you for your patience! Should you have any issues after they have been released, please contact Valerie Bradford in the office for assistance. [valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca)

**Edmonton Oilers Spirit Night** - This year PLC has joined with the Edmonton Oilers to celebrate *School Spirit night* at Rogers place. Let's show our school spirit and our love for the Oilers by cheering them on this season! Win a chance to sit in the penalty box during warm-ups, have a Mascot visit to our school and other prizes!

The top selling school will win prizes selected by the Oilers Group!!

Check your child's backpack for the flyer that was sent home last week or scan the QR code attached to the flyer attached at the end of this memo to order your tickets. If the flyer did not make it home please reach out to Ms. Bradford ([valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca)) at the office. Ticket prices start at \$63 and there are 8 games to choose from. As a result of the demand from PLC, **the Oilers have let us know that they have added a few more games and have made more seats available.** Please refer to the flyer at the end of this memo.

**Final Thoughts** - Here's a few random thoughts before we begin our week. First of all, it looks very much like tomorrow (Monday) is going to be an indoor recess day. I ask that you have your children dress accordingly and if you are dropping your children off before 8:15 please have them proceed into the school through the front/main doors. We will be open early tomorrow in order to avoid frozen toes and fingers.

On the other hand, with the warm weather we had last week, the school has been inundated with mud. If at all possible please send your child(ren) with indoor shoes, especially for Phys. Ed.

If you have any questions or concerns please reach out to my assistant principals and me at the school by calling 780-571-8079 or emailing us at:

[heather.huisman@psd.ca](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca).

Enjoy your week, Chris



La tire - Canadian Maple Shack

Skating

Music

Games

VIVE

Bonhomme  
Carnaval

LE

Hot Chocolate  
by Perks

Bonfire

FRANÇAIS

Come Celebrate  
French Language and Culture

MARCH 7TH 5PM-7PM

CENTRAL PARK

SPRUCE GROVE



SPONSORED BY CPF PARKLAND &  
PERKS COFFEE HOUSE



PARKLAND  
SCHOOL DIVISION



# PRESCOTT DONUT DAY

WEDNESDAY FEBRUARY 28

Get your own Puma inspired Vanilla Dipped Donut for \$2. Please see your teacher to order.

This fundraiser will go towards rubber matting at the playground.

A special thank you goes out to  
Tim Hortons Westwind  
for sponsoring PLC Donut Day!





# Prescott Clothes



**YOUTH HOODIE (Black/Grey/White)**

**\$30**

**ADULT HOODIE (Black/Grey/White)**

**\$32**



**SWEAT PANTS (Black ONLY)**

**\$25**

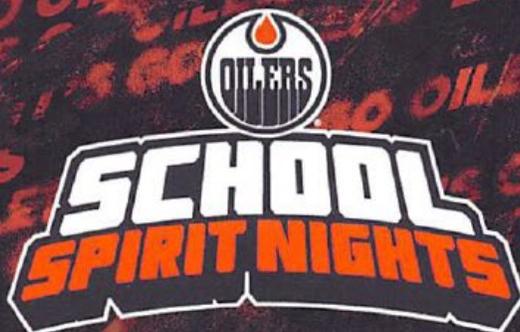


**YOUTH T-SHIRTS (Black/Grey)**

**\$12**

**ADULT T-SHIRTS (Black/Grey)**

**\$15**



The logo features the Edmonton Oilers circular emblem at the top, with the words "SCHOOL SPIRIT NIGHTS" in a large, stylized, blocky font below it. The background is dark with faint, repeating text like "LET'S GO OILERS" and "LET'S GO OILERS" in a reddish-orange hue.

**SHOW YOUR SCHOOL SPIRIT BY CHEERING ON THE OILERS THIS SEASON**

**BONUS: EACH GAME, ONE LUCKY PURCHASER AND 3 GUESTS WILL BE SELECTED TO SIT IN THE PENALTY BOX DURING WARMUPS**

**SELECT FROM 8 EXCITING GAMES**

  
THURS, NOV. 2 7:00PM

  
TUES, FEB 13 7:00PM

  
SUN, DEC 10 2:00PM

  
WED, FEB 28 6:30PM

  
TUES, JAN 2 7:00PM

  
THURS, MAR 21 7:00PM

  
TUES, JAN 23 7:00PM

  
SAT, MAR 30 2:00PM

**SPECIAL RATE TICKETS STARTING AT**

**\$63**

**SCAN HERE TO PURCHASE TICKETS**



**LIMITED SEATING AVAILABLE SECURE YOUR SEATS TODAY!**



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

**MARCH 2024**

## PSD Family Sessions: Self Regulation & Independence



### What's Inside..?

- Upcoming Sessions #2-4
- Community Resources and Workshops #5-6
- Tri-Municipal Region Support Guide #7

As we step into March, the Parkland School Division is delighted to invite our community to a transformative Family Session. Join us on March 8, from 9:00 am to 10:30 am.

Join Psychologist, Joel Pukalo, as he shares strategies to support self-regulation from personal and professional experiences as an educator and a parent. This session will offer practical strategies to build emotional awareness and understand co-regulation and self-regulation. Parents are encouraged to bring questions or specific areas of challenges their children may be experiencing at this time.

This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

**Location: Family Connection Centre**

5600 50 Street, Stony Plain, AB T7Z 1P8

## Trauma and Addictions Workshop

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### Contact Us

**Fristy Thomas**  
Division Family Support  
Coordinator  
e: [fristy.thomas@psd.ca](mailto:fristy.thomas@psd.ca)  
p: 780-819-9607

**Nicole Toma**  
Division Family Support  
Coordinator  
e: [nicole.toma@psd.ca](mailto:nicole.toma@psd.ca)  
p: 780-819-1962

In our upcoming session, we will be joined by professional counselor Jenn Banas who will walk participants through the nature of trauma, how it can manifest in the brain and our behaviors. You'll discover how unprocessed trauma, which includes attachment trauma, can predispose children to addictive behaviors. Attendees will also learn how to spot the signs of addiction and what tools are available for support.

We want to hear from you! Share your thoughts, ask questions, and let's build a supportive community. Learn how to recognize signs of addiction and explore the practical tools available to make a positive impact. In partnership with apfa! Click on the Image for more details.

**Date :** Tue, Mar 12, 2024

**Time:** 6:30 PM - 8:00 PM MDT

**Location:** Parkland School Division No 70 Centre for Education  
4603 48 Street Stony Plain, AB T7Z 2A8

Click on the images for details!

**STRONGER TOGETHER NEWSLETTER**

### Healthy Together

Health program designed to provide participants with information, skills and experiences to support them making healthy food choices

**March 17th and 18th**  
4-5:30pm  
Stony Plain Youth Centre

### Basic Banking

Come learn about banking - What is the best bank account for you?

**March 19th**  
4:30-6pm  
Stony Plain Youth Centre

Online Registration Required

### SPORTS FEST

Join the Youth Centre for a day of sports and fun! We will have: In-line skating, Kangoo Shoes, 100M running and Football.

**March 25th**  
1-6pm  
Heritage Park Pavilion

Online Registration Required and more info on the registration website.

### MIGHTY MONEY MAKERS

Big STEPS in Youth Entrepreneurship

**March 25, 26, 27 & 28th**  
1-3pm  
Stony Plain Youth Centre

Ages: 11-14  
Online Registration Required

Register online at [stonyplain.com/youth-centre](http://stonyplain.com/youth-centre)

Logos: TOWN OF STONY PLAIN, parkland county

## FREE ONLINE CLASSES

### Obesity Nutrition

### Heart Health

### Journey Through Grief

Call to sign up: 780-960-9533 (Ext. 3)  
Info & dates: [westviewpcn.ca/healthy-living](http://westviewpcn.ca/healthy-living)

## MIGHTY MONEY MAKERS

a Youth Entrepreneurs Training Initiative

### Big STEPS in Youth Entrepreneurship

<b>Ages</b>	11-14
<b>Cost</b>	Free!
<b>Dates</b>	March 25, 26, 27, 28
<b>Times</b>	1-3pm
<b>Location</b>	Stony Plain Youth Centre 4902 51 Avenue, Stony Plain
<b>Contact</b>	<a href="mailto:youth@stonyplain.com">youth@stonyplain.com</a> (780)968-3846

Register by scanning the QR Code and going to our registration tool.

**STONY PLAIN YOUTH CENTRE** and **COMMUNITY FUTURES CAPITAL REGION** are Partnering to help youth jump feet first into their own business.

**What's the big idea!**  
Youth Entrepreneurs supported by the Community Futures Capital Region staff have successful businesses running by age 18 in as little as 10hrs/week for 8 weeks youth entrepreneurs have made an average of \$640 in profits - that's Mighty Money!  
And it doesn't stop there... Youth Entrepreneurs in our region are eligible to apply for business funds as young as 18! That includes expanding your established money maker!  
CFOR is Committed to supporting you and your Mighty Profits through camps, resources and community connection opportunities!

Logos: Community Futures Capital Region, TOWN OF STONY PLAIN, parkland county

## PARENT AND TOT PLAY GROUPS

Tomahawk Agra  
51122 AB-759  
Wednesdays 10 - 11:30am

Entwistle Community Recreation Centre  
4916 51 St.  
Fridays 10 - 11:30 am

A FREE program where children can play and caregivers can socialize!

[www.albertaparenting.ca](http://www.albertaparenting.ca)  
call 780-963-0549

Logos: Parkland County Family and Community Support Services, Alberta Parenting Centre Association



### Teen Triple P Group

This session offers a toolbox of ideas to help parents improve family life, build better relationships with their children, and give them the best start in life. Parents can choose and adapt the ideas to suit their culture, beliefs, and personal situation, to help their teenager communicate well, develop healthy routines, follow rules, and solve problems.

Tuesdays, February 6th - March 12th  
6 - 8 pm  
Family Connection centre, Stony Plain  
780-963-0549  
[www.apfa.ca](http://www.apfa.ca)  
[info@apfa.ca](mailto:info@apfa.ca)



**PLAY GYM**  
FREE DROP-IN  
WED AND THURS  
9:30AM-2:30PM  
CANTIRO COMMUNITY CENTRE  
344 PIONEER ROAD  
SPRUCE GROVE

LETTUCE  
GET TO  
KNOW  
EACH OTHER  
*Salad Bar & Community Conversations*



**parkland county libraries**  
DUFFIELD ENTWISTLE KEEPHILLS TOMAHAWK WABAMUN

**Spruce Grove Public Library**



### IDENTIFYING ELDER ABUSE

May 23rd: 11:30am-12:30pm - Tomahawk Agra  
 June 4th: 11:30am-12:30pm - Parkland Village

To register, contact Tanya at 780-460-2195 ext. 301  
 or email: tanya@saifsociety.ca





## FINANCIAL LITERACY WORKSHOPS

Tuesday - March 19  
 4:30-6:00 PM Youth Centre  
 4902 51 Avenue, Stony Plain

Tuesdays - April 9, 16, 23/May 21, 28  
 6:30-8:00 PM  
 107-4613 52 Avenue, Stony Plain

## Youth Night

This program is designed to provide a welcoming space for youth to explore traditional Indigenous teachings, foster social connections, and savor the deliciousness of taco in a bag! It's not just an event; it's an experience that celebrates cultural heritage and promotes cross-cultural connections.

Dates: Bi-weekly, starting Thursday, January 11 2024  
 Time: 6-8 p.m.  
 Grades: 7-12  
 Location: Cantiro Pioneer Wellness Centre  
 (344 Pioneer Road, Spruce Grove, AB)  
 Contact: 780-963-0549




<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Basic Banking	Basic Budgeting	Debt Smarts	Identity Theft

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	REGISTER: <a href="http://www.stonyplain.com/rsvp">www.stonyplain.com/rsvp</a>
RESPs	Financial Wellness For Seniors	780-963-8583



**STRONGER TOGETHER NEWSLETTER**



**TAX TUESDAYS**

**LUNCH LEARNINGS (12-1PM)**

- March 5: Income Tax Basic Concepts
- March 12: Disability Tax Credit
- March 19: Benefits and Credits for All

**YOUNG ADULT / YOUTH LEARNING (430-530PM)**

- March 26: Income Tax Basic Concepts and Tips

INFORMATION AND TO REGISTER:

[www.tricala.ca](http://www.tricala.ca)

**780-591-3355**

#115 4302-33 St., Stony Plain

Sessions available in person at TriCALA, or online from the comfort of your own home.



**Basic Banking**

What is the best bank account for you?  
Learn how to make interest work for you!  
Learn ways to reduce your account and transaction fees!

Get ready for your summer job!

**Tuesday March 19.**  
4:30-6:00 PM  
(Dinner Provided)  
Stony Plain Youth Centre



STONY PLAIN YOUTH CENTRE

# Healthy Together

mindful  
eating



REGISTER  
ONLINE

Scan me



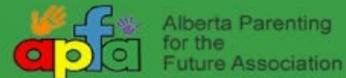
**A six week journey to health designed to provide participants with information, skills and experiences to support them in making healthy food choices. Each session includes cooking a healthy meal together. Facilitated by: Alberta Parenting for the Future (apfa)**

DATES: January 15th & 29th, February 12th & 26th and March 11th & 25th.

TIME: 4:30-5:30PM

LOCATION - STONY PLAIN YOUTH CENTRE - 4902 51 AVE STONY PLAIN

CONTACT: (780)968-3846 or youth@stonyplain.com





# TRIREGION FOOD RESOURCES

Updated: November 2022

## FOOD HAMPERS

### **Parkland Food Bank**

105 Madison Crescent, Spruce Grove  
 Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

### **WEE Community Food Bank**

5019 50 Ave Entwistle AB (Old Fire Hall)  
 Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

### **Wecan Food Basket**

5600-50 St, Stony Plain  
 Fresh Nutritious Affordable Food Basket  
 Order by first Friday, pickup on third Thursday of month  
 Monday - Friday, 9AM-4PM  
 587-338-1101

### **Warming Hearts Pantry**

4911-50 St., Tomahawk (liquor store)  
 Food pantry of non-perishable items. No appointment necessary.

## BASIC NEEDS HELP

### **Community Helps Team**

180 Century Road, Spruce Grove  
 780-962-5611 / 789-306-1955  
[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

### **NeighbourLink Parkland**

Serving Spruce Grove, Stony Plain, Parkland County  
 780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)



## FOOD RESCUES

### **Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Tuesdays 11-1PM

### **apfa Food Rescue**

Family Connection Centre  
 5600 50 Street, Stony Plain  
 Thursdays 10AM - 3PM  
 Fridays 1-4 (Check facebook for updates)

### **Food for the Soul**

Lighthouse Pentecostal Church  
 49 Boulder Blvd., Stony Plain  
 First and third Saturday 10AM-1PM

### **Grace's Table**

250 Century Road, Spruce Grove  
 Second Friday of month 5PM-6:30PM

### **Community Table**

180 Century Road, Spruce Grove  
 Last Friday of the month  
<https://www.sgconline.breezechms.com/form/communitytable>  
 780-962-5611

## COMMUNITY MEALS

### **Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Drop-in for take out bagged lunch  
 Tuesdays 11-1PM

### **Food for the Soul**

49 Boulder Blvd., Stony Plain  
 Drop-in for bagged lunch  
 First and third Saturday 10AM-1PM

### **Grace's Table**

250 Century Road, Spruce Grove  
 Hot meal to go for pick up  
 Second Friday of month 5PM-6:30PM  
[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)  
 780-962-4700

### **Community Table**

180 Century Road, Spruce Grove  
 Hot meal to go for pick Up  
 Last Friday of the month  
[www.sgconline.breezechms.com/form/communitytable](https://www.sgconline.breezechms.com/form/communitytable)  
 780-962-5611



# COMMUNITY LOW COST COUNSELLING SERVICES

Updated November 2023

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

## Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

## Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

## Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

## Family Resource Network

Family Connections Centre  
5600 50 Street, Stony Plain

- The Family Resource Network offers free single session virtual counselling to children and youth under 18 and their caregivers.

Phone Number: 1.877.244.2360

## Schaffer Psychology

Suite 103, 7 Boulder Blvd, Stony Plain

- Schaffer Psychology offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.

Phone Number: 780-910-3420

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact [connect@stonyplain.com](mailto:connect@stonyplain.com) . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.

## Tri-Municipal Region Support Guide

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line ..... 780-482-4357(HELP)  
 Addiction Helpline ..... 1-866-332-2322  
 Child Mental Health (8am-11:45pm) ..... 780-407-1000  
 Kids Help Phone ..... 1-800-668-6868  
 Bullying Helpline ..... 1-888-456-2323  
 BriteLine (for 2SLGBTQIA+) ..... 1-844-702-7483  
 Seniors Abuse Helpline..... 780-454-8888  
 Family Violence Info Line ..... 310-1818  
 Sexual Assault Centre (9am-9pm)..... 780-423-4121  
 First Nations & Inuit Mental Health  
 Hope for Wellness ..... 1-855-242-3310  
 National Indian Residential School Crisis Line  
 ..... 1-866-925-4419  
 MMIWG Helpline..... 1-844-413-6649

### I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance .. 780-644-5135  
 Access 24/7 (Adults)  
 Addictions & Mental Health ..... 780-424-2424  
 Child Intervention Services ..... 780-422-2001  
 Children's Cottage Childcare ..... 780-944-2888

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) ..... 811

### I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



[www.HelpSeeker.org](http://www.HelpSeeker.org)  
 Get the app on your phone to find local supports and resources.

## HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

**Spruce Grove FCSS**  
 #105 - 505 Queen Street  
 Spruce Grove, AB  
**780-962-7618**

**Town of Stony Plain**  
 Community and Social Development  
 #107, 4613 - 52 Avenue  
**780-963-8583**



### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) ..... 780-424-8335  
 Women's Emergency  
 Accommodation Centre ..... 780-423-5302  
 Hope Mission (ages 16+, men, women).... 780-422-2018  
 Youth Empowerment &  
 Support Services (YESS)..... 780-468-7186  
 Salvation Army (Transitional Housing, \$13/day)  
 ..... 780-429-4274

### I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters  
 24/7 ..... 1-866-331-3933

### I NEED DETOX SUPPORT

George Spady..... 780-424-8335  
 AHS Detox Centre ..... 780-427-4291  
 Youth Edmonton Detox..... 780-408-8783

### I NEED A SAFE CONSUMPTION SITE

George Spady Centre ..... 780-424-8335  
 Boyle McCauley Health Centre.... 780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health 780-424-2424  
 Youth Addiction Services ..... 780-408-8783  
 Access Open Minds (youth 16-25)..... 780-415-0048  
 Child and Adolescent  
 Mental Health Services..... 825-402-6799  
 WestView PCN Youth  
 Mental Health Clinic (ages 11-24) ..... 780-960-9533

### I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland ..... 780-960-9669  
 Community Helps Team ..... 780-962-5611  
 Pay Forward Kindness  
 (homeless supports)..... 587-286-4663  
 Parkland Pregnancy Support Centre  
 (Tue & Thurs 12-3pm)..... 780-962-5505

### WHERE CAN I FIND FOOD?

Parkland Food Bank ..... 780-962-4565  
 WeCan Food Basket..... 587-338-1101

### WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM)  
 131 Church Rd, Spruce Grove ..... 780-962-5131  
 Food for the Soul (1<sup>st</sup>, 3<sup>rd</sup> Sat 10AM-1PM)  
 49 Boulder Blvd., Stony Plain ..... 780-963-3110  
 Grace's Table (2<sup>nd</sup> Fri 5-6:30PM)  
 250 Century Road, Spruce Grove ..... 780-962-4700  
 Community Table (last Fri 5-7PM)  
 180 Century Road, Spruce Grove ..... 780-962-5611  
 apfa Food Rescue Community Fridge  
 (M-F 8:30-4PM) 5600-50 Street, Stony Plain ..... 780-963-0549