



Prescott Weekend Update



April 28th, 2024

Good Afternoon PLC Families:

It is once again the time of the year where I share information about the upcoming Provincial Achievement Tests (PATs). It's a bit earlier than last year for a couple of reasons. One; a few years ago (not PLC) students all across the province were posting exam answers on TikTok prompting the government to specify designated dates for exam administration, and two; over Spring Break, likely due to the implementation of the new curricula, Alberta Education cancelled the Language Arts and Mathematics Provincial Achievement Tests for Grade Six Students. Now, even if your child isn't in grades six or nine, at some point they will have to complete these exams. In order to alleviate stress on your child (and subsequently, your household as well), it is good to know what to expect in the years to come.

Provincial Achievement Tests are administered to students in grades six and nine and (usually) cover the four core courses; Language Arts, Mathematics, Social Studies, and Mathematics. The tests are broken into two parts; Part A is the English Language Arts (ELA) written portion of the exam. While the Grade Sixes won't be writing the Language Arts and Mathematics exams this year, the Grade Nines will be writing their ELA Part A test on Monday May 13th. The Part B multiple choice portions of the exams will be administered between June 11th and June 20th. Part B exams are written for Language Arts, Social Studies, Math, and Science. You can find the specific exam dates at: <https://www.alberta.ca/assets/documents/ed-pat-administration-schedules.pdf>

While students may either hand write or use technology to complete this portion of the exam, there is a push to digitize exam administration for reasons related to security, cost savings, and to emulate the process kids will face when they do diploma exams in Grade 12. Each subject specific and grade level exam is the same for all students across the province.

Last week I included in the 'Important Dates' section that the Grade Nines would be writing an English Language Arts Field Test this Tuesday April 30th. While it was on the school calendar, I can confirm that the students WILL NOT be writing the field test this Tuesday. My apologies for any confusion this might have caused.

I cannot stress enough that for all portions of the tests students may not bring into the PAT writing room any cell phones, wearable technology (smart watches), Bluetooth devices (Bluetooth headphones) or other electronic devices. As I mentioned, security for the exams has increased dramatically. Alberta Education has strict rules for violations which may result in a zero. In having the misfortune to have to report on a few of these violations over both diploma and PAT writings in the past, the amount of stress and heartache waiting for a decision to issue a zero on a technology infraction from the government isn't worth it. It's just easier to leave the technology at home for the day.

In upcoming memos I'll have more info about the PATs and ways for you to help your kids deal with any stress and anxiety leading to the exams. And now, here's what's happening at PLC this week.

| Important Events This Week | | | | |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Monday 29th | Tuesday 30th | Wednesday 1st | Thursday 2nd | Friday 3rd |
| Missoula Children's Theatre Auditions/ Rehearsal Read-a-Thon Begins | Gr. 9 PAT Field Test Final Puma Wear order of the Year | Kinder Grad Photos Hot Lunch Pizza 73 School Council Meeting @ 6:30 | Kinder Grad Photos Gr. 5's Swimming Tri-Leisure | Monday Schedule PLCFF Kernels Popcorn Delivery Robin Hood Drama Productions (Saturday) |
| Important Events Next Week | | | | |
| Monday 6 th | Tuesday 7 th | Wednesday 8th | Thursday 9th | Friday 10th |
| School Bus Driver Appreciation Day | Gr. 6 Immunizations (Round 2) Kinder Descendants Play Field Trip T/Th Class Gr. 3 Winspear Field Trip Gr. 2 Grain Elevator Museum Field Trip Gr. 7-9 Fit 4 Life CTF Trip to the TLC Gr.9 Descendants Play Field Trip | Gr. 9 Skills Canada Field Trip Gr. 6 Horizon Stage Field Trip Kinder Descendants Play Field Trip M/W Class PLCFF Meeting @ 6:30 | Hot Lunch Mary Browns Gr. 5 Field Trip to John Janzen Nature Centre Gr. 5 Disney Descendants Musical Field Trip Gr. 7-9 Fit 4 Life CTF Trip to the TLC | Tuesday Schedule Kinder- Gr. 3 EMS Ambulance Visit Gr. 4-9 PLC Track Meet Powwow Practice |

Athletics/Badminton/Soccer Dates This Week*

| | |
|------------------|----------------------------------------------------------------------------------------------------------------------|
| Monday | Jr. Practice @ 3:00 - 4:30 pm Co-Ed Soccer Team Practice Afterschool 3:00 - 4:30 pm |
| Tuesday | Sr. Practice @ Noon Sr. Game @ Blueberry 4:00 - 5:30 pm |
| Wednesday | Morning Practices are finished for the Season Jr. Practice @ Noon Jr. Game @ Home vs. Blueberry 4:00 - 5:30 pm |
| Thursday | Sr. Practice @ 3:00 - 4:30 pm Co-Ed Soccer Game @ 4:15 at Westview |
| Friday | |

*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 your calendar on your device.

New and Updated Information

Missoula Children's Theatre Robin Hood Update - The Missoula Children's Theatre visit starts right after school tomorrow (Monday April 29th). Auditions start after school and run until 5:00 - 5:15. After the audition the MCT will select 60 K - 9 students who will participate in their first rehearsal until around 7:15 - 7:30 Monday evening. If your child is involved I'll ask that you send a snack with them for the break between auditions and the rehearsals. They will then be holding rehearsals after school all week, from 3:15 to 7:30 pm. **We still have a few spots available for auditions tomorrow. If your child is interested, please fill out the [permission slip](#) on the newsletter page and bring it to the office first thing tomorrow.**



More information will be provided to successful cast members Monday afternoon. The productions will take place on Saturday at 3:00 pm and 5:30 pm. For ticket information, please refer to the PLC Fundraising Foundation Update at the end of this section of the memo. If you would like more information about MCT or the upcoming production, please refer to [last week's memo](#).

School Council Meeting This Wednesday - The May Council Meeting will be this Wednesday at 6:30 in our Collaboration Centre. In addition to a trustee update, we will have a summary of the ASCA Conference (see below) and I will be sharing the details from last year's Development Plan Results Report on numeracy, literacy, diversity and wellness. Invitations will be in your inbox tomorrow morning. I hope to see you there.

Alberta School Councils' Association Conference and AGM - The ASCA Conference and AGM were held this past weekend. There were awesome speakers and sessions including our Minister of Education and Barbara Coloroso. Parents voted on matters that are provincial in nature and inform education decision making in Alberta. If you would like to hear more about how it all went, come out to the next School Council meeting in May.

Alberta Government Cellphone Use in Schools Survey Closes this Friday - The Government of Alberta wants to hear from Albertans about how students should use cellphones in schools. In Alberta and in many other places across the world, student cellphone use is increasing. For children and youth, it typically becomes more prevalent as students advance through the grades.

Teachers may occasionally use cellphones in classrooms for learning and teaching purposes. There are many other reasons a student may use a cellphone within school hours, including:

- Communicating about practices/rehearsals for school organizations (teams, clubs, etc.)
- Checking transit schedules
- Staying in touch with families about issues or emergencies

However, there are concerns that cellphones can be a distraction in educational environments and can sometimes be used inappropriately within classrooms and schools.

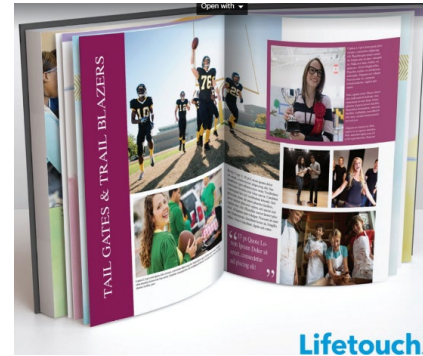
We want to hear from all Albertans, including parents, guardians, teachers and other education professionals. Your input will help inform future government direction on cellphone use in schools.

The survey will take 10 to 15 minutes to complete. Here's the link to access the survey:

https://your.alberta.ca/cellphones-in-schools/survey_tools/en.

Senior Badminton - It was a great showing for the Senior Badminton Team against Greystone this past week. We have one more game night at Blueberry this coming week and then it is playoffs. Best of luck to all the players!

2023 - 2024 PLC Yearbooks USING YBPAY - Pre-order purchase orders are now available. To purchase a yearbook please go to YBPay.ca. Type in your YB ID Code (Job # **14357424**) Enter in your student/staff information and select your yearbook, and then pay. Using YBPay is simple and easy for everyone! Then the system will process the payment, and add the order to the order tracker for you. **ORDER DUE DATE IS: MAY 13, 2024**



Stronger Together May Newsletter: Mental Health Month - Each month, Parkland School Division's Student Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. In this month's issue, it is Mental Health Awareness Month. Every year CMHA dedicates a week in May to raise the awareness of Mental Health. You can find the may newsletter at: <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

Puma Pride Day: Playoff Parade -Although the weather was unseasonably chilly, last Friday's Puma Pride Playoff Parade was a hit. Thanks to all of the students and staff who dressed up and to the Grade Seven Team for organising such a great event.

It's Time for the Prescott Learning Centre Read-A-Thon! - We're thrilled to announce that our Read-A-Thon is underway! We're counting on you to make it a success. If you haven't already, please take a moment to activate your child's personal reader page by clicking on the following link: <https://www.read-a-thon.com/readers/r/323739393933> It only takes a minute or two, and your support will greatly assist us in meeting our financial goals. Thank you for your help in reaching our goal. **Please note the Read-A-Thon is in USD and our profit is in USD.**

PLC Fundraising Foundation Update - Prescott Learning Centre presents ROBIN HOOD! We are beyond excited to announce PLC's very first school-wide production, taking place on **Saturday, May 4, 2024**. There will be a matinee performance at 3:00 pm and an evening performance at 5:30 pm. Each performance will last 60-70 minutes, with no intermission. Doors (and a small concession) will open 30 minutes before each performance time.

We hope to see many faces from K-9 at the audition being held at the school on **Monday, April 29, 2024 at 3:00 p.m.**

Immediately following the audition, parts will be announced and select students will be required to stay to start practising. Each performer will be given their schedule for the week

(typically younger students practise from 3 - 5 pm each day, while older students stay until 7:15 pm). The dress rehearsal will be held after school on Friday, May 3, 2024.

Join Robin Hood, Maid Marion, Marion's Maid, the Sheriff of Nottingham and a host of others in a musical wonderland and help support our students in this amazing opportunity being provided by the *Prescott Learning Centre Fundraising Foundation* and *Missoula Children's Theatre!*

Robin Hood ticket information: Every student who attends the Audition on Monday after school will receive ONE free ticket to the performance on Saturday, May 4th.

Additional tickets are available through the hot lunch website: <https://prescott.hotlunches.net/>
Please select which Performance time you will be attending (3pm or 5:30pm) and then select your required tickets.

Adults (\$10)

Seniors (\$7)

Children (\$5)

Children 2 and under (free)

Physical tickets will not be provided for tickets purchased online; we will have a list at the door. Please make sure to bring your free tickets with you (provided at the audition)!

Kernels Popcorn! - Kernels Popcorn! - Orders have closed and pickup will be on May 3rd at the school from 3-6pm.

Upcoming Hot Lunch Dates and Vendors

May 1st - Pizza 73

May 9th - Mary Browns

May 15th - Jack's

May 23rd - Pizza 73

May 29th - Mary Browns

June 6th - Jack's

June 12th - Pizza 73

Freezie Fridays May 24th & 31st, June 7, 14 & 21

Previously Shared Information

Bikes and Scooter Locks - In fairness, compared to other schools, we are fortunate that theft is not too big a problem. That said, at times kids don't make the best choices and items are occasionally stolen. With the warmer weather I ask that you have a discussion with your kids about locking up their bikes in the many racks provided around the school. We also provide a couple of scooter specific locking stations located on the north and south sides of the main entrance. A lock makes things safe rather than sorry.

Skate Boards, Bikes and Scooters - With the (hopefully) warmer weather more and more students are getting to the school on their skateboards, bikes, and scooters. I'll ask that you have a conversation with your child(ren) reminding them that when on school property for the safety of all of our students, particularly the younger ones, they need to dismount and walk them to and from the main entrance.

MCHS MemeFest Sat. May 4th - Once again, Memorial Composite High School's Anime Club will be putting on their Anime Convention and MCHS has invited all Parkland School Division students to attend. It's a nice, safe environment that will allow the students to experience anime, games, karaoke, scavenger hunt and contests with opportunities to buy things from our vendors who are all current or former students from Memorial. Every volunteer, artist, vendor, panelist, and supervisor are either current or former students or staff members of Memorial. The entry fee is \$5.00 and there will be a small concession with chocolate bars, pop and

chips, as well as raffles and other game opportunities, like a ramen eating contest for \$1.00! It's a very cheap lunch! Please see the flyer at the end of this memo.

Final Thoughts - This Friday, May 3rd, is Educational Assistants Appreciation Day. Our ladies at PLC are the unsung heroes of our building who's care and attention is one of the biggest reasons why our school is such a great place for kids. I'll ask that you take a moment to offer thanks this week.

There is a buzz in the school with the upcoming Missoula Children's Theatre auditions, rehearsals and performances this week. I hope you'll join me in the productions this Saturday at either 3:00 or 5:30 pm.

Finally, I'll ask that you add the Powwow Practice on Friday May 10th to your calendars. The first Powwow Practice on April 12th was an outstanding event that exceeded all expectations.

Once again, 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

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Thanks again for taking the time to read this week's memo. Chris



POWWOW PRACTICE

APRIL 12 & MAY 10
6 - 8 PM

With dance instructor Mariah Dumont and
guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:
admin@skydancerindigenous.com



Prescott Learning Center YEARBOOK

ybpay.ca

Order Deadline:

May 13th, 2024

Price:

\$25.00

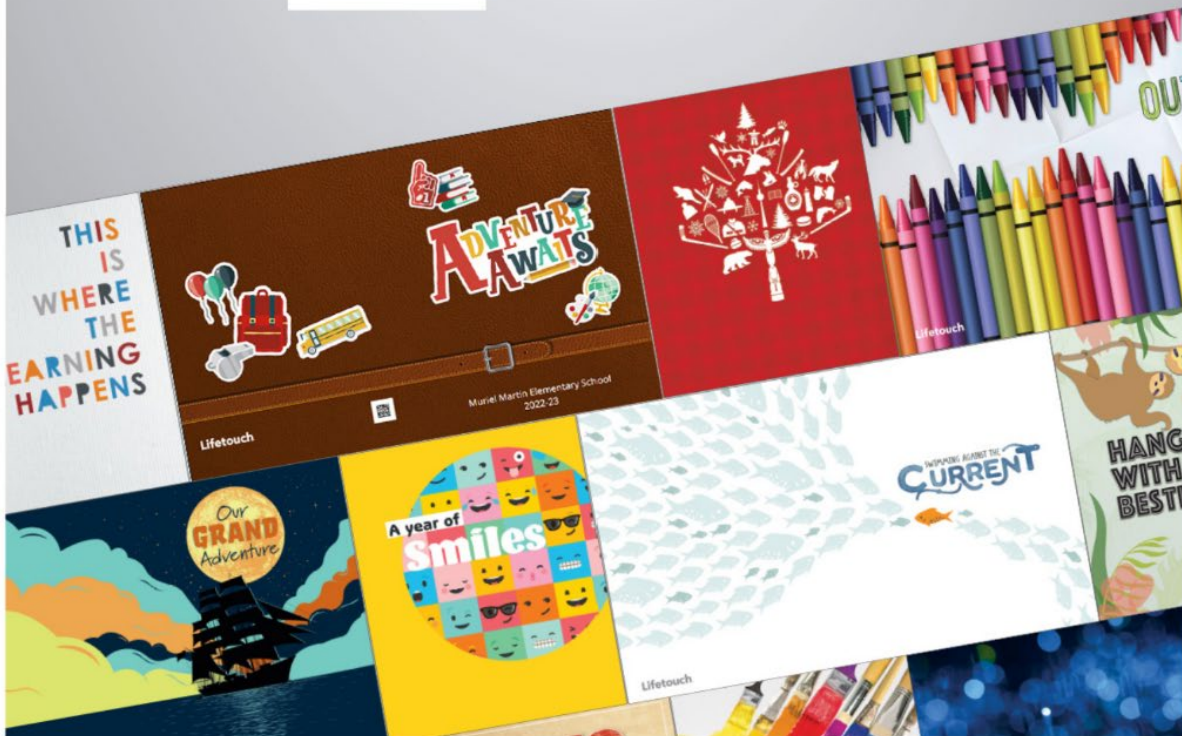
Yearbook ID Code:

14357424

Don't miss out!
Order your yearbook today!



Scan the QR code or visit:
<https://ybpay.lifetouch.ca/>
To purchase your copy.



Thursday May 9th, 2024

6:30 - 7:30

Westview School Library

*Having a Hard Time Getting your
Teen to School?*

**Let's Talk
About It!**



Presenter

Julie DeRose

*Registered Provisional Psychologist
Owner of Open Door Psychology
Former Teacher and School
Counsellor*

Topics to be discussed:

- ✓ Challenges with your teen in the morning
- ✓ Positive and negative stress
- ✓ Resiliency and reasonable expectations
- ✓ Tips and support with parenting a reluctant child/teenager
- ✓ Avoidance and impact on future outcome



SUPPORTING CHILDREN THROUGH GRIEF

This support group will help children manage their grief through emotion mapping and teach them useful ways to cope.

When: Tuesdays, April 23– June 4; 4–5pm

Ages: 10–13

Where: FamilyLife Psychology and Wellness

Contact: info@familylifewellness.ca or 780-963-7451

Facilitator:

Harmony Nimchuk, Registered Provisional Psychologist and Grief Specialist

SCAN
ME
TO REGISTER





School Bus Driver APPRECIATION DAY | **MAY 6**



FRIDAY
June 7
2024

REGISTRATION OPENS **FIND DETAILS AT**

FRIDAY
MAY 10

www.psd.ca/division/student-wellness/try-me-try-athlon

Every Child Matters T-Shirt Fundraiser



Youth Sizes \$23

Adult Sizes \$27

Ruby Osborne, a PLC Grade five student, has been awarded the Youth Inclusion Initiative Bursary of \$500 from Foundations for Cohesive Communities! The Youth Inclusion Initiative Fund is for a youth-led initiative to raise awareness, foster inclusion, and/or address barriers in our communities or schools. Ruby's Initiative is to host monthly Powwow Practices at Prescott School starting in April.

This community event will be facilitated by Skydancer Indigenous Cultural Centre. It is Ruby's hope that this will bring cultural teachings to Urban Indigenous students and particularly to those living outside of their culture. It will be open to everyone, all ages and abilities, so that Non-Indigenous students and community members can learn alongside their Indigenous peers.

To help cover the remaining costs (and to make sure she has enough bannock for everyone!) Ruby has decided to sell Orange T-shirts with her "Every Child Matters" logo on it. Ruby's original painting, along with her story behind the meaning, can be found in the showcase by the gym at Prescott Learning Centre. If you are able, please help support this important initiative by purchasing an Orange Shirt and carry the message forward that Every Child Matters! Stay tuned for Powwow Practice dates to follow!

Please Contact the Office for more Details

Picture Day is Coming!

Kindergarten Celebration Pictures on May 1 & 2, 2024
Prescott Learning Centre

What to Expect:

-  Students are photographed on Picture Day.
-  Pictures are sent home with your child.
-  Review pictures & purchase on mylifetouch.ca.

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture requested by the school.

Questions? Please contact Customer Service at 866-457-8212.



Lifetouch.



@MemAnimeClub

5\$ ADMISSION
Saturday, May 4
11:00am - 4:00pm

Memorial Composite High School,
50 Westerra Centre, Stony Plain



MEMFEST
2024

JOIN US FOR:

- Anime Viewing
- Artists & Vendors
- Video Games
- Contests and More
 - Drawing and Colouring Contest
 - Cosplay Contest
 - Ramen Eating Contest
 - Yu-Gi-Oh! Tournament (Bring Your Own Cards)



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

Final Orders are Due April 30th. [Puma Wear Order form](#)

or contact the office at prescott@psd.ca



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

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
 780-960-9669
www.neighbourlinkparkland.ca
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
 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
 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 . 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
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 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain | 780-963-3110 |
| Grace's Table (2 nd 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 |