



Prescott Weekend Update



May 26th, 2024

Prescott Learning Centre

340 Pioneer Road
Spruce Grove, AB T7X 0T1
Phone: 780-571-8079
Email: prescott@psd.ca

Principal:

Mr. Chris Shaw
chris.shaw@psd.ca
[@seedshaw](https://www.instagram.com/seedshaw)

Assistant Principal & Inclusive Education Lead:

Ms. Heather Huisman
heather.huisman@psd.ca

Assistant Principal & Inclusive Education Lead:

Mrs. Esther van Beek
esther.vanbeek@psd.ca

Head Secretary:

Valerie Bradford

Secretaries:

Shelby Warkenten
Rae Woods

Website:

<https://prescott.psd.ca/>

Facebook:

<https://www.facebook.com/PrescottPSD>

Good Afternoon PLC Families:

Last week I shared with you the importance of classroom placements for students transitioning into the next grade. This week I'd like to explain the parameters we need to consider in honouring your request for a specific classroom placement. The majority of student placement requests we've received in past years are for friends and even siblings to be placed in the same (or in some cases separate) classes or for kids to be placed with a specific teacher. Interestingly, families often request a specific teacher based on perceptions from older siblings or acquaintances, or even from comments online. While personalities matter in terms of forming a trusting and caring student/teacher relationship, the educational equivalent of a 'Yelp' review is probably not the best way to determine which students should be in which teacher's class.

That said, your insights on your child(ren)'s preferences and personality, their learning needs, and their interests are invaluable when assigning students to classrooms. In terms of balanced and manageable learning spaces, your input, along with the recommendations from your child's current teacher(s) and the educational assistants with whom they work closely offer us the best opportunity for a successful placement for next year.

Regardless, despite our best efforts, it is quite frankly impossible to honour each and every request. While 865 (and counting) students spread over 10 grade levels certainly offers greater flexibility to honour requests, with so many moving parts there will invariably be some of you who will be disappointed that your child didn't get the teacher or classmates that you requested. As I mentioned last week, we need to ensure we are managing our resources, in particular, our human resources as effectively as possible. Unfortunately, managing these resources isn't always congruent with placement requests, particularly when it involves friend requests.

Last year we asked for your requests in late spring rather than in August. This approach allowed us to incorporate parent/guardian requests into the recommendations of your child(ren)'s teacher(s). Although not perfect, from our perspective, we feel having your requests sooner than later made for better placements.

Therefore, I'll ask that if you have any additional information about your child(ren) that would help us with an appropriate placement, if you have any other questions about our placement process, or if you have a specific request for your child(ren)'s classroom placement next year, please email the school at prescott@psd.ca on or before Monday, June 10th (I'll include a reminder in the June 9th Weekend Memo). Please include:

- Your First and Last Name
- Your Child's First and Last Name
- The Grade Your Child Will be Entering NEXT YEAR
- A Brief Description of the Reason(s) Behind Your Classroom Placement Request.

Unless there are exceptional circumstances, we will not be honouring classroom requests or changes after June 10th. Nor will we be making changes to class lists after they are finalized unless there is a change in enrollment or staffing that makes it necessary for us to rebalance classes. Finally, to avoid any disappointment as a result of the aforementioned circumstances, we will not be sharing your child's classroom placement until August. Again, I'll ask that you submit your classroom placement requests by emailing the school at prescott@psd.ca on or before Monday, June 10th. We have a lot of opportunities for families to volunteer for great activities and events upcoming that I have highlighted below. And without further ado, here's what's happening at PLC this week:

Important Events This Week				
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Gr. 8 Field Trip Camp YoWoChas		Hot Lunch: Mary Brown's		Wednesday Schedule Freezie Friday
Important Events Next Week				
Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
	Gr. 7 Field Trip to GMac Royal Canadian Artillery Band Graminia Family Night Session	(The Final) School Council Meeting of 2024 @ 6:30	Hot Lunch Jack's Last Day Term III CTF	Tuesday Schedule Freezie Friday Try Me Try-Athlon Gr. 9 Farewell @6:30

Athletics/Badminton/Soccer Dates This Week*

Monday	
Tuesday	Co-Ed Soccer Game vs High Park @ Greystone Field 1 - 4:00
Wednesday	Co-Ed Soccer Practice 3:00 - 4:30 @ Jubilee Park
Thursday	
Friday	Parkland County Athletic Association Zone Track Meet

*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

PowerSchool Shut Down - With Term III report cards set to drop at the end of June, in order to allow teachers to prepare and input report card comments we will be shutting down PowerSchool Access to students and families on May 31st. If you have any concerns regarding marks, missing assignments, or attendance, please contact your child(ren)'s teacher directly. Report Cards will be available at the end of the day on June 27 when access opens up again. Thanks in advance for your patience and understanding.

May Puma Pride Event - Outdoor Classroom Day/Week - While the actual Outdoor Classroom Day was last Thursday, May 23rd, thanks to our hardworking Grade Three team, we have turned this into a week-long event. Classes are joining in on any of the days that they choose and as many times in a day that they choose by tracking their own outdoor learning minutes and submitting the total hours for prizes such as seasonal treats including popsicles and ice cream. There will be winners for Kindergarten through Grade 3, Grade Three through Six, and finally Grades Seven through Nine. While activities such as playground time, outdoor gym classes/daily physical activity, and walks are ineligible, other learning activities done outside such as reading, math work/math alouds, nature learning, and other outdoor learning projects count toward rewards. And with the recent weather, this Puma Pride Event has been extended into next week. This is our ninth Puma Pride activity intended to build a greater sense of community. Our final activity for the year is scheduled to be 'Rockin into the Summer' in June.



Candy Gram Fundraiser Donation – The Grade Three Candy Gram money has all been donated. We have sent \$820 to each of these three charities --- Stollery Children's Hospital Foundation, Against Malaria Foundation, and the Parkland Food Bank. We believe that this makes it our largest candy gram donation so far. Thanks to everyone who purchased and Candy Gram and thanks to our Grade Three students, educational assistants, and teachers who helped out.

Pet Parade! Tuesday June 4th - For the end of the year the CTF Kindness Project Grade Seven/Eight/Nine class, on Tuesday June 4th PLC will be hosting a Pet Parade. The Parade will take place between 10:30 am and 11:40.

Parents are asked to bring their friendly, housebroken pets on leash, cat backpack, and fish or reptiles in their bowls or cages. Students will meet their parents and collect the pets so they can 'parade' through a guided course. Parents are asked to remain at the school during the parade and asked to bring a 'pooper scooper', bags, or other items in order to clean up after pets. Popcorn will be sold for two dollars with all proceeds going towards an animal friendly fundraiser. Once again, I need to reiterate that this event is for well behaved, leashed/contained, house broken animals. If you have any questions regarding eligible animals, please email me at chris.shaw@psd.ca.

Grade One to Three Field Day Volunteer Information - We are very excited to announce that Prescott Learning Centre will be having our second annual Field Day for grades 1-3 students. Field Day will be held on June 11th at PLC for the whole day! Each classroom will be divided

into two groups to participate in the events. Each group of students will be travelling to the 20 event stations as a group the whole day. We are looking for volunteers who will lead our classroom groups for the day and also manage activity stations.

If this is a role that interests you, please reach out to dana.vasileff@psd.ca. Thank you in advance for volunteering! Mrs. Vasileff.

Smoothie Day

Volunteers - As part of our food program at the end of the year we provide healthy smoothies to all of our students. These are particularly exciting days for kids, one that they all look forward to. In order for this to happen, we need to ask your help. If you are able to help out in any or all of the dates and times listed in the graphic below please reach out to



valerie.bradford@psd.ca. I assure you the smiles and appreciation will be well worth the time.

Stronger Together June Newsletter: Summer's Coming Edition - 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. This month's issue is full of events and activities for June and throughout the summer. You can find the June Newsletter at: <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

Read-A-Thon Update - Our Read-A-Thon closes this Monday (tomorrow)! Prescott Learning Centre extends a heartfelt THANK YOU to our school community! We're incredibly proud of our readers and grateful for your support. Below is a link you can use to easily email them about supporting our fundraiser:

<https://www.read-a-thon.com/readers/tool/323739393933/1>

Please be aware that all funds are in US Dollars, please plan accordingly. Thanks again, for helping us support your children in their growth in literacy.

PLC Fundraising Foundation Update - Freezie Fridays! May 31st, June 7, 14 & 21

\$1/ half jumbo Freezie - \$2/ full jumbo Freezie







*Grades K-2 are also included! Feel free to send money with your child, if you choose, and their teacher will collect it and arrange with our volunteers to have their freezies delivered at lunchtime. *

Upcoming Hot Lunch Dates and Vendors: May 29th - Mary Browns



June 6th - Jack's June 12th - Pizza 73

Too Sick for School - PSD has created an infographic for families looking for guidance on when you should or shouldn't send a sick child to school. The Too Sick for School Guide deals with coughs, rashes, gastro-intestinal concerns, sore throats, eye infections, and fevers. Please refer to the graphic below for more information.

Too Sick for School?

COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN
Cough is mild and infrequent or is related to allergies.	Have a mild rash but no itching and/or fever.	Free from diarrhea and vomiting for at least 24 hours.	Have a sore throat but no other symptoms.	Have infection but began antibiotic drops/ointment at least 24 hours ago.	Fever-free for 24 hours without using fever reducing medication.
 COUGHING NOT ALLERGY RELATED	 RASH	 DIARRHEA/ VOMITING	 SORE THROAT	 EYE INFECTION	 FEVER
STAY HOME IF Coughing won't stop or having other breathing problems.	STAY HOME IF Have a body rash with itching and/or fever.	STAY HOME IF Experienced diarrhea or vomiting within the past 24 hours.	STAY HOME IF Have a sore throat with persistent cough and/or fever.	STAY HOME IF Eye is red and oozing a yellow or green discharge.	STAY HOME IF Have a temperature of 100°F (37.8°C) or higher.

Still not sure? Call the school office for help.

Previously Shared Information

Thank you From Mrs. Mills - Mrs. Mills would like to thank the students, Admin and staff for a very positive experience in the Music room at Prescott, while filling in for Mrs. Surrendi/ Fleming. She will no doubt return to the school to sub in the future and we look forward to seeing her soon.

Art Club Update - Please note that the last Art club for the school year will be June 10th!

Grade Seven Gauss Math Contest - The annual Gauss Math Contest, hosted by the University of Waterloo, took place last week and we're delighted to announce that 23 of our top grade 7 students took part. This contest serves as a platform for students to showcase their mathematical skills and problem-solving abilities, and we couldn't be prouder of their accomplishments. It's truly inspiring to witness their dedication to academic excellence and their enthusiasm for mathematics. This achievement is a testament to their hard work, perseverance, and passion for learning. We're incredibly proud of each and every one of them and will share their results when they are available.

PSD Elementary Summer School - Once again, Parkland School Division is offering summer school to those children who require a boost in their numeracy and literacy skills. If you have a child who would benefit from summer school, please see the details below: Summer school is for those students in grades; 2, 3, 4, 5 or 6 for the 2024-2025 school year. If you have a child that would benefit from this, we encourage you to [register](#) them as soon as possible.

Spruce Grove Summer in the City Camps - We are excited to share information on the City of Spruce Grove's summer programs with you. Discover a summer of adventure and creativity at Spruce Grove's Summer in the City Camps! Check out the link below:

- Registered programs such as Art Explorer Camp for budding artists and Adventure Camps filled action, biking, and hiking.
- Free programs including the Pop-Up Playground that might be offered right at your local playground.
- The Log Cabin is back in action offering Teen programs on a registered or drop-in basis.
- Our Leaders in Training program for those teens looking to add work experience to their resume.
- We have something for everyone aged 6 to 18. Let your child's imagination soar and their skills grow in a fun and supportive environment. Register now for a summer they'll never forget!

Dates: Jul. 8th – Aug. 23rd, 2024

Ages: 6-18 years old

Location: Varies depending on the program Program Fee: Varies depending on the program

Register [HERE](#) or visit our website for more information:

<https://www.sprucegrove.org/community/programs/summer-in-the-city/>

Please refer to the Flyer at the end of this memo

Teen Takeover at the Tri Leisure Centre - Hey, teens of Spruce Grove! This event is for you! And it's FREE! Teen Takeover is a night where parents stay home and teens get the opportunity to "take over" the TransAlta Tri Leisure Centre. Teens 13-18 will have exclusive access to the pool and gymnasium at the TLC for FREE from 9–11 p.m. on May 25! Join in and bring your friends for a night of fun with swimming, drop-in gym activities, and free food!

Date: Saturday, May 25, 2024 - Ages: 13-18 years old - Location: TransAlta Tri Leisure Centre

Time: 9–11 p.m. (with sign-in and bag checks starting at 8:15 p.m.)

Program Fee: FREE, however, pre-registration is required

Register [HERE](#) or visit our website for more information:

<https://www.sprucegrove.org/community/programs/teen-takeover/>

Please refer to the Flyer at the end of this memo

School/CTF (Option) Course Fees (Over) Due - As we begin planning for next year, a reminder that school fees are now overdue. Now more than ever these fees are vital to ensure students and staff are provided with the requisite resources for learning. If you have any questions, please reach out to me or contact the office.

Registration Reminder - If you have yet to complete the registration, I ask that you do so ASAP. If you are having problems completing the registration, please contact the office at prescott@psd.ca

Final Thoughts - With one foot firmly planted in this school year and another stepping towards next I'm sure you've gathered that we are hopping here at the school. I need to ask for your patience in awaiting a response to your questions or concerns for anything but emergencies. Better yet, for a quicker response, please 'cc' my wonderful assistant principal's in any email's you may send our way or ask to speak with any administrator when you call the school. Don't worry, we'll get back to you, it just might take longer than any of us would like for non-emergent concerns.

Once again, if you have any questions or concerns, or have any topics of interest you would like me to discuss in future weekend memos, 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

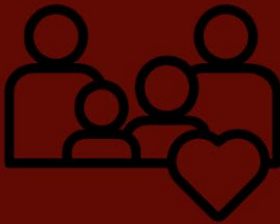
Thanks again for taking the time to read this week's memo. Chris

GRAMINIA FAMILY SESSION NIGHT



OPTIMIZING CONVERSATIONS

Kelly Maxwell - Edmonton Regional Consortium



Learn a few practical Dialectical Behaviour Therapy (Dbt) skills to improve communication with children and everyone they interact with at home, at school, and beyond.

These skills are valuable in everyday conversations and meetings with family members, school staff, school council members, and work colleagues. Participants will gain practical tools and strategies to better understand and manage emotions and enhance their communication skills to create more respectful and effective interactions in all areas of their lives.

TUESDAY MAY 28

6:30 PM - 8:30 PM IN THE LIBRARY

The content of these sessions are intended for adults or older teenagers. Families are welcome to bring their children as childcare will be available but younger children will not be able to stay in the session.



Summer fun is about to begin in Spruce Grove!

**From Art Explorer and Adventure Camp,
to Teen Retreat, Leaders in Training, and
Pop-Up Playground, there's something for
everyone ages 6-18**



**For complete program information:
sprucegrove.org/SITC**



Location:
TransAlta Tri Leisure
Centre

Time:
9-11 p.m.
(Sign-in & bag checks
start at 8:15 p.m.)



Date:
May 25, 2024

Ages:
13-18

Cost:
Free!
(registration required)

Teen Takeover is a night where parents stay home and teens "Takeover" the TransAlta Tri Leisure Centre. Teens have exclusive access to the pool and gymnasium at the TLC. Join us for a night of swimming, drop-in gym activities, food, and friends.

TO REGISTER:

- ONLINE: [SPRUCEGROVE.ORG/TEENTAKEOVER](http://sprucegrove.org/teentakeover)
- BY PHONE: 780-962-7632
- IN PERSON: BORDER PAVING ATHLETIC CENTRE (MAIN FLOOR), 9 TRI LEISURE WAY

For more information visit: sprucegrove.org/TeenTakeover





**FRIDAY
June 7
2024**



REGISTRATION OPENS

**FRIDAY
MAY 10**

FIND DETAILS AT

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



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



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



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
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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
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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