



# Prescott Weekend Update



June 2<sup>nd</sup>, 2024

## Prescott Learning Centre

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

### Principal:

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

### Assistant Principal & Inclusive Education Lead:

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

### Assistant Principal & Inclusive Education Lead:

Mrs. Esther van Beek  
[esther.vanbeek@psd.ca](mailto: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:

I'd like to begin this week with some wonderful news. With the support of our School Council and through the amazing work of our PLC Fundraising Foundation and their volunteers, this week construction is scheduled to begin on our outdoor classroom. Through the Hot Lunch program, Freezie Friday's, the Halloween Dances, and the countless other fundraisers, the PLCFF has successfully raised the necessary tens of thousands of dollars for the construction of the circular structure which will be located between the school and the Cantiro Centre/YMCA daycare.

Not only will this create a four-season outdoor learning space for all of our students, it will also serve as a play structure for our kinder students over recess, lunch, and of course, to all kids outside school hours. This week fencing is scheduled to go up around the space in the north-west corner of the school and equipment will be brought in as construction progresses. During this time we will be adding extra supervision during peak times to ensure everyone is safe. I'll ask that you exercise extra caution during morning pick up and drop off times.

As a school community we have been incredibly fortunate to have a fundraising foundation that works tirelessly to provide the 'the nice to haves' for our school and our students (you'll recall these are the folks who raised hundreds of thousands of dollars for our playground). And they...Just. Keep. Going. They are also a great group of people who, quite frankly, are fun to be around. On behalf of everyone in the PLC community, I'd like to thank the PLCFF executive, and all of the volunteers for the outdoor classroom, the playground, and the countless other gifts they have provided to our school. We are grateful, and will now reap the rewards, for your efforts.

If you want to be a part of a great team, the PLCFF meets every second (school) Wednesday of the month. We next meet a week from this Wednesday on June 12th at 6:30 pm. You can share as little or as much time as you are

able. And I can assure you that it will be well worth your time to get involved. Again, to the PLCFF and all of the volunteers who shared their time and effort, thank you so much; your gifts will continue to serve our school long after your kids have moved on. You have made our school a better place for everyone. There's a lot going on this week, so this week's memo's a bit longer than usual:

Important Events This Week				
Monday 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>
	Pet Parade @ 10:30 am	New Kinder (2024-2025) Play Day Gr. 7 Field Trip to GMac (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 pm
Important Events Next Week				
Monday 10 <sup>th</sup>	Tuesday 11 <sup>th</sup>	Wednesday 12 <sup>th</sup>	Thursday 13 <sup>th</sup>	Friday 14 <sup>th</sup>
Last Art Club of the Year	Gr. 9 English Language Arts PAT Pt. B	Gr. 9 English Language Arts PAT Pt. B Hot Lunch Pizza 73 PLCFF Meeting @ 6:30 New to SGCHS Parent Night	Gr. 9 Math PAT Pt. A Gr. 2 Field Trip, Dow Centennial Centre	Monday Schedule Freezie Friday Try Me Try-Athlon Gr. 9 Farewell @6:30

#### Athletics/Badminton/Soccer Dates This Week\*

Monday	Playoffs vs Copperhaven @ Greystone (Field 2) 4:15
Tuesday	TBD
Wednesday	TBD
Thursday	TBD
Friday	

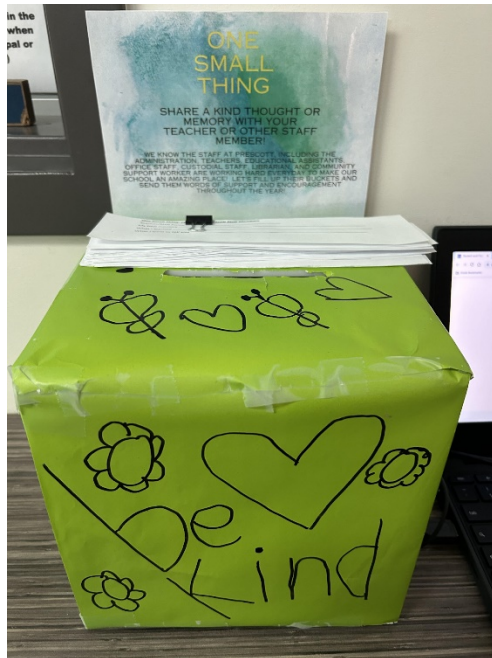
\*These times are subject to change.

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 to your calendar on your device.

#### New and Updated Information

**June School Council Meeting Wednesday @ 6:30 pm** - This Wednesday we will be holding our final School Council Meeting of the year starting at 6:30 in our Collaboration Centre. All are invited to attend. Discussion items include a Trustee Report from a PSD board member, and a staff report from Mrs. Blanchet on school wellness. I will be sharing our results report from the last school year as well as a draft of next year's development plan, our proposed fee schedule

for next year, and a staffing update for next year including information regarding French Language instruction in Grade Six. In person and virtual invitations will be in your inbox tomorrow, I hope to see you there to answer in person any questions you may have.



**One Small Thing** - Speaking of School Council, if you have been in the office recently you may have noticed a bin on the shelf when you first enter to the right of the door. This year council has created an opportunity for PLC families and friends to 'share a kind thought or memory with your [child's] teacher or other staff member. On top of the green bin you'll see sheets for you to fill out to send words of support and encouragement to our hard working support staff and teachers. If you have a positive message or thought, please take a moment to share it by dropping it in the 'One Small Thing' bin in the office.

**Grade 1-3-Field Day: June 11th** - Thank you so much to those parents who have reached out to volunteer for our second annual Field Day for Grades 1-3. There are some spots left to fill so if you are still interested, please email [ivy.dauhsmann@psd.ca](mailto:ivy.dauhsmann@psd.ca) Please note the following information from last week's PSI:

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 on **June 11th at PLC** for the whole day! Last year, our Puma families really stepped up and made our day a huge success by volunteering to help in all areas. Please see below on how you can help out this year:

#### **Volunteer Opportunities:**

- There will be 20 events and we are looking for 40 parent volunteers to work in pairs at each station! Parent volunteers will be asked to arrive at 8:15 and meet in the large gym where you will get your station number and supplies. The stations will end in the afternoon at approximately 2:20. Supplies will be returned to the gym at that time. If you are interested in volunteering for this day, please email [ivy.dauhsmann@psd.ca](mailto:ivy.dauhsmann@psd.ca) to get your name added to the list. If you have a friend or family member that you would like to volunteer with, please note that in the email! Thank you in advance for helping make this event a success!

**NEW THIS YEAR: This year, there will be a special hot dog lunch for ONLY GRADE 1-3 STUDENTS on June 11th for the Field Day.** All proceeds will go to our Playground Committee's initiative to have the wood chips removed and replaced with rubber matting in our school playground. **The order will include a BBQ'd hot dog, bag of chips and a juice box. Orders will only be processed through your Hot Lunch account. Orders will OPEN tomorrow, May 27th and will CLOSE on June 7th.** Lunch orders will be delivered to your child's classroom at lunch time. Thank you in advance for supporting our initiative to replace the wood chips in our playground with rubber matting.

**2024 - 2025 Student Classroom Requests** - As I mentioned in last week's memo, we are asking that you provide your child(ren)'s classroom placement requests on or before Monday, June 10th. If you have any 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](mailto: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](mailto:prescott@psd.ca) on or before Monday, June 10th. If you have any questions, please reach out to the office.

**Music notes: Choir** - The Puma Performers have completed their year; thank you for such great singing, and I look forward to next year!

**Prescott's Got Talent:** Due to unforeseen circumstances, we will not be having a school-wide talent show this year. However, Grade 1-5 students can perform for their peers during music classes between Wednesday, June 12 and Friday, June 14th, (whether or not they auditioned). Mrs. Surrendi (Fleming) and Miss Liddell will have a sign-up sheet during music classes this week. If your child is in grades 6-9 and they wish to perform, have them come see Mrs. Surrendi Monday at lunch recess to plan a time when they can come perform for a class. Please contact Mrs. Surrendi if you have any questions at [Shauna.Fleming@psd.ca](mailto:Shauna.Fleming@psd.ca)

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

**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 shut down PowerSchool Access to students and families last Friday, 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.

**Smoothie Day Volunteers: Thank You!** - A big thanks to those of you who have volunteered to help out with our smoothie days. All of our positions have been filled. We really appreciate you taking the time to help out. If you have any questions about your shift please reach out to [valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca).

**Local No-Cost Mental Health Resources for Children & Youth** - As you are well aware, PLC supports students' wellness far beyond the classroom. With summer just around the corner, I'd like to share the support available for families to access in the event a crisis arises. From our school psychologist Mrs. Wilkinson, at the end of this week's memo, I have included information on mental wellness tools for teens aged 13 to 18, community connector support, and mental health crisis support for youth that Alberta Health Child, Youth and Families Addiction and Mental Health provides no-cost mental health therapy **for students**. Parents can self-refer by contacting the intake line:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001856&serviceAtFacilityID=1131580#contentStart>

As well, the Westview PCN Youth Mental Health clinic provides no-cost wrap around mental health services for youth ages 11-24. Parents can contact a Community Connector directly, or speak to physician or school for a referral: <https://www.westviewpcn.ca/youth-mental-health>

If your child is struggling this summer, please be sure to reach out for these important resources.

**Read-A-Thon Final Update** - Prescott Learning Centre extends a heartfelt THANK YOU to our school community! We're incredibly proud of our readers and grateful for your support, which made our fundraiser a success. Our students had a wonderful time reading. We can't wait to host another Read-A-Thon next year! We raised over \$13,000 (CAD) and read a total of 174,851 minutes! Thanks again from all of us at Prescott Learning Centre. We can't wait to host another Read-A-Thon next year! Big thanks to our librarian Mrs. Briscoe for all of her hard work. Thanks again, Prescott Learning Centre

**Library Book 'Scavenger Hunt'** - Speaking of librarians, The PLC Library book circulation will wind down the week of June 10, 2024. This means all library books are now due back. Any books not returned by June 26, 2024 are subject to a PowerSchool charge at the replacement cost of the title. As always, we are happy to take a donation of a gently used book (of equal value) to replace lost books. Please help your child by encouraging them to search common places for books to hide. A book scavenger-hunt might include searching:

- In the family vehicle
- Under your bed



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.
 <p><b>COUGHING</b> <small>NOT ALLERGY RELATED</small></p>	 <p><b>RASH</b></p>	 <p><b>DIARRHEA/ VOMITING</b></p>	 <p><b>SORE THROAT</b></p>	 <p><b>EYE INFECTION</b></p>	 <p><b>FEVER</b></p>
<b>STAY HOME IF</b> Coughing won't stop or having other breathing problems.	<b>STAY HOME IF</b> Have a body rash with itching and/or fever.	<b>STAY HOME IF</b> Experienced diarrhea or vomiting within the past 24 hours.	<b>STAY HOME IF</b> Have a sore throat with persistent cough and/or fever.	<b>STAY HOME IF</b> Eye is red and oozing a yellow or green discharge.	<b>STAY HOME IF</b> Have a temperature of 100°F (37.8°C) or higher.

**Still not sure? Call the school office for help.**




**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 fo:

- 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. 8<sup>th</sup> – Aug. 23<sup>rd</sup>, 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** - As I mentioned in my opening as we begin our scheduling for next year having accurate numbers for next year's planning is invaluable. Your completed registrations do more than you realize in helping us balance classes and resources for the upcoming school year. 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](mailto:prescott@psd.ca)

**Final Thoughts** - I'd like to wish our co-ed soccer team luck as they head into their first playoff game this Monday and would like to congratulate all of our Jr. High track athletes for their great performances at the PCAA Meet last Friday. For our Grade Nine families I'm looking forward to seeing you at the Farewell this Friday at 6:30 pm. For more information please reach out to your child's teachers.

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

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

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

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

**TRY-ME TRY-ATHLON**  
powered by **PARKLAND SCHOOL DIVISION**

**FRIDAY June 7 2024**

**REGISTRATION OPENS** **FIND DETAILS AT**

**FRIDAY MAY 10** [www.psd.ca/division/student-wellness/try-me-try-athlon](http://www.psd.ca/division/student-wellness/try-me-try-athlon)



STONY PLAIN PSYCHOLOGY AND WELLNESS

# IS YOUR CHILD OR TEEN STRUGGLING TO MANAGE THEIR EMOTIONS....



- Is worry or sadness interfering with their ability to do the things they would like to do?
- Is irritability becoming unmanageable?
- Are emotions interfering with their relationships?

**Monday-Thursday**

**Session 1: 9:00-12:00 p.m OR Session 2: 12:30-3:30 p.m**

(July and August dates will depend on participant registration)

**Location: Metafitness & Wellness (46 Boulder Blvd Stony Plain, Alberta).**

**FOR INQUIRIES CONTACT TERILYN PETTEFER R.PSYCH**

**EMAIL: [TERILYN.PETTEFER@THERAPYSECURE.COM](mailto:TERILYN.PETTEFER@THERAPYSECURE.COM)**

**PHONE: (587) 207-4796**



Register your child (age 8-12) or teen (ages 13-17) for a summer series where they will learn to better understand their emotional triggers, develop healthy/ adaptive coping strategies with stress. They will explore concepts involving optimistic thinking, assertive communication, improving personal self-care and relationship skills.

Session cost: \$50/hour (total cost \$600) can be reimbursed by privately funded insurance companies for those who qualify for psychological interventions in the group setting.

# NEW TO HIGH SCHOOL PARENT & STUDENT NIGHT



JUNE 12, 2024



COME AND FIND OUT ALL ABOUT YOUR NEXT FEW YEARS AT SGCHS!



Large Gym  
1000 Calahoo Rd  
Spruce Grove, AB



7:00 - 8:00

# MENTAL WELLNESS TOOLS GROUP

Ages 13-18

Mondays for 4 weeks starting in June  
10:30am-12pm

WestView Primary Care Network  
(205-505 Queen Street, Spruce Grove)

**LEARN TO  
IDENTIFY  
YOUR  
EMOTIONS**

**LEARN TO  
PROBLEM  
SOLVE**

**PRACTICE  
SELF-CARE**

**DISCOVER  
NEW COPING  
TOOLS**



**TO REGISTER:**

**CAROLINE.PEEL@WESTVIEWPCN.CA**

**OR 780-960-9533 OPTION 2**



# Community Connectors



The Community Connector supports youth ages 11-24 and their families in accessing community and mental health support by working collaboratively with community stakeholders, social service agencies, and health care providers.

Community Connectors act as a living library of health and wellness resources available in the community, provincially, and virtually. Rather than calling 811 or searching the internet, they can provide information to meet the individualized needs of youth.

## How to Refer

Referrals can be made to the Community Connector by the school administration, local physicians, or any community agency. Youth and families may also self-refer by directly contacting the Community Connector. To make a referral or self-referral, please send the Youth's first and last name, contact information and areas where support is needed through phone or email using the contact information below.



**Michelle Enright**

Stony Plain and Parkland County  
Call or Text 780-217-4146



**Alex Brent**

Spruce Grove and Parkland County  
Call or Text 780-220-0290

**An Important Note:** Community Connectors are NOT crisis workers. They can direct you to the appropriate crisis resources. If there is a youth in crisis, please connect with the following crisis support:

### Mental Health Crisis Teams

If this is an emergency, call 911 or go to your nearest emergency department.

For the National Suicide Crisis Line, dial 988.

Intervention, assessment, and problem-solving:

- 17 and under: 780-407-1000
- 18+ ACCESS 24/7: 780-424-2424 Option 2

If you need someone supportive to talk to:

- 24/7 Kids Help Phone: 780-668-6868 or Toll Free: 1-800-668-6868 or Text CONNECT to 686868
- 24/7 Distress Line: 780-482-HELP(4357)
- 24/7 2SLGBTQIA+ support line: Brite line: 1-844-702-7483
- 24/7 Indigenous support: Hope for Wellness Help Line: 1-855-242-3310 or [www.hopeforwellness.ca](http://www.hopeforwellness.ca)



780-960-9533 Option 2  
[www.westviewpcn.ca](http://www.westviewpcn.ca)

| [communityconnector@westviewpcn.ca](mailto:communityconnector@westviewpcn.ca)  
| Instagram @TriRegionYouthHub



Last edited April 22, 2024



WestView Primary Care Network  
If there is an emergency, please contact 911.  
Please contact any of the helplines or resources below for support

## MENTAL HEALTH CRISIS RESOURCES

### Suicide Crisis Helpline 988

If you are under 18 and need someone supportive to talk to...

- 24/7 Kids Help Phone: 780-668-6868 or Toll Free: 1-800-668-6868 or Text CONNECT to 686868
- 24/7 2SLGBTQIA+ support line: Brite line: 1-844-702-7483
- 24/7 Indigenous support line: Hope for Wellness Help Line: 1-855-242-3310 or online chat at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

If you are under 18, or a parent of a youth under 18 in a crisis and need help with problem solving, intervention, or an assessment of the situation...

- Mental Health Crisis Team for Children and Youth: 780-407-1000

If you are an adult and need someone supportive to talk to...

- 24/7 Distress Line: 780-482-HELP(4357)
- 24/7 Rural Distress Line (outside of Edmonton Area): 1-800-232-7288
- 24/7 2SLGBTQIA+ support line: Brite line: 1-844-702-7483
- 24/7 Indigenous support line: Hope for Wellness Help Line: 1-855-242-3310 or online chat at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

If you are an adult, in a crisis and need help with problem solving, intervention, or an assessment of the situation...

- 24/7 Adult Crisis and Response Team: 780-424-2424, option 2.

## WALK-IN COUNSELLING SERVICES

This service offers a 50 minute, solution- focused, single therapy session on a first come first serve basis with a focus on exploring specific issues and possible solutions. **Please call ahead to determine wait times.**

### Ages 5-17

- **Northgate Mental Health Clinic:** 780-342-2700; #2020, 9499 137 Ave Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **St. Albert Mental Health Clinic:** 780-342-1410; 30 Sir Winston Churchill Ave St. Albert AB (Wednesdays 12:30pm - 4:00 pm)
- **Rutherford Mental Health Clinic:** 780-342-6850; #202, 11153 Ellerslie Rd, Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **Leduc Clinic:** 780-986-2660; Centre hope Building on the 2nd Floor 4906 – 49 Ave Leduc AB (Wednesdays 12:30pm - 4:00 pm)

### Ages 11-17

- **Youth Mental Health Clinic:** 780-960-9533 option 2; #205 – 505 Queen Street Spruce Grove AB (Fridays 9:00 am – 2:30 pm)

### Ages 12-25

- **Kickstand Connect: Virtual Walk In Mental Health and/or Substance Use Counselling** Mon & Thurs 1PM - 9PM; Weds 5-9PM. Book through [mykickstand.ca/connect](http://mykickstand.ca/connect)

### Adults (18+)

- **ACCESS 24/7:** 780-424-2424; Anderson Hall 10959 102 st Edmonton AB. East facing entrance along 102 St on the main floor of Anderson Hall. Open 24/7, Walk in until 10pm, after 10pm call 780-424-2424 option 2.

Updated Jan 2024



**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](https://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](https://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](https://sprucegrove.org/TeenTakeover)**





# 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](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