



Prescott Weekend Update



June 9th, 2024

Prescott Learning Centre

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Spruce Grove, AB T7X 0T1
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Email: prescott@psd.ca

Principal:

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@seedshaw

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Website:

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

Facebook:

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

Good afternoon PLC Families:

Before I begin this week's memo, I need to give you a heads up that the front parking lot will be closed this Tuesday right after morning drop off due to the Grade One to Three Field Day. I'll ask that you please leave a bit earlier and be patient as we all work to accommodate this wonderful event and to keep everyone safe. I will send out a reminder Monday evening as a reminder.

Here we are, the second week of June. For our Jr. High students, in particular those in Grade Six and Nine, June means final exams. In May I shared details about the Provincial Achievement Tests (PATs) written by all Grade Six and Nine students across the province. While this week I'll focus on the PATs, there is important information for all Jr. High families whose children will be writing final exams.

Starting this week, on Wednesday the 12th and Thursday the 13th our Grade Nines will write their multiple-choice Part B Language Arts exams and long answer Part A Math exams respectively. From Tuesday the 18th through Thursday the 20th, the Grade Nines will complete their multiple-choice Part B Science, Math and Social Studies Exams while the Grade Sixes will complete their Part B (multiple choice) Science and Social Studies Exams. You can find the specific exam dates on the second page of this document: <https://www.alberta.ca/assets/documents/ed-pat-administration-schedules.pdf>

You recall I mentioned that in late March Alberta Education cancelled the Language Arts and Mathematics portions of the exam for Grade Sixes. I also mentioned that because last year's tests were compromised with questions and answers appearing on social media, the exams this year will occur on fixed dates as determined by Alberta Education.

Understandably, final exams, particularly, high stakes exams like Diploma Exams (Grade Twelve), and to a lesser degree PATs and final exams in general, can cause considerable stress on students. While little good can come from overwhelming or maladaptive stress, a bit of 'adaptive stress' builds confidence and resilience. In order to strike a balance, I need to ask that

you take the time to have a discussion with your Jr. High child(ren) that final exams in general, and the PATs specifically, are an important milestone in their education. I'll also ask that you do your best to have them start reviewing their notes now. Studying fifteen minutes a night in the weeks leading up to the exam is far more effective than cramming the night before an exam. Doing this will go far in building confidence and alleviating stress in the days and weeks leading up to the tests. Also, please ensure that the night prior to the exam they get a good night's sleep (cell phones away), and on the morning of the test, they eat a healthy breakfast and are at the school on time.

I also need to ask your help in ensuring that personal technology stays out of the testing classrooms. As I mentioned in May, 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. Alberta Education has strict rules for violations which may result in a zero on an exam. For all involved it is simply much easier to leave the technology at home for the day. Thank you.

In the New and Update Information of this memo you will find the Grade Seven and Eights final exam schedule. Finally, I'll ask that if your child is sick (please refer to the 'Too Sick for School' guide provided below) you keep them at home. Otherwise please ensure your child(ren) is at school on exam dates. Lastly, if you have any questions or are curious about what the PATs are about, please check out the PATs Parent guides that I have included here:

https://www.alberta.ca/system/files/custom_downloaded_images/edc-grade-9-parent-guide.pdf

https://www.alberta.ca/system/files/custom_downloaded_images/edc-grade-6-parent-guide.pdf

And, here's what else is happening this week at PLC:

Important Events This Week				
Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
Classroom Placement Request Deadline for 24- 25 (see below) Last Art Club of the Year	Gr. 1-3 Field Day (Front Parking Lot Closed After Morning Drop Off)	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 pm Field Day (Rain Out Date)
Important Events Next Week				
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
	Gr. 9 Math PAT Pt. B	Grade 6 & 9 Social Studies PAT Kinder Jubilee Spray Park (Mon/Weds)	Grade 6 & 9 Science PAT Kinder Jubilee Spray Park (Tues/Thurs) Gr. 3 U of A Botanical Garden Field Trip	Thursday Schedule National Indigenous Peoples' Day Freezie Friday

Athletics Dates This Week*

Monday	
Tuesday	Gr. 1-3 Field Day
Wednesday	
Thursday	
Friday	Gr. 1-3 Field Day Rain Out Day

*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

Last Call 2024 - 2025 Student Classroom Requests Tomorrow 3:00 pm! - Tomorrow, June 10th, is the last day to submit your classroom placement requests for next year. 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 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. If you have any questions, please reach out to the office.

June PLC Fundraising Foundation Meeting

Wednesday @ 6:30 pm - Fresh off of the construction of our outdoor classroom, this Wednesday we will be holding our final PLCFF meeting of the year starting at 6:30 in our Collaboration Centre. All are invited to attend. In person and virtual invitations will be in your inbox tomorrow, I hope to see you on Wednesday. Speaking of the PLCFF, the outdoor classroom was installed this week in just under three days. It looks fantastic and is a welcomed addition to your school community. Again, big thanks to the fine folks at the PLCFF for a job well done!



Grade Seven and Eight Final Exam Schedule - Grade Seven and Eight Final Exams will begin on the 17th and run through to the 25th. All of our final exams will be after lunch on these days. **STUDENTS WILL BE REQUIRED TO BE AT SCHOOL IN THE MORNINGS!** We will be reviewing for exams these mornings. If you have any appointments these days (PM ONLY) that can not be changed, please ensure you let your child(ren's) teachers know asap so that they can accommodate your child. These exams will begin at 12:45 and run through the entire afternoon until 3:00 pm. The Grade Seven final exams schedule is as follows:

Weds. June 19th - Language Arts
Mon. June 24th - Social Studies

Thurs. June 20th - Mathematics
Tues. June 25th - Science

The Grade Eight final exams schedule is as follows:

Mon June 17th - Social Studies
Weds. June 19th - Language Arts

Tues. June 18th - Mathematics
Thurs. June 20th - Science

To parents and guardians, I need to ask for your support in having students stay until the 3:00 pm bell on exam days. While it is entirely your prerogative to have your students leave after they have completed their exams I am concerned that in doing this we will be incentivizing students to rush through exams in order to leave early. However, if you do need your child to leave early I'll ask that you let the office know in advance, or if at all possible, please come to the office to sign your child out yourself. The sheer volume of students asking to leave after exams makes it difficult if not impossible to attain parent permission for a child to leave early. Simply, we aren't in a position to call every parent if a child wants to leave early. If you have any questions please talk to your child's teacher(s).

Grade 1-3-Field Day Tuesday June 11th - Our second annual Grade 1-3 Field Day is **THIS TUESDAY!** We just want to say a special thank you to all of the parents who stepped up to volunteer their time for the day. Your support does not go unnoticed and you make our school a better place.

Below are a few items to note if you are signed up as a volunteer for a station:

- Please arrive at PLC no later than 8:00 and meet in the large gym.
- Check the volunteer chart for your name to see which station you are assigned.
- Find that station sign- You will find a map, instruction card and supplies for your station.
- Use the map to find where you will head out with supplies to set up.
- At the end of the day, you will bring those supplies back to the large gym to be put away
- Our recess and lunch breaks will stay the same and those times will also be your break. There will be a 15-minute recess break and a full hour at lunch. See you on Tuesday, June 11th.

If you are signed up as a classroom volunteer, please arrive with your child at 8:00. Last week we had a final call for volunteers, and we were literally overwhelmed with responses. Please arrive at the school at 8 and we will place you where needed!

Finally, we will be hosting a concession with treats and snacks for students throughout the day. Please feel free to send change as all proceeds will go towards the rubberized playground project. **Thank you.**

Traditional Indigenous Games Grade Six to Eight - In anticipation of National Indigenous Peoples Day, on Monday June 17th, staff and students from Kitaskinaw School will be coming to share teachings as well as teach traditional games to our gr. 6-8 students. Students will then be broken up into groups and learn 4-5 traditional games. Each session will be approximately 40 minutes.

In our planning for classes, we will try to connect blocks with PE that day and will be mindful of any final exams in the afternoon. As part of the day, each group will have a session to learn with drummers and have an opportunity to smudge from an elder. If you have any concerns about the smudge or the smoke please reachout to me at the office or contact your child's teacher.

Pet Parade Feedback - On behalf of everyone here at PLC we'd like to take a moment to thank everyone who participated in our first ever Prescott's Pet Parade(!) last Tuesday. We appreciate your patience and participation as we start a new tradition for our school!

As part of your involvement, we would love to hear your feedback on how to improve in years to come! I'll ask that you take a moment to fill out this survey so we can make next year's event even better. You can find the [Pet Parade survey link here](#). If you have any problems accessing the survey or have anything specific that you would like to discuss in person, please contact josh.grier@psd.ca. Once again, thanks to Mr. Grier and his Kindness PProject CTF for hosting this wonderful event.

University of Waterloo's Gauss Math Contest -Congratulations to 24 of our Grade 7 mathletes who accepted the challenge to write the University of Waterloo's Gauss Math Contest. Special mention goes out to the following students who finished in the top 25% of participants in the country:

Grayson P, Naomi G, Marianna M, Logan N, Zelany V, Reggie C, Jazlyn W, Iris L, Emma T, Shepherd I, Hayley W, Sara B, Eve P, Lucas B.

Huge congratulations to the top 4 students in our school! Lucas B, Eve P, Sara B and Hayley W.



Music notes - Our recorder unit is complete for the year. Some students asked to take their recorders home for the summer. Please ensure they end up in a safe place so families do not have to purchase another one in the fall. If your child did not bring one home, they are safe at school until we play again! Mrs. Surrendi Shauna.Fleming@psd.ca

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

PLC Fundraising Foundation Update - Freezie Fridays!: June 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. *

The Final Hot Lunch Date and Vendor: Weds. June 12th - Pizza 73

Previously Shared Information

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.



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.









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>

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.

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 Cough is mild and infrequent or is related to allergies.	COME TO SCHOOL WHEN Have a mild rash but no itching and/or fever.	COME TO SCHOOL WHEN Free from diarrhea and vomiting for at least 24 hours.	COME TO SCHOOL WHEN Have a sore throat but no other symptoms.	COME TO SCHOOL WHEN Have infection but began antibiotic drops/ointment at least 24 hours ago.	COME TO SCHOOL WHEN 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.					

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
- In the toybox
- In the shoe closet
- Tidy your room
- Under the couch cushions
- In the classroom, bins, shelves, etc.

Happy book hunting!

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 for:

- 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.

Final Thoughts - For fear of sounding like a broken record, yet again it was a busy week at PLC, between our inaugural pet parade (we never tire of opportunities to welcome you, the parents and guardians, into our school) and the ever classy Grade Nine Farewell, there was much to see and do. Big thanks to Mr. Grier and his CTF Kindness Project students for all of their work on the Pet Parade and to Mr. Podhaniuk, Mrs. Long, Mr. Grier, and to Mrs.

Haggarty and her Grade Nine Farewell students for a great evening. And if this wasn't enough, thanks to the efforts of our PLCFF we also opened up our long awaited Outdoor Classroom. And hold tight, this week we have our second annual Field Day for our Grade One through Three students on Tuesday. Whew.

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

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

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

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.



JUNE 12, 2024

NEW TO HIGH SCHOOL PARENT & STUDENT NIGHT



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



780-960-9533 Option 2
www.westviewpcn.ca

| 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

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

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

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





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