



Prescott Weekend Update



June 16th, 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
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Assistant Principal & Inclusive Education Lead:

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Head Secretary:

Valerie Bradford

Secretaries:

Shelby Warkenten
Rae Woods

Website:

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

Facebook:

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

Good afternoon PLC Families:

First of all, Happy Father's Day to all the great dad's today. Hope you have a wonderful Sunday.

This Friday, at our school and at schools across Canada, we will be marking National Indigenous Peoples Day. On or around summer solstice, many indigenous communities past and present have celebrated their respective cultures on what is typically the longest day of the year. Back in 1996, in the spirit of reconciliation, then Governor General Romeo LeBlanc made the proclamation declaring the 21st of June National Indigenous Peoples Day.

Initially, we had planned a visit tomorrow from students and staff from Kitaskinaw School to share a morning of traditional indigenous games with our Grade Five through Eight students. Unfortunately, we've had to reschedule the visit until the fall.

Fortunately, this Friday we will have a visit from our friends from Alexis Nakota Sioux Nation. You'll recall that in our previous two Powwow Practices the singers from Alexis have done a masterful job of carrying the evening with their indigenous rhythms and song. They will also be joined by dancers from Alexis as well. Elder Charlie will be along to share his stories and experiences, knowledge keeper Bernice will take part of the day to teach some Stony language to students by playing games like "Simon Says", and classes will also be visited by Teresa, an expert traditional beader, who will be sharing her skills with our students.

I need to let you know that part of the day's activities on Friday will involve smudging. Smudging is a traditional ceremony which involves the burning of sweetgrass, cedar, or in our case, sage that is used to purify the heart, mind, and spirit. If your child has allergies/asthma, or if you would prefer your child not be involved in the smudging, I'll ask that you reach out to your child's teacher before Thursday.

On a completely different note, I need to draw your attention to the Provincial Achievement Exams for Grades Six and Nine and Final Exams for Grades Seven and Eight that will be

starting/continuing this week. Please refer to the dates and times in the 'Important Dates' section just below and the blurb in the 'New and Updated Information' section of this memo. We may be down to our last two weeks, however the school is busier than ever. Here's what else is happening at PLC this week:

Important Events This Week				
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Gr. 8 Social Studies Final (pm)	Gr. 9 Math PAT Pt. B (am) Gr. 8 Math Final (pm)	Gr. 6 & Gr. 9 Social Studies PAT (am) Gr. 7 & Gr. 8 LA Final (pm) Kinder Jubilee Spray Park (Mon/Weds)	Gr. 6 & Gr. 9 Sci. PAT (am) Gr. 7 Math Final (pm) Gr. 8 Sci Final (pm) Kinder Jubilee Spray Park (Tues/Thurs) Gr. 3 U of A Botanical Garden Field Trip	Thursday Schedule Freezie Friday National Indigenous Peoples' Day
Important Events Next Week				
Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th
Gr. 7 SS Final (pm) Gr. 6-8 SGCHS Assembly (See Below) (am) Gr. 1, 2 & 9 Field Trip - Landmark Theatre	Gr. 7 Sci Final (pm) Gr. 1 & Gr. 1/2 (Pidhaichuk) Spray Park Field Trip Athletic Awards @ 5:00 pm	Gr. 2 Spray Park Field Trip Gr. 8 Field Trip WEM Water Park	Last Day for Students Report Cards Live on PowerSchool @ 3:00 pm Grade 5 Field Trip - QE Pool and Kinsmen Sports Park Gr. 6 Field Trip - Landmark Theatre	Staff Professional Development & Planning Day (No Students)

Monday, August 19th: Main Office Opens
Wednesday, August 28th: First day of Classes for Students

Athletics Dates This Week*

Monday	N/A
Tuesday	N/A
Wednesday	N/A
Thursday	N/A
Friday	N/A

*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

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	Thurs. June 20th - Mathematics
Mon. June 24th - Social Studies	Tues. June 25th - Science

The **Grade Eight** final exams schedule is as follows:

Mon June 17th - Social Studies	Tues. June 18th - Mathematics
Weds. June 19th - Language Arts	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).

Swimming Lessons - Last week I reported that the Grade Twos would be on a swimming lesson field trip this week. This is not the case. My apologies for any confusion this error may have caused.

Athletic Awards - On Tuesday, June 25th at 5:00 pm we will be hosting our second annual Athletics Awards at the school. The awards are for students who participated in an PLC Extracurricular School Athletic Team Sr. Jr. A, Jr B; volleyball, Grade five to Nine cross-country, basketball, badminton, track and field, and soccer. Players who earn team awards including most valuable player, outstanding defensive player, rookie of the year, heart and hustle, and leadership will also receive a certificate. To cap the evening, we will also be awarding the outstanding female and male athletes of the year. All families are invited to attend, the doors open at 5:00 pm.

Grade 6-8 CTF Student Course Request Survey - As we continue our preparations and planning, this week will be sending out our Career and Technology Foundations (CTF/Option) course selections for this year's Grade Six, Seven, and Eight students. Next year, CTF course will be held once a week (rather than this year's twice a week) on Wednesday. Students will

choose three courses over each of the three terms of the school year. The survey will include a link to the course descriptions for next year's potential course offerings listed on the school website at <https://prescott.psd.ca/programs/options>.

Students will rank their top five choices, and we will look to accommodate their top requests. The survey will be sent to Grade Six Through Eight students and families on Tuesday June 18th and will close on Thursday, June 27th. Students will be placed into courses in August before the school year starts. I'll ask that you take a moment to sit with your child to work through course selections as many courses have an additional fee attached. Please contact the office if you have any questions.

PSD Inclusive Parent and Community Advisory Panel for the 2024-2025 - PSD is looking for parents to join the Inclusive Parent and Community Advisory Panel (IPAC) for the 2024-2025 School year- Applications remain open until July 3rd.

The Call for New IPAC members is now live on the PSD website and will also be advertised on Facebook. Here is the link: [Call for Inclusive Education Parent and Community Advisory Panel \(IPAC\) Members](#)



June Puma Pride: Prescott Grammy Awards:

Our Grade Two Team has planned our final Puma Day for Tuesday, June 25th. The theme will be PRESCOTT GRAMMY'S! Each class is asked to decide on a genre for their class and dress as a band with a creative name! Your child's teacher will submit an album cover photo for the class. Classes will be judged on creativity,

consistency, and amount of students who participated. The winning classes in each division will win a pizza party the last week of school! Please watch for an email from your homeroom teacher with more details! Thank you for a great school year!

New High School Update - Attention all future Panthers. To keep the community informed and engaged, a new section has been launched on the Spruce Grove Composite High School (SGCHS) website dedicated to the replacement school project that your child(ren) may attend some day. This new page will provide regular updates and important information about the progress of the project. Parents, students, and community members can access the latest developments and find answers to their questions by visiting the [SGCHS Replacement School Project](#). PLC is also excited to welcome a delegation from SGCHS, including Principal, Cameron Robertson and Assistant Principal, Warren Moody. They will be presenting more to students between Grades 6 - 8, on the exciting plans that have been drawn up so far in the design phase of this project. This presentation will offer a closer look at what the future holds. The assembly will take place on Monday, June 24th at 10:20 am.

Smoothie Day Volunteers: Thank You! - A big thanks to those of you who have volunteered last week to help out with our smoothie days. The smoothies were great and the smiles were everywhere. Thanks for giving up your valuable time to support such a great event. This, and so many other activities, simply would not happen without you.

DLR This week...and Next - After over 800 attendees over the course of the year, this Thursday the 20th will mark the last Directed Learning Room (DLR) of the year. If you require an afterhours space for your child to finish some school work, please contact your

child's teacher directly. On behalf of the Grade Five through Nine staff members, I would like to thank you for your support and cooperation in working together to make your child(ren) successful. We'll be starting DLR up again in September

Lost and Found - With the school year winding down I'll ask one last time that the next time you are in or around the school that you first check in the office and then have a look through our lost and found box. Surprisingly, there are fewer items in there than in the past. After the last day of classes on June 27th we will be bagging up items and donating them to charity.

PLC Fundraising Foundation Update - (The Final!) Freezie Friday!: June 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.

Previously Shared Information

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.



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.

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>

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 Project CTF for hosting this wonderful event.

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.



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

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.
 <p>COUGHING <small>NOT ALLERGY RELATED</small></p>	 <p>RASH</p>	 <p>DIARRHEA/ VOMITING</p>	 <p>SORE THROAT</p>	 <p>EYE INFECTION</p>	 <p>FEVER</p>
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.

Library Book 'Scavenger Hunt' - 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 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. 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 - As we head into the last two weeks of the school year, I'd like to end off with a word of thanks to the many parents and family members who volunteered to help out with the Grade One, Two, Three Field Day. The weather was great, the kids had a blast, and we absolutely could not have done it without you. Also, thanks to Mrs. Vasileff and her crew for the hard work in organizing the events. Our second annual event was a great day indeed.

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



The flyer is a colorful graphic with a green and yellow background. It features a central circular logo with two arrows forming a circle, labeled 'CITY OF SPRUCE GROVE TEEN TAKEOVER'. To the left of the logo, a light green circle contains the location and time. To the right, a dark blue circle contains the date, ages, and cost. Below these circles, a yellow box contains a paragraph of text. At the bottom, there is a 'TO REGISTER:' section with three options: online, by phone, and in person. The City of Spruce Grove logo is in the bottom right corner.

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://www.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://www.sprucegrove.org/TeenTakeover)

The City of SPRUCE GROVE

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.

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.



**NOW IN
ST. ALBERT!**

SING WITH US!

REHEARSALS START SEPTEMBER 10

Edmonton Young Voices is now in St. Albert! Offering choral programs for K-Grade 6. No experience necessary!

Learn more or register:
edmontonyoungvoices.ca
or contact manager@eyv.ca



JUNIOR CHOIR (K-GRADE 3):

Tuesdays at Red Willow
Community Church
(15 Corriveau Ave)
5:00 PM - 6:00 PM

CHILDREN'S CHOIR (GRADES 4-6)

Tuesdays at Red Willow
Community Church
(15 Corriveau Ave)
6:00 PM - 7:30 PM

ABOUT US

Our choral program is uniquely designed to provide children and youth with their first introduction to the exciting art of choral singing and, as they learn and grow, a comprehensive choral and vocal education that challenges and inspires them.



Edmonton
Young Voices
St. Albert



**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