



# Prescott Weekend Update



June 23<sup>rd</sup>, 2024

## Prescott Learning Centre

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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](mailto:@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:

This week marks the 39th and final Weekend Memo of the school year. And I would like to share my appreciation and gratitude for your trust in our school and input in helping make it a better place for our students. I don't think it will surprise anyone that things these days are difficult for most everyone, some more than others, and schools are no exception. The struggles that we have all seen in our community are often reflected in the challenges we see at the school. And while most of us look forward to summer holidays, for some the time away from school can cause disruption and stress. If you haven't noticed, for the past month, with the help of our school psychologist Mrs. Wilkinson, I have included a variety of community support resources at the end of the memo. And the reason is that if you find your child or even yourself struggling this summer, I can assure you that you are not alone. Please check out the resources at the end of this memo. And please call if you need them, they are there to support you and your loved ones.

Despite the many challenges we have faced this year, I can say with confidence that we have also experienced much growth as a school community. Some of this growth has been painful, as change most often is. But overall, we continue to do bigger and better things for our students.

And for this, I need to acknowledge the incredible efforts of an incredible staff. I can't count the number of people I have worked with over nearly thirty years in education. But the way in which your child's teachers and support staff here at Prescott work so hard, despite increasing expectations and responsibilities, makes me proud to be a part of this community. I can assure you, your kids are in the hands of great educators who truly care about kids and want what's best for the school. As a sidebar, I have asked them to put their emails on vacation mode for the summer. If you have an emergency please contact myself and my assistant principals at:

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

One of us will get back to when we can. Thanks for taking the time to stay informed about all of the many things that have been going on at the school over the past year. That said, we still have four days before students leave for the break. Here's what is happening this week:

Important Events This Week				
Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>
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) Puma Pride: Prescott Grammys Gr. 1 & Gr. 1/2 (Pidhaichuk) Spray Park Field Trip Athletic Awards @ 5:00 pm	Gr. 2 & 3 Spray/Splash Park Field Trip Gr. 6 Field Trip Swimming Tri-Leisure (am) 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 & 7 Field Trip - Landmark Theatre	Staff Professional Development & Planning Day (No Students)
Important Events Next 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>
Canada Day (No School)	Summer Vacation	Summer Vacation	Summer Vacation	Summer Vacation

Monday, August 19th: Main Office Opens

Wednesday, August 28th: First day of Classes for Students

#### Athletics Dates This Week\*

Monday	N/A
Tuesday	Athletics Award @ 5:00 pm
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

**New Province Wide Cell Phone Policy** - Last week the Minister of Education, Demetrios Nicolaides, shared the results of a provincial survey which will lead to broad changes regarding changes to cell phones and social media in schools. You can find more information on the

Government Web Page here: [Limiting Distractions In Alberta Classrooms](#). It is important to point out that students with medical needs or other concerns will still have access to their devices.

While it is too early to determine exactly what this will look like next year, a cursory glance suggests that much of what is in the legislation is what we are already doing here at the school. You'll recall last year around this time I sent you a survey asking for your input regarding cell phones and other technology and based on your responses it would appear that this announcement will compliment what has been happening at the school over the past year. I assume that I'll have more information for you in the fall.

**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:

<del>Weds. June 19th - Language Arts</del>	<del>Thurs. June 20th - Mathematics</del>
Mon. June 24th - Social Studies	Tues. June 25th - Science

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

<del>Mon June 17th - Social Studies</del>	<del>Tues. June 18th - Mathematics</del>
<del>Weds. June 19th - Language Arts</del>	<del>Thurs. June 20th - Science</del>

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).

**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.

**Final 23-24 Schools Fees Statements** - The final fee statements will be emailed out on Monday June 24th. Please make sure you log on to your Parent Portal to clear your accounts before June 30th. If you have any questions please contact Val Bradford in the office at 780-571-8079 or a [valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca).

**Athletic Jersey Return** - Speaking of fees, we still have quite a few school jerseys that haven't been returned from athletic teams. These jerseys are quite costly to replace and any jerseys that haven't been returned will be added to the final fee statements. We'll ask that you take a moment to check in closets and under beds in order to avoid a painful surprise on your final fee statement. If you have any questions please reach out to Mr. McNaughton at [carson.mcnaughton@psd.ca](mailto:carson.mcnaughton@psd.ca).

**Grade 6-8 CTF Student Course Request Survey** - Last week we sent out our Career and Technology Foundations (CTF/Option) course selections for this year's Grade Six, Seven, and Eight students. Next year, CTF courses 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 must use their PSD Email/PSD Blogs account on the Google Form in order to confirm their choices:*** (e.g. *NameA1234@psdblogs.ca*). 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.

**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 GRAMMYS! 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.

**PowerSchool/Report Card Access Opens Thursday 3:00 pm** - Term III report cards will be accessible through PowerSchool this Thursday at 3:00 pm. If you have any problems accessing the report card please contact the office.

**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.

**Stronger Together July/August 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 throughout the summer. You can find the July/August Newsletter at: <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

**Spruce Grove Saints Billet Families** - The Spruce Grove Saints are in desperate need of more billet families for this upcoming season. There will be boys aged from 16-20 years old, and will come with the utmost respect & appreciation. The Saints are looking for families that are willing to be a home away from home for these great boys.

If you are interested or have any questions please reach out to the Saints Billet Coordinator Tammy @ 780-307-7240.

**PLCFF Update** -  SCHOOL SUPPLIES!  2024-2025

Every year the PLCFF provides the option for families to order their school supplies online! This also serves as a fundraiser for our school! If you would like to order supplies for next year instead of searching the stores for everything you need, follow the instructions below!

★  Orders close July 30th ★

FOR ONLINE ORDERS:

- Go to [www.write-on.ca](http://www.write-on.ca)
- Click on "PARENTS – Order Here"
- School Name: Prescott Learning Centre - SPRUCE GROVE
- Choose your grade and place your order.
- Complete your order by clicking 'PLACE ORDER'
- You will receive an automatic email confirmation to confirm your order has been received
- We accept VISA, MC, AMEX, Visa Debit and Interac On-line.

Thanks, Lacey Clark, President, Prescott Learning Centre Fundraising Foundation

**Snack Cart - Rubberized Playground Fundraiser (Pt. I)** - On Tuesday, June 25th, the grade 1-2 hallway will have the opportunity to purchase treats from a treat cart that will be coming to each classroom during lunch eating time! This will be like a mini concession on wheels. The items on the treat cart will be the same items that were offered at the Field Day concession! If you would like your child to participate, please send money in the morning! All proceeds will go to our playground initiative to replace the wood chips with rubber matting!

**Used Book Fair coming in 2024! Rubberized Playground Fundraiser (Pt. II)** Do you have gently used books that you are looking to get rid of? We'll take them! Prescott will be having a used book fair next school year and if you are decluttering this summer, please save those gently used books for us. Please wait for an announcement in the fall for dates, times, and when to bring your books to school.

**Rubber Matting Committee Update** - We have some incredible news! Prescott Learning Centre has been awarded the Kal Tire Replay Grant of \$20,000 towards our rubber matting initiative at the school playground.

"Supporting inclusive projects is vital in the growth and development of communities, and we are pleased to take part in this playground project in Spruce Grove. I look forward to working with Prescott Learning Centre in bringing this project to life."

- Scott Taylor; Manager Spruce Grove Kal Tire Location

Our project currently has half the funds needed to complete this inclusive initiative at PLC. If you have questions or are interested in supporting this project, please email [play4everybody@gmail.com](mailto:play4everybody@gmail.com). Thank you!

### **Previously Shared Information**

**DLR Over** - After over 800 attendees over the course of the year, last Thursday was the last Directed Learning Room (DLR) of the year. If you require an after hours space for your child to finish some school work this week, 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

**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](#)

**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](mailto:josh.grier@psd.ca). Once again, thanks to Mr. Grier and his Kindness Project CTF for hosting this wonderful event.

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



**PARKLAND**  
SCHOOL DIVISION



Attendance Matters

**Library Book 'Scavenger Hunt'** - All library books are now overdue back. Any books not returned by this Wednesday, 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. 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/teentakeover/> 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** - If your child played on a school sports team this year I look forward to seeing you one last time this Tuesday at 5:00 pm in the main gym for our Athletic Awards. All Grade Five to Nine students who played on a Sr. Jr. A, or Jr B; volleyball, cross-country, basketball, badminton, track and field, and soccer extracurricular school athletic teams are invited to attend with their families. This will be a low-key affair with acknowledgements, a few stories, and a few awards. Again, I hope to see you there.

I wish everyone a great summer with good weather and wonderful adventures. To those moving on to other schools, please take care. And those students who are returning, we'll see you in the fall.

Thanks for taking the time to read this week's memo, and all the other weekend memos throughout the year. Chris



The poster features a central green circle with a blue and yellow logo that says "CITY OF SPRUCE GROVE TEEN TAKEOVER". The logo includes two curved arrows forming a circle. To the left of the central circle is a light green circle containing event details: "Location: TransAlta Tri Leisure Centre", "Time: 9-11 p.m. (Sign-in & bag checks start at 8:15 p.m.)". To the right is a dark blue circle containing: "Date: May 25, 2024", "Ages: 13-18", "Cost: Free! (registration required)". Below these circles is a yellow box with text describing the event. At the bottom, there is a "TO REGISTER:" section with icons for online, phone, and in-person registration, followed by the City of Spruce Grove logo.

**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)** 

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.

# 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.



**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](http://edmontonyoungvoices.ca)  
or contact [manager@eyv.ca](mailto: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](https://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](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
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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](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
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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 <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