



Prescott Weekend Update



Sept. 2nd, 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.facebook.com/seedshaw)

Assistant Principal:

Ms. Heather Huisman
heather.huisman@psd.ca

Assistant Principal:

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

Inclusive Education Lead:

Mrs. Nicole Blanchet
nicole.blanchet@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 I'd like to share with you the details of an upcoming fantastic event. Last year we held our inaugural Terry Fox 24 Hour Marathon here at the school and we raised an astounding \$7500! This year, we are looking to break the five-figure mark for Cancer Research. The marathon is broken into two distinct activities; a walk/run for all students during the day, and an overnight marathon for grades six through nine students. The goal is for the entire school to match the 7924 km distance Terry intended to walk on his Marathon of Hope.

On Friday September 13th as a school, staff and students are going to be doing a walk/run to and around Jubilee Park. The Kindergarten and Grades One and Two students will be doing 1 lap, the Grade Three through Six students 4-6 will be covering 3 laps, and the Grades Seven through Nine classes will be doing 5 laps. But that's not quite enough - that leaves about 2974 km that still needs to be walked or run.

Which leads us to our big event, the 24-Hour Marathon of Hope. We are having Grade Six through Nine students form teams of between 5-8 in order to sign up and complete the remaining kilometers over 24 hours here at the school starting at 12 noon on Friday Sept. 13th through to noon on Saturday, Sept. 14th. Students will take shifts completing a running and/or walking circuit through the halls in the school. Before participating, students require written permission from a parent or guardian.

Like last year, teams will set up a 'base camp' in the large gym. Kids are encouraged to bring and play board games, shoot hoops, pass a volleyball, even bring a TV and video game. We will have separate, supervised quiet/sleep zones for boys and girls. Teams are encouraged to dress up as there will be prizes for the best team costumes, for the team and class that raises the most money, and random prizes throughout the event.

How can you help? First and foremost, before we ask for more help, we want to say thank you. Last year, with the help of

students and parents/guardians we exceeded our original goal by more than double than what was originally expected. Not only did those proceeds go towards cancer research, students worked together and helped build a sense of community and purpose with outstanding results; all for a worthy cause. With that said, if you are able to donate towards the Terry Fox foundation, it is greatly appreciated. Any amount makes a difference, as we have seen, a community coming together makes a big difference.

We would love to have you join us in this adventure. Our big ask is that we need your help as parents and guardians to come as volunteers and join the PLC staff and cheer on the children over this period of 24 hours. We are asking for volunteers to join staff members in supervising at various spots around the school, in the gyms, and to help out with the pizza supper Friday night and the pancake breakfast Saturday morning. If you are able to join us for a two, three, or hour shift it would be amazing to have you partake in this with us! While this definitely a fun event, it helps instill a sense of pride in our school, create a sense of community, and provide a feeling of accomplishment, both by completing the marathon and by giving back to our community for the worthiest of causes. Please keep an eye out for the forms that were sent home last week. If you have any questions please reach out to Mr. Grier josh.grier@psd.ca or me at the school. I hope to see you on the 13th and 14th,

Important Events This Week				
Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
Labour Day (No School)	Kindergarten Staggered Entry	Gr. 7-9 Assembly (am)		Monday Schedule
Important Events Next Week				
Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
	Evacuation Drill (Weather Permitting)	CTF Term One Begins		Terry Fox 24 Hour Marathon Tuesday Schedule

Athletics Dates This Week*

Monday	N/A
Tuesday	Sr. Boys Volleyball Tryouts
Wednesday	Cross Country Running Meeting @ Noon Jr. Girls Volleyball Tryouts
Thursday	Jr. Boys Volleyball Tryouts
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

School Council/PLCFF Meetings - We will be holding our first School Council of the year on Wednesday Sept. 11th at 6:30 here at the school. School Council meetings are your

opportunity for direct input in the daily operations of the school as well setting the school's direction for the future. I invite you to come out and meet the PLC administrative team. An invitation and reminder will be sent out on Sept. 9th.

School Handbook - As I mentioned last week, the school handbook has been uploaded to the PLC website. In the handbook you'll find information on our school's processes and procedures, events and dates, the student code of conduct, and contact information for staff. You can view the document at <https://prescott.psd.ca/parents/school-handbook>.

Medical Concerns/Awareness - A reminder that if your child has a medical concern that the school should be aware of please contact the office. For example, with the amount of wasps in and around the school it is important that we are aware of any allergies your child may have and that we have a plan to deal with any emergencies that may occur. All information will be treated with the utmost respect and discretion.

Parking Lot Safety - I'd like to extend a thank you to all of you for your patience and care in the parking lot last week. Because of you, start-up was safe for all. I do need to ask that when dropping off your child you be mindful of which side they exit the vehicle, particularly if they are exiting on the 'traffic' side. Just an observation from last week. Thanks in advance.

Grade Seven - Nine CTF Survey Redeux - From the department of 'no good deed goes unpunished', We will be re-ministering the Career and Technology Foundations (Complimentary/options) course survey this week. Despite our efforts to be proactive by administering the survey last spring, staffing changes and the unusually high influx and efflux of students has made course placement difficult. We will be posting course descriptions and re-administering the survey tomorrow/Tuesday.

Extracurricular Activities - Choir: Keep an eye open for Music Notes from Ms. Surrendi in our PLC Weekend Memo; information about choir will be coming out shortly.

Cross Country Running: The sign up meeting for cross country running will happen at noon this Wednesday. There are six scheduled events on Thursdays through September and October beginning on the 12th. Cross Country is opening to students in Kindergarten through Grade nine. Thanks to Mrs. Blanchet and Ms. Rachuk for acting as coaches this season.

Volleyball: Over the past two seasons PLC has fielded no less than seven volleyball teams each season. We anticipate that this will continue for 2024 -2025. If the turnout from last Thursday's Sr. Girl tryouts are any indication we will have seven teams again. We will be starting with Sr. Volleyball tryouts over the next couple of weeks for students in grades 7-9:

Sr. Girls tryouts	Thursday, Aug. 29th 3:10 pm-4:30 pm
Sr. Boys Tryouts	Tuesday, Sept. 3rd 3:10 pm-4:30 pm
Jr. Girls Tryouts	Wednesday, Sept 4th @ 3:10 - 4:30
Jr. Boys Tryouts	Thursday, Sept 5th @ 3:10 - 4:30

Students in younger grades will be invited to tryout for junior and developmental volleyball after senior tryouts have concluded.

Last year, our volleyball programs were so popular that we added three extra teams to our usual four boys and girls senior and junior teams. However, in order to do this again this year, we are asking for community volunteers to work with teacher supervisors to support our junior and developmental teams. If you are interested in helping out please reach out to Mr. McNaughton at carson.mcnaughton@psd.ca.

Parent/Guardian Resources - Alberta Parenting for the Future has their fall program guide out and it looks like they have some great offerings. Of note, are parent education programs for teens and younger kids, grief groups for kids, information sessions about ADHD and substance use, and Sibshop which is a support group for kids who have a sibling with disabilities or significant needs. You can view their fall programming guide at: https://issuu.com/albertaparenting/docs/apfafall2024brochureforissuuinprogress?utm_medium=referral&utm_source=albertaparenting.ca

As well, Parents in Alberta can access the Positive Parent Program (Triple P) parenting course online, for free from this link: <https://www.triplep-parenting.ca/alb-en/find-help/triple-p-online/> Last, but certainly not least, Alberta Health Services offers FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics. You can view their newsletter at the end of this memo.

Previously Shared Information

2024 - 2025 PLC Staffing - I am happy to report that all but one of the educational assistants who were at Prescott last year will be returning this year. After the catchment area changes in previous years, this is welcome news indeed. That said, we have had a few changes in teaching positions. We have bid farewell to Mrs. Peet who has accepted a position at Woodhaven, Ms. Liddell who has accepted a position in the city, and to Ms. Lee, an EA, who has assumed a new position at another school. After 30+ years in education we bid a fond farewell to Mr. Podhaniuk. I would like to express my gratitude for having had the opportunity to work with such exceptional educators and great people; they will be missed. As well, Mrs. Schumacher and Mrs. Johnson both have taken the upcoming school year to be with their growing families. We all look forward to them visiting the office with their latest arrivals.

I am happy to announce that after a busy summer we will be joined by some new and familiar faces. Coming into grade one and three respectively, I'll ask that you join me in welcoming a pair of fantastic educators from Meridian Heights, Mrs. Rachuk and Ms. Strachan. After a great student teaching run last year, Mr. Pontikes is back covering grade five classes. Finally, after previous stints in kindergarten and grade one, Mrs. Wolter is back in kindergarten. Last but not least, Mrs. Long is back joining the grade six team after last year's stint in grade nine. If you see any of them out and about please take a moment to say hello.

Jr. High Timetable Changes - Over the past couple of years, through the hard work of PLC staff, our students have demonstrated remarkable growth on our numeracy and literacy benchmarking results, as well as overall improvements on provincial achievement exam results (you can find the details on our [school results report](#) from last year). In discussions with Jr. High staff, in order to continue to build capacity, support meaningful collaboration, and improve student achievement, the next logical step is a schedule for teachers that will reflect a more subject specific, rather than grade level, approach to instruction.

To prepare students for high school, teachers will now focus on subject specific, multigrade level instruction. What this will look like is that rather than a teacher teaching Math and Science or Language Arts and Social Studies in a specific grade, teachers will now teach the same subject over multiple grades. In some cases, this may result in a Jr. High student having three core teachers. Grouping teachers in this manner will allow for more opportunities for subject specific professional development and, depending on the subject area, greater opportunities to work with the school's numeracy, literacy, and inclusive education leads. That said, the main point of contact for communication across all grades remains your child(ren)s classroom teacher. If you have any questions or concerns, please contact me at the school.

New Province Wide Cell Phone/Mobile Technology Order - Just at the end of the last school year, the Minister of Education, Dr. Demetrios Nicolaides issued the Ministerial Order on [Standards for the Use of Personal Mobile Devices and Social Media in Schools](#). Briefly, the order prohibits the use of mobile devices including cell phones, personal computers, tablets, and even smartwatches (and other similar devices) while at school and prohibits access of social media platforms using school networks and devices. The order allows for the use of these devices for medical reasons or to support special learning needs at the discretion of the principal. It also allows for the use of personal devices and limited access to social media, also at the discretion of the school authority and principal.

The Minister has stated that schools and school authorities are to have policies and procedures related to the order in place by Jan. 1st, 2025. Fortunately, with your input, last year we instituted procedures related to cell phones that made mobile devices off limits for all students from kindergarten to Grade Six, and allowed for limited access to such devices outside of class time for Grade Seven to Nine students. In anticipation of the expected policy changes and in consultation with my administrative colleagues at Spruce Grove's other two K-9 schools, we have agreed to the following changes in relation to mobile devices starting Aug. 28th:

- Students from Kindergarten through Grade Six are to refrain from accessing cell phones and smart watches/smart devices while at school. These devices are to be on silent mode or powered off and stored out of view;
- Students in Grades Seven through Nine are to keep cell phones and smart watches/smart devices on silent mode or powered off and stored out of view while at school. However, Grade Seven through Nine students will be provided brief access to these devices during morning recess and at lunch hour. However, during the remainder of recess and at school during lunch hour, cell phones and smart watches/devices are to be on silent mode or powered off and stored out of view;
- For now, personal computers and tablets will be permitted at the discretion of the teacher or school administration during instructional time provided students use these devices for educational purposes and refrain from accessing social media sites and gaming applications, and refrain from communicating via said devices;
- All students are to refrain from accessing social media using school networks and devices.

The consequences for students who struggle to abide by the expectations outlined above remain the same as last year and are included in the updated school handbook which I will post shortly on the PLC website. Staff will be having conversations with students regarding these changes starting Wednesday.

Because of the timing of the ministerial order and the policy/procedure deadline this January, in all likelihood these expectations will change. However, considering the detrimental effects of online bullying and the educational and socio-emotional impact of social media on students, it is prudent that steps be taken to address a growing threat to the well-being of students.

Unfortunately, I have often had to confront a student who is torn between following the school's cellphone procedures and honouring their parents/guardian calls or messages. It is a tough situation for any kid. Because of this, I'll ask that you avoid calling or texting your child(ren) during class time. Our secretaries will be happy to pass on any messages you may have. I need to thank you in advance as we work towards a solution that is in the best interests of your child(ren).

Extracurricular Athletic Fees/Jerseys - Unfortunately, we still have quite a few outstanding athletic fees and jerseys that haven't been paid or returned from last season. Athletic programs are expensive endeavors that fall outside of school funding. Further, jerseys are extremely costly to replace. ***I need to let you know that before student participation in extracurricular can occur, activity fees must be paid and jerseys must be returned.*** 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 there are any financial circumstances that make it difficult for you to pay these, or any other fees, I'll ask that you reach out to [Ms. Bradford](#) or [me](#) directly so we can facilitate payment options. Any and all inquiries will be held in the utmost confidence. Our goal is to ensure that no child be prevented from participating in extracurricular activities due to financial hardship.

Prescott Travel Club Hello Prescott Families! As many of you may already know, Prescott is starting a Travel Club! We are planning to take a group of grades 7, 8 and 9 students to Quebec over spring break of the 2025-2026 school year! That means that if your student is entering grade 6, 7 or 8 this year (2024-25), they are eligible to travel with us! If you are interested in learning more about this exciting opportunity, please send an email to Mrs. Saysana at sarah.saysana@psd.ca.



Food Program Volunteers - Our volunteer lead Grab N' Go and Forgotten Lunch food programs have been one of the highlights during my time here at PLC. These programs, along with our Nutrition Nook fridges on the first and second floor have, and with your support will continue, to provide a healthy snack or meal for our students.

Typically, a volunteer will sign up for one morning or lunch break shift a week. Often, two or more volunteers work the shift together. Each shift lasts roughly an hour, and consists of preparing and distributing food to students. If you cannot commit during the school day we are also looking for volunteers as purchasers to pick up and deliver food items to the school.

Schedules are flexible, there are no meetings (okay, we did have one optional meeting mid-year last year to look for efficiencies, my bad), and our WhatsApp phone app makes finding coverage if you can't make a shift quick and easy. If you are able to help out, or have any questions,

please reach out to our head secretary Val in the office at 780-571-8079 or via email at valerie.bradford@psd.ca. Thanks in advance for helping out, and here's to a great year.

Final Thoughts - I'll end this week's update with an unusual 'ask' of you. The wasps are really bad this year; in the backyard, at the lake, and at the school. While we have been spraying the nests as we find them (a picture of Miss Huisman and me, our hoods tied tight around our heads has gone viral with the staff) we still have students getting stung. If at all possible, please avoid wearing bright coloured clothes until these nasty pests move off in the fall.

As always, if you have any questions or concerns please feel free to contact either me or my assistant principals at:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Take care, Chris

Caregiver Education Team Newsletter

September 2024



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Wellness Exchange Series

For adults supporting their own wellness or the wellness of a loved one.

Part 1: Problem Solving
Wednesday, September 11
6:00 – 7:30 pm

Part 2: Positive Activities
Wednesday, September 25
6:00 – 7:30 pm

Parts 3, 4 & 5 to be offered in October and November

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:
Tuesday, September 17
12:00 – 1:00 pm

Part 2:
Tuesday, September 24
12:00 – 1:00 pm

Participant Feedback:

“Very easy to understand and follow. Respectful, easy to open up with. [The facilitators] both seem genuinely interested in helping others.”

“Session leads were great. The info shared was VERY helpful.”

“This was an excellent session...Really liked the simplicity and practicality of the session. Much appreciated.”

“Keep these courses coming.”

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2024



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Tuesday, September 17

Time: 12:00 – 1:00 pm

For [caregivers](#) of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Tuesday, September 24

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"...videos/talking/examples was a good mix. Appreciate the virtual format for time management and enjoy that you ask for audience participation."

"The presenters are fabulous!"

"Love the time slot...Amazed at what can be covered in one hour. Appreciate these sessions."



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

September 2024



Wellness Exchange is a series of skill-building workshops that are modelled after the evidence-informed disaster recovery intervention found in *Skills for Psychological Recovery (SPR)*, applying the same action-oriented approach to non-disaster situations such as managing life's daily stressors.

Wellness Exchange Series

The goal of Wellness Exchange Workshops is to help increase our ability to cope with change, build resilience, and improve our overall well-being. Skills are taught in a **series of 5 different workshops**, each workshop focusing on a new skill.

Participants are welcome to join one or more sessions in the series.

Session 1: Problem Solving

In this session, we will practice problem-solving skills that help us clearly define our problems and look at a variety of possible solutions, address the entire situation and influence what we can, and increase our confidence in the decisions we make.

Date: Wednesday, September 11, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 2: Positive Activities

In this session, we will consider and plan for regular positive activities that help us feel more connected to ourselves, our values, and others, increase our sense of hope, meaning, and purpose, and improve our physical and emotional health.

Date: Wednesday, September 25, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Parts 3, 4 & 5 to be offered in October and November

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Wellness Exchange workshops are not group therapy, nor are they a substitute for the advice of a qualified health professional. The material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm that accuracy of the information, Alberta Health Services does not make any representation or warranty, express implied or statutory, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca



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

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