



Prescott Weekend Update



Sept. 8th, 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

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:

Over my 14 years in school administration I have always subscribed to what I call the 'consumer complaint counter's aphorism; 'for every person who brings a complaint or concern to our attention, there are nine other people who had the same concern or complaint who didn't say anything at all'. While there are a lot of benefits to this approach, there are also considerable pitfalls as well. Another aphorism, 'the squeaky wheel gets the grease', comes to mind. Simply, we often get a lot of feedback here at the school identifying problems or concerns, but we don't get a lot of feedback on what you think we need to work on to make things better or what you think we are doing well. Sure we have surveys and we look closely at our benchmarking data and Provincial Achievement Test results, but these are snapshots targeting very specific areas.

And this brings me to my point this week: school council. Here's the formal bit; school councils are mandated by the government, and for good reason. They are embedded in the Education Act and expected amongst other things to "...advise the principal and the board respecting any matters relating to the school..."; and to "...consult with the principal so that the principal may ensure that the fiscal management of the school is in accordance with the requirements of the board and superintendent". Informally, for us at the school, the school council is our 'ear to the ground' about what's occurring in our community and what we can do to meet the needs of our families. What you will notice is that nowhere does it say anything about fundraising. In fact, school councils are forbidden from doing any fundraising which is why we have a PLC Fundraising Foundation (who are amazing BTW). They do fundraising at arm's length from school councils and, at least in PLC's case, meet on a totally separate evening.

Now, for some, School Council sounds like one more meeting, one more commitment, on your already busy schedules. And while there are four formal executive positions that can be contested at the annual general meeting in October, chair, vice chair, secretary, and communications officer, attendance at any and all meetings is completely optional; meaning there is no commitment at all. What we need more than anything are different perspectives. We need to know what your concerns

and questions are, and you don't need to commit to ten meetings over the course of a school year to express your insights. You can just show up when you are available. In my experience, I can often explain or answer a burning question on the spot. And the more you understand the parameters surrounding how the school is operated, the better able you are to support your child in their education. And unless you are interested in an executive position, you will not be asked to volunteer for anything: period.

We will be holding our first School Council of the year this Wednesday at 6:30 here at the school. You can expect an update from one of our three Spruce Grove PSD board members/trustees and an update from me on enrollments, staffing, and upcoming school events. I invite you to come out and meet the PLC administrative team as well. I'll send out an invitation for virtual attendance tomorrow. Otherwise I hope to see you this Wednesday.

Important Events This Week				
Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
	Evacuation Drill (Weather Permitting) DLR Begins	CTF Term One Begins	DLR	Terry Fox 24 Hour Marathon Tuesday Schedule
Important Events Next Week				
Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
Book Fair	Book Fair AHS Gr. 6 Teaching Visit PLCFF Meeting @ 6:30	Meet the Teacher Night 5:30 – 7:00 pm Book Fair	Book Fair Evacuation Drill (Weather Permitting) Puma Pride: Represent Your Extracurricular Day PLC Jr. Volleyball Tourney	Professional Development Day (No Students Attend) PLC Jr. Volleyball Tourney

Athletics Dates This Week*

Monday	Jr B Girls Volleyball Tryouts @ Lunch Sr Boys and Girls jerseys and pictures Small Gym at Lunch Sr Girls and Boys Practice @ 3:00 - 4:30
Tuesday	Jr A Girls Team 1 & 2 Practice @ Lunch Jr A Boys and Girls Jerseys and Pictures at Lunch Sr Boys and Girls seeding games after school @ TBD
Wednesday	Jr B Boys Volleyball Tryouts @ Lunch Sr Boys Practice @ 3:00 - 4:30 Jr A Boys and Girls seeding games after school @ TBD
Thursday	Jr A Girls Team 1 Practice @ Lunch Jr B Girls Practice @ Lunch - Small Gym

	Jr A Girls Team 2 Practice @ 3:00 - 4:30 Small Gym Sr Volleyball Tournament @ GCMS/PLC X-County Race @ Duffield
Friday	Jr A Boys and Girls Team 1 Volleyball Tournament @ Woodhaven Sr Volleyball Tournament @ GCMS/CH
Saturday	Jr A Boys and Girls Team 1 Volleyball Tournament @ Woodhaven Sr Volleyball Tournament @ GCMS/CH

*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

Meet the Teacher Hold the Date: Wednesday September 18th - Please mark your calendars for our Meet the Teacher evening on the 18th from 5:30 pm - 7:00 pm. In addition to getting to meet your child(ren)'s new teacher for the year we will also be sharing ice cream and freezies. I hope to see you at the school on the 18th.

Grade Seven, Eight, and Nine Career and Technology Foundations (CTF) Courses - CTF complementary (options) courses have been set for the year. Students have been placed into their CTF options based on their ranked choices. The courses start this Wednesday.

School Fees - Shortly, we will be notifying you when all school fees have been added to the Parent Portal in PowerSchool. A reminder, if your child requires a recorder for music class, you can notify Mrs. Surrendi and the \$9.00 fee will be added shortly as well.

Prescott Learning Centre Fundraising Foundation - In light of Meet the Teacher on Wednesday the 18th, our first PLCFF meeting of the school year has been moved to Tuesday, September 17 @ 6:30 pm in the Collaboration Centre/library. Please come and join us! Everyone is welcome! See what kind of events and fundraisers we have planned so far, learn what our group is all about and feel free to give some suggestions on future fundraisers! **HOT LUNCH:** Orders are now open! The PLCFF and our Hot Lunch Volunteers have again partnered with multiple local businesses to provide hot lunches to our children every week on alternating Wednesdays and Thursdays. Order by term OR by lunch date, each lunch date closes 2 weeks prior to lunch date; unfortunately, no late orders or unpaid orders can be accepted. Here's How to register:

1. Go to <https://prescott.hotlunches.net>
2. Click the "REGISTER" menu at the top right-hand corner to sign up. - Our school code is PLCHL
3. Enter your name, email address and phone, then a user id that you will use for access to the hot lunch's application. Enter a password and then enter it again to verify that it is correct.
4. Once registered, you will be logged into the website
5. Please add your students by clicking on the green "STUDENTS" button in the top left

corner.

Once your students have been added to the system you will be able to place lunch orders immediately by clicking the "Order" button below each child's name. Here are the dates and vendors:

Weds. Oct. 2nd - Pizza 73 Thurs. Oct. 10th - Quiznos Weds. Oct. 16th - Dairy Queen

Thurs. Oct. 24th - Pizza 73 Weds. Oct. 30th - Quiznos Weds. Oct. 30th - Dairy Queen

Thurs. Nov. 7th - Dairy Queen Weds. Nov. 20th - Pizza 73 Thurs. Nov. 28th - Quiznos

Weds. Dec. 4th - Dairy Queen Thurs. Dec. 12th - Pizza 73

Follow us on Facebook at Prescott Learning Centre Fundraising Foundation or visit our webpage at www.plcff.com for ongoing fundraising updates. Email us at executive@plcff.com for any questions or opportunities you would like to bring forward.

Kind regards, Prescott Learning Centre Fundraising Foundation

Playground Rubber Matting Committee - We are happy to announce that we have been awarded two incredible grants this summer to help Prescott Learning Centre be a more inclusive and accessible space for everyBODY.

PLEASE NOTE: The ***playground will be closed starting September 16, 2024 until October 4, 2024*** (weather permitting) to install poured in place rubber matting throughout the entirety of the playground. Please be extra cautious of the fencing and equipment that will be on site for the duration of this project. This area will be completely off-limits during evenings and weekends as well. If you have any questions or concerns, please contact me at the school.

Represent Your Extra Curricular Day - On September 19, students are asked to wear clothing or swag (hat, costume, jersey, t-shirt, hoodie, uniform, etc.) that represents a club, team, or activity you actively participate in outside of school (such as sports teams, art clubs, D&D, Cadets, Sparks, dance, etc.). This is not about national or provincial sports teams, but rather something you are personally involved in! The class with the most variety of different clubs or activities represented will win. Judging will be based on a class photo to see how diverse the representations are. Show off what makes you unique! (Please do not bring items like hockey sticks, golf clubs, etc.)

THE BOOK FAIR IS COMING!! - Monday, September 16th - Thursday, September 19th!!

Open late for Meet the Teacher Night - Wednesday, September 18th - The Book Fair will also be open after school until 4:00. Students will be given time and are encouraged to shop during their library block. Please check out the link below to explore all the new titles coming to our Fair. Thank you in advance for supporting this great event which brings many new and exciting titles into our Library.

What's new and coming to our book fair! <https://www2.scholastic.ca/bookfairs/featured-books/>
If you have any questions please feel free to email Mrs. Briscoe at hannah.briscoe@psd.ca

Music notes from Mrs. Surrendi - Welcome back for another great year of learning! I am excited to be working with your child in class, as well as have some opportunities for lunchtime

fun. Information regarding choir and other clubs will be coming out in the September 15th Weekend Memo.

**For students in grades 4-6 - most students left their recorders with me during the summer. If your child needs a recorder, I will be sending an email; the cost is \$9.00 (cheaper through me than through the music store). Please do not purchase a dollar store recorder.

Mrs. Surrendi Shauna.Surrendi@psd.ca

Athletics - Cross Country Running: The 2024-2025 Cross Country season is up and running this week with our first practice and race! This week our practice will be Monday during lunch. Cross country members will meet Mrs. Blanchet at the Playground for their designated lunch recess time, please be dressed for the weather and have a water bottle.

Our first race is Thursday, September 12th at Forest Green.

4:15pm start for grades K - 4 runners - arrive around 4pm

5:00pm start for grades 5 - 9 runners - arrive around 4:30pm

***Look for the Prescott flag to locate Mrs. Blanchet and Ms. Rachuk to sign in.

Please ensure to login to the Prescott Cross Country Remind (sign up information is attached to the permission form) to get up to date information about races and practices. Please ensure that your child(ren)'s permission form is returned to the office no later than Monday.

Volleyball: Jr B Tryouts are coming! Jr B is for grades 6 and 7 students. Jr B Girls tryouts are on Monday, September 9th at lunch and Jr B Boys tryouts are Wednesday, September 11th at lunch. Team tryouts and selections for the senior and junior tryouts wrapped up last week.

We have a busy week coming up. If you have any questions please reach out to your child's coach or to Mr. McNaughton at carson.mcnaughton@psd.ca.

Previously Shared Information

School Handbook - As I mentioned a couple of weeks ago, 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 number 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.

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 Sarah Saysana at sarah.saysana@psd.ca.



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 should be prevented from participating in extracurricular activities due to financial hardship.

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 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 midyear 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.

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 foal programming guide at: https://issuu.com/albertaparenting/docs/apfall2024brochureforissuuinprogress?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.

Final Thoughts - I can tell you, at no time last year did I get more opportunity to really sit and talk with parents and guardians than overnight at last year's 24 Hour Marathon. There's not much to do when you are supervising at 2:00 am, but it was a bit of a blessing to have the time to sit, talk, and get to know a few of you without the day to day rush of school. I will be coaching the Jr. Boys at a tournament this weekend, but I will be joining Mr. Grier, along with those of you who have graciously stepped up to help supervise overnight.

That said, we are still looking for a few brave souls to join us overnight. We have shifts available for volunteers from noon on Friday through to noon on Saturday. If you are a night owl or have a bit of time before or after a late shift at work I hope you'll consider joining us at the Marathon this Friday and Saturday. Whether it's handing out pizza Friday night or helping flip pancakes on Saturday morning we'd love for you to join us. Shortly you will be receiving information from homeroom teachers on where to donate to this most worthy cause. For more information or to volunteer please reach out to Mr. Grier at josh.grier@psd.ca.

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