



Prescott Weekend Update



Sept. 15th, 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>

Hello PLC Families!

Just a couple of quick reminders about the 'big rocks' happening at PLC this week:

Meet the Teacher/Staff - First of all, this Wednesday the 18th we will be holding our 'Meet the Teacher/Staff Evening' here at the school from 5:30 to 7:00 pm. We are going to try something a bit different this year. **We are going to start the evening at 5:30 with a brief assembly for families in the large gym.** As an ice breaker we will introduce each staff member so you will know who to seek out before you head out to classrooms. From there, you will have the opportunity to check out the school and put a name to a face with your child(ren)'s teacher(s) and educational assistants. As well you'll be able to check out the book fair taking place in the Collaboration Centre/library. Finally, a reminder to bring the whole fam as we will have free ice cream and freezies for everyone. I look forward to seeing you this Wednesday.

Rubberized Playground Installation/Parking Lot Disruptions

While the expression no pain no gain often applies to workouts, we are going to apply this adage to our parking lot over the next three weeks (weather permitting). If you haven't noticed fencing has been erected around our playground in preparation for the installation of the rubberized floor matting. To facilitate this, we are going to have to close several stalls in staff parking, meaning that more staff will be parking at the front of the school. The result is a bit more congestion during morning drop off and pick up over the next three weeks. I'll ask that you give yourself a little extra time in the morning and after school. The 'gain' is that when the project is completed we will have a playground that is cleaner, safer, and more accessible for everyone for years to come. Big thanks to Amanda Hanki, Mrs. Vasileff, our PLC Fundraising Foundation, and to all of you who contributed to making this vision a reality.

Prescott Learning Centre Fundraising Foundation Meeting

And speaking of the PLCFF, 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! And here's what else is happening at the school this week:

| Important Events This Week | | | | |
|--------------------------------|--|---|---|---|
| Monday 16 th | Tuesday 17 th | Wednesday 18 th | Thursday 19 th | Friday 20 th |
| Book Fair (Open Until 4:00 pm) | Book Fair (Open Until 4:00 pm) AHS Gr. 6 Teaching Visit PLCFF Meeting @ 6:30 | Meet the Teacher Night 5:30 – 7:00 pm Book Fair (Open Until 7:00 pm) | Puma Pride: Represent Your Extracurricular Day Book Fair (Open Until 4:00 pm) Evacuation Drill (Weather Permitting) PLC Jr. Volleyball Tourney | Professional Development Day (No Students Attend) PLC Jr. Volleyball Tourney (Friday Saturday) |
| Important Events Next Week | | | | |
| Monday 23 rd | Tuesday 24 th | Wednesday 25 th | Thursday 26 th | Friday 27 th |
| | Photo Day | Photo Day | Lockdown Drill PLC Sr. Volleyball Tourney | PLC Orange Shirt Day Activities PLC Sr. Volleyball Tourney |

Athletics Dates This Week*

| | |
|------------------|---|
| Monday | Cross Country Practice @ Lunch Jr A Boys & Jr. A Girls Team 1 Volleyball Practice @ Lunch Sr Girls and Boys Practice @ 3:00 - 5:00 |
| Tuesday | Jr A Girls Team 1 & 2 Practice @ Lunch Jr B Boys Practice @ Lunch Sr. Boys and Girls games @ TBD |
| Wednesday | Sr Boys & Girls Practice @ Lunch Jr A Girls Team 2 and Jr B Girls Practice @ 3:00 - 4:45 |
| Thursday | X-County Race @ Woodhaven Jr B Boys Practice @ Lunch - Small Gym Jr A Boys and Jr B Girls Practice @ Lunch Jr A Boys & Jr A Girls Team 1 & 2 Volleyball Tournament @ PLC |
| Friday | PD Day (No School) |
| Saturday | Jr A Boys & Jr A Girls Team 1 & 2 Volleyball Tournament @ PLC |

*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

BOOK FAIR THIS WEEK!! - 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

Meet the Teacher: Best Part of Me - We are excited to announce a school-wide temporary art installation titled "*The Best Invisible Part of Me*." This unique project has provided our students with a wonderful opportunity to express and share the qualities that they feel make them special and unique within our school community.

Each student has contributed artwork that reflects the "invisible" aspects of their identity—their talents, feelings, and characteristics that are not always seen on the outside but make them who they are. This installation celebrates self-expression and individuality; we are thrilled to share it with you.

We invite you to visit the installation during Meet the Teacher or any time you are in the school throughout September, as it offers a glimpse into the hearts and minds of our amazing students.

Represent Your Extra Curricular Day - This Thursday, 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 students are personally involved in. The class at each division (K-3, 4-6, 7-9) with the greatest variety of different clubs or activities represented will win a pizza party. Judging will be based on a class photo to see how diverse the representations are. Show off what makes you unique! We ask that students leave big items like hockey sticks, golf clubs, etc. at home.

After School Art Club is Coming! - Art Club will be starting in October! This after school extracurricular will take place on Mondays from 3:15 - 4:15 pm and is open to all students in grades 6 to 9. Stay tuned for upcoming information in next week's parent memo.

Oilers Spirit Night at Rogers Centre - Once again, PLC is participating in the Spirit Night at Rogers Centre. The Oilers have opened ticket sales to us to purchase at a great discount! **As low as \$50 a ticket.** Quantities are limited, once tickets are sold out we can no longer get that price. Of the 31 possible teams we could have gotten tickets for, in an act of can only be described as clear defiance my (soon to be ex ;-)) head secretary, and longtime Oilers fan, Mrs. Bradford, has selected Tues. Oct 15th as the PLC Spirit Evening. The opposition? The Philadelphia Flyers of course. A flyer (pardon the pun) will be sent home shortly or you can refer to the attachment at the end of this memo. I have no doubt that we will shortly be announcing a school fundraiser ending with me wearing an Oilers jersey. Or, in Mrs. Bradford's words; "Come cheer on the Oilers and watch them beat Mr. Shaw's Flyers..."

Parent Curriculum Information - The provincial government has created a website that provides parents and guardians with a better understanding of Alberta's Kindergarten to Grade 12 curriculum. It will help you discover what your child is learning, and provide related

information. It was shared with me by our Numeracy Lead Mrs. Saysana and it is worth a look. To learn more, click this link: <https://curriculum.learnalberta.ca/parents/en/home>

Music notes from Mrs. Surrendi - 1. Recorders: Students from grades 3-6 who need to purchase a recorder will be getting an email from either myself or their homeroom teachers. The cost is \$9, and you can send in cash, or Mrs. Bradford will be putting it on PowerSchool for you.
2. For students in grades 2-5 that are interested in choir, there will be a meeting this Thursday at lunch recess. At that time, students will be given an information sheet for you to fill out with them.
3. For students in grades 6-9 that are interested in a choral ensemble/drama club, there will be a meeting this Tuesday at lunch recess. Mrs. Surrendi Shauna.Surrendi@psd.ca

Missoula Children's Theatre at The Horizon Stage - After the visit and production at the school last April/May, the Missoula Children's Theatre is back in Spruce Grove at the Horizon Stage. Auditions take place on Monday, Sept. 30th. For more information, please click <https://www.horizonstage.com/season-shows/hercules-call-for-auditions/>

Athletics - Cross Country Running: A huge shout out to all of our Cross Country runners. This past Thursday was the first race of the season and we had a great turn out, even despite the not so great weather. Races will go ahead each week unless there is inclement weather (lightening, air quality concerns, etc). In the case of a race cancellation information will be communicated through the **PLC Cross Country Remind app**. If you have not already done so please join using this link: <https://www.remind.com/join/d8b8k7a>

This week our practice will be Monday during lunch. Cross country members will meet Mrs. Blanchet in front of the Playground for their designated lunch recess time, please remember your running shoes and water bottle and be dressed for the weather.

Fees are now due. If you have not yet paid please do so. If you ordered a T-shirt and your runner has not received it please check to ensure your runner's fees are paid. Once fees are paid in full T-shirts will be handed out.

Our next race is **Thursday, September 19th**. This race is being hosted by Woodhaven BUT the race will take place across the street at Brookwood.

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.

We look forward to seeing you at our next race!

Mrs. Blanchet & Ms. Rachuk

Prescott Learning Centre Fundraising Foundation - A reminder that the first PLCFF meeting of the school year has been moved to Tuesday, September 17 @ 6:30 pm in the Collaboration Centre/library. Come join us for the opportunity to work with a great group of folks providing the 'nice to haves' for our children.

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 - PLEASE NOTE: The playground will be closed starting September 16, 2024 until October 4, 2024 (weather permitting) to install poured in place rubber matting on the playground.

This week you will see R3 Deconstruction removing the wood chips at the playground. Please be mindful of the construction crews and equipment during the next three weeks. This area will be completely off-limits during evenings and weekends as well. Please communicate this with your children.

The Play for EveryBODY Committee would like to acknowledge the support from some incredible community members. We could not have funded a large portion of this project without the help from our major sponsors. A heartfelt thank you goes out to each and every one of you! Our sponsors include:

Elite Sponsors:

- Government of Alberta (CFEP Grant)
- R3 Deconstruction & Abatement
- Kal Tire and Kal's Replay Grant

Platinum Sponsors:

- Prescott Learning Centre Fundraising Foundation
- Fortis Alberta

Gold Sponsors:

- Seven M Construction
- Zender Ford
- Cantiro Homes

If you have any questions or concerns, please contact Chris Shaw chris.shaw@psd.ca.

Previously Shared Information

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.

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.

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 grade 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 endeavours 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 [me](#) or [Ms. Bradford](#) 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.

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.

Final Thoughts - It was a long day and evening Friday and Saturday. We had over 125 students participate in our second annual 24-Hour Terry Fox Marathon. It was a great way to kick off the new school year and a fun way to donate to a great cause. We are accepting donations until the end of this week. We hope to have the final fundraising tallies by then.

If there ever was a question about the commitment of our parent community (and there isn't BTW) it is easily addressed by the number of you who stepped up to supervise at literally all hours of the day and night to make this event both safe and a success. Thank you for giving your time. Further, kudos to the many staff who worked later than usual, manning the doors late at night or coming in early Saturday Morning to whip up pancakes for breakfast. We are so fortunate for the people who work and play here at PLC. Lastly, big thanks to Mr. Grier for his vision and effort in making this event a reality. Thanks Josh, great job. You should know that the kids were absolutely fantastic.

There was a moment early Friday night when we took the kids outside for a bit of a cool down break. It was a lovely evening. There were kids in the pit playing Gaga Ball, others were on the tarmac shooting hoops. And others were staring at the moon through a telescope. At that moment the sentimental old man in me couldn't help thinking that this was a memory that these kids would likely never forget.

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

PRESCOTT LEARNING CENTRE SCHOOL NIGHT

JOIN YOUR SCHOOL COMMUNITY ALONG WITH FAMILY AND FRIENDS FOR
A NIGHT AT ROGERS PLACE WITH THE EDMONTON OILERS!



TUESDAY
OCTOBER 15 8:00PM

TICKETS STARTING AT

\$50

PLUS FEES



**SCAN HERE
TO SECURE
YOUR TICKETS!**

**FOR MORE INFORMATION
CONTACT CIARA LEBOEUF
cleboeuf@edmontonoilers.com**

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

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 (1st, 3rd Sat 10AM-1PM)
 49 Boulder Blvd., Stony Plain 780-963-3110
 Grace's Table (2nd 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