



# Prescott Weekend Update



Sept. 22<sup>nd</sup>, 2024

## Prescott Learning Centre

340 Pioneer Road  
Spruce Grove, AB T7X 0T1  
Phone: 780-571-8079  
Email: [prescott@psd.ca](mailto:prescott@psd.ca)

### Principal:

Mr. Chris Shaw  
[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca)  
[@seedshaw](mailto:@seedshaw)

### Assistant Principal:

Ms. Heather Huisman  
[heather.huisman@psd.ca](mailto:heather.huisman@psd.ca)

### Assistant Principal:

Mrs. Esther van Beek  
[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

### Inclusive Education Lead:

Mrs. Nicole Blanchet  
[nicole.blanchet@psd.ca](mailto: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!

This week I'd like to draw your attention to a concern that seems to be more prevalent this year. Since the beginning of the school year we've seen an increase of instances where an after-school care provider or a co-parent comes to the office asking for help to locate a student.

Now the student isn't missing per se. Rather a change in the pick-up arrangements has occurred and this has not been communicated to the folks who need to know that plans have changed. For example, rather than the usual pick up from daycare staff, a student, with parent permission, has gone home with a friend or stayed to participate in an after-school activity.

Unfortunately, when this isn't communicated, as a staff we scour the campus looking to locate said student while our secretaries work the phones in an attempt to find out where the student is. Invariably, we find students safely at home, at a friend's house, at the playground/Gaga Ball pit, or in the gym. The problem is, that the process of locating a student takes up considerable time and resources: justifiably so. There is nothing more important than ensuring your child is safe both at school and to and from school. However, a quick phone call to the school indicating a change of plans prevents this problem from occurring. We are noticing that incidents like this are occurring on an almost daily basis.

Hey, we get it; with so much going on in our lives it is inevitable that the little details get lost in the busyness of the day. That said, I need to ask for your support, particularly with your younger children that you call the office when there is a change of plans. Thanks in advance for letting us know.

And here's what's going on at PLC this week

Important Events This Week				
Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>
	Photo Day Gr. 1 -9 Tues/Thurs Kindergarten Lockdown Drill	Photo Day Mon/Weds Kindergarten	Lockdown Drill PLC Sr. Volleyball Tourney	<b>PLC Orange Shirt Day Activities</b> PLC Sr. Volleyball Tourney
Important Events Next Week				
Monday 30 <sup>th</sup>	Tuesday 1 <sup>st</sup>	Wednesday 2 <sup>nd</sup>	Thursday 3 <sup>rd</sup>	Friday 4 <sup>th</sup>
National Day for Truth & Reconciliation (No School)	Evacuation Drill (pm)	PLC School Council Annual General Meeting		World Teachers Day

### Athletics Dates This Week\*

<b>Monday</b>	Jr A Girls Team 2 and Jr B Girls Practice @ Lunch Sr Boys and Girls Practice @ 3:00 - 5:00 Jr B Boys and Girls Games @ Greystone - 4:15 PM
<b>Tuesday</b>	Sr Boys and Jr A Girls Team 1 Practice @ Lunch Jr A Boys and Girls Team 2 Practice @ 3:00 - 5:00 Sr Girls Game @ Meridian Heights - 3:45 PM Sr Boys Game @ Meridian Heights - 4:45 PM
<b>Wednesday</b>	Jr B Boys Practice @ Lunch - Small Gym Sr Boys and Girls Practice @ Lunch Jr A Girls Team 1 Game @ PLC vs Broxton Park - 3:45 PM Jr A Boys Game @ PLC vs Broxton Park - 4:45 PM Jr A Girls Team 2 Game @ Graminia - 4:45 PM
<b>Thursday</b>	Jr A Girls Team 1 and Jr B Boys Practice @ Lunch Sr Volleyball Tournament @ PLC - <a href="#">Tournament Draw</a> X-Country Race at Grouse Nest Golf Course (Duffield)
<b>Friday</b>	Jr B Girls Practice @ Lunch - small gym Sr Volleyball Tournament @ PLC
<b>Saturday</b>	Sr 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

**Smudging at PLC** - We are happy to announce that in honour of PSD's Orange Shirt Day, in addition to our usual activities involving indigenous knowledge and learning, this Friday, we will be offering smudging to students and parents/guardians on Friday morning before school. After Friday, smudging will be available alternating Monday and Thursday mornings at PLC. Smudging is a ceremony of cleansing and purification for the physical and spiritual bodies with the use of sage or sweet grass. When students choose to smudge, they are encouraged to

think positive thoughts and encourage themselves to have a good day and also think positive thoughts for their classmates and teachers. Smudging is completely optional and is open to everyone! Parents, guardians, and any other family members are always welcome to smudge with their children. If you have any questions at all about this, we would be more than happy to share this process with anyone that is interested in learning about it. If you would like to discuss this further, I welcome your call or visit at the school. I will be sending home a letter to all families outlining the process for students to participate. Please keep an eye on your inbox early this week.

**Picture Day this Tuesday and Wednesday** - We are holding picture day(s) this week. The majority of photos will be taken on Tuesday for all students from Grades One through Nine as well as our Tuesday/Thursday Kindergarten Students. On Wednesday we will be hosting pictures for our Monday/Wednesday Kindergarten Students and any other students who were away on Tuesday. Retakes will occur later in October. For more information, please refer to the Flyer at the end of this memo.

**Book Fair Thanks You** - Our Scholastic Book Fair was another huge success! Thank you to all the families, teachers and students who participated and supported this great event. Your investment in your reader helped our school to earn valuable rewards that can be redeemed for new books for our school library and classroom libraries, as well as supplies and Education Resources to benefit our students. Happy Reading!

**Music notes from Mrs. Surrendi** - Music notes from Mrs. Surrendi Choir for students in grades 2-5 began last week; if your child missed it, please have them come to see me for an information sheet

Thank you for being patient as we organize recorders for over 350 students. If your child needs to purchase one, the \$9 should be added to your PowerSchool account by the end of this coming week; at this time you can pay online or send in \$9. Please note; students will not be bringing recorders home; they stay at school throughout the year. (I can already hear the "phew" relief of no at-home practising.) 😊

Mrs. Surrendi [Shauna.Surrendi@psd.ca](mailto:Shauna.Surrendi@psd.ca)

**PSD's Student Transportation Guide** - The Student Transportation Guide outlines the guidelines for what students can bring on the bus as carry-on items. For the safety of all students riding a school bus, we ask that families familiarize themselves with these guidelines Please keep in mind that **any item larger than a standard backpack won't be able to be transported on the bus**. If a student needs to bring a large item to school, parents/guardians must make alternative transportation arrangements.

This is particularly important for the following activities and classes:

- **Field trips, special projects, and events** (bring anything bus a backpack to school - play parkland - skating - hockey)
- **Option classes (e.g., band/music, sports):** Large instruments (guitars) or sports equipment (like hockey sticks, baseball bats) will require alternate transportation (parent/guardian)
- **Construction/shop classes:** Items like large wood pieces, birdhouses, or tools also require alternate transportation (parent/guardian)

Thank you for being so supportive in maintaining the safety of our transportation system. The Student Transportation Safety Guide can be accessed by clicking:

<https://www.psd.ca/download/350754>

**Athletics - Cross Country Running:** A huge shout out to all of our Cross Country runners. This past Thursday was our second race of the season and we had another great turn out. So many smiling faces at the finish line!

Races will go ahead each week unless there is inclement weather (lightning, 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 given.

Our next race is **Thursday, September 26th**. This race is being hosted by Duffield **BUT** the race will take place at the Grouse Nest Golf Course.

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 - CALL OUT FOR VOLUNTEERS!**

PLCFF's very popular Halloween dance is coming up on **Saturday, October 26th**, running from 6 - 9 pm, and we are looking for volunteers.

Whether you are able to help out with pre-planning, setting up, concession, games/crafts, security or tear down, we would love to hear from you! We rely heavily on volunteers in order to run this fun event for our students - the more volunteers we get, the shorter the shifts are for all. Please email [executive@plcff.com](mailto:executive@plcff.com) if you are able to help. *More spooktacular details to come very shortly!*

**DID YOU KNOW . . . ?** Over the next few months, we will be posting details of items that PLCFF was able to purchase for the school/students and different opportunities/events we were able to put on over the past year. That PLCFF supplied the school with Puma swag (stress balls and cinch bags) for the staff to give out to students as giveaways/prizes?



Of course, none of this would be possible without the support of **YOU** - our amazing families, volunteers and staff at our school. Thank you for your continued support!

**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 Prairie Rubber Paving completing the site prep and beginning resurfacing the playground with rubber. Please be mindful of the construction crews and equipment during this time. This area will be completely off-limits during evenings and weekends as well. **The rubber will take days to cure. Do not run through the playground before the fencing is down.** 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 who have helped see this project to fruition. 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 me at the office.

### **Previously Shared Information**

**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](http://www.plcff.com) for ongoing fundraising updates. Email us at [executive@plcff.com](mailto:executive@plcff.com) for any questions or opportunities you would like to bring forward.  
Kind regards, Prescott Learning Centre Fundraising Foundation

**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>

**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](mailto:sarah.saysana@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/>

**Final Thoughts** - It was great to see so many of you at the Meet the Teacher Evening last Wednesday. The pure joy of watching the look on a child's (and more than a few adults') faces just prior to receiving an ice cream or freezie made the evening well worth the effort. I hope you found the brief assembly informative.

There's no school on the Sept. 30<sup>th</sup> due to the National Day for Truth and Reconciliation, so you can expect the memo next Monday rather than the usual Sunday.

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](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

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

Take care, Chris

**Lifetouch.**

# Picture Day is Coming!

**September 24 & 25, 2024  
Prescott Learning Centre**



What to expect:



Students are  
photographed on  
Picture Day



Proofs are sent home  
with your student



Order packages  
and more on  
[mylifetouch.ca](https://mylifetouch.ca)

Questions? Contact our Help Center at [lifetouch.com/support-ca](https://lifetouch.com/support-ca). Select K-12 School Photography for assistance.

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# SEPTEMBER 30TH NATIONAL DAY FOR TRUTH AND RECONCILIATION

## TOGETHER FOR TRUTH & RECONCILIATION

11:00 AM - 1:30 PM  
HERITAGE PARK, STONY PLAIN

Learn from the wisdom of an elder and feel the healing power of Indigenous drumming and dancing for this day of healing to acknowledge the National Day of Truth and Reconciliation.

For more information: [connect@stonyplain.com](mailto:connect@stonyplain.com) or visit [Truth and Reconciliation - Town of Stony Plain](#)



## HOLY ANGELS BY JAY CARDINAL VILLENEUVE

DOORS OPEN AT 6:30 PM  
HORIZON STAGE, SPRUCE GROVE

Together we will view Holy Angels, a short documentary featuring the late Lena Wandering Spirit of Alberta's Fort Chipewyan, one of more than 150,000 Indigenous children sent to residential school. Free tickets available at [Horizon Stage](#).

For more information: [admin@skydancerindigenous.com](mailto:admin@skydancerindigenous.com)



[Orange Shirt Day](#) was established in 2013 to honour "Phyllis' story," named for Phyllis Webstad, whose new orange shirt was taken on her first day at residential school when she was just six years old.

To learn more about Truth and Reconciliation in the Tri Region please visit <https://skydancerindigenous.com/trc-in-the-tri-region>.

Funded by the Government of Canada  
Financé par le gouvernement du Canada

Canada





# CARRY-ON ITEMS

Carry-on items are permitted on school buses; however, space is at a premium and safety is top priority. The **maximum allowable dimensions for approved carry-on items is 33 x 33 x 59 centimetres (13x13x23 inches)** and items must be able to fit on the lap of the student. All loose items must be in a sealed bag/case. Items blocking aisles or emergency exits on a school bus are in violation of Alberta Transportation regulations and are not permitted.



Larger items that cannot be adequately secured and stored are considered to be hazardous, as they could seriously harm someone in the event of sudden acceleration or a collision.

According to Alberta Transportation and the National Safety Code Standard 10, large unsecured items are not permitted and must be transported in a separate vehicle.



## Carry-on items that are allowed on the bus

- Skates (skate guards on, inside a sealed bag which meets the above allowable dimensions)
- Small musical instrument (meets allowable dimensions—flute, clarinet, alto sax, trumpet)
- A certified and registered guide animal

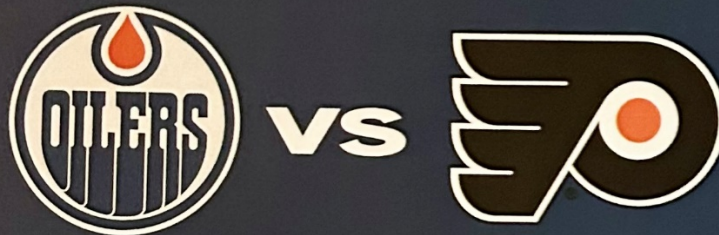


## Carry-on items that are not allowed on the bus

- Hockey or ringette sticks, golf clubs, snowboards, toboggans, scooters, longboard skateboards, or any other large item that may interfere with the safety and comfort of any student on the school bus
- Large musical instrument (tuba, tenor saxophone, guitar, drums, French horn or trombone)
- Any kind of animals other than a certified and registered guide animal

# 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](mailto:cleboeuf@edmontonoilers.com)**





# 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](mailto:helps@sprucegrove.church)

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
 780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)



## FOOD RESCUES

### Auggie's Cafe

131 Church Rd, Spruce Grove  
 Tuesdays 11-1PM

### apfa Food Rescue

Family Connection Centre  
 5600 50 Street, Stony Plain  
 Thursdays 10AM - 3PM  
 Fridays 1-4 (Check facebook for updates)

### Food for the Soul

Lighthouse Pentecostal Church  
 49 Boulder Blvd., Stony Plain  
 First and third Saturday 10AM-1PM

### Grace's Table

250 Century Road, Spruce Grove  
 Second Friday of month 5PM-6:30PM

### Community Table

180 Century Road, Spruce Grove  
 Last Friday of the month  
<https://www.sgconline.breezechms.com/form/communitytable>  
 780-962-5611

## COMMUNITY MEALS

### Auggie's Cafe

131 Church Rd, Spruce Grove  
 Drop-in for take out bagged lunch  
 Tuesdays 11-1PM

### Food for the Soul

49 Boulder Blvd., Stony Plain  
 Drop-in for bagged lunch  
 First and third Saturday 10AM-1PM

### Grace's Table

250 Century Road, Spruce Grove  
 Hot meal to go for pick up  
 Second Friday of month 5PM-6:30PM  
[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)  
 780-962-4700

### Community Table

180 Century Road, Spruce Grove  
 Hot meal to go for pick Up  
 Last Friday of the month  
[www.sgconline.breezechms.com/form/communitytable](https://www.sgconline.breezechms.com/form/communitytable)  
 780-962-5611



# COMMUNITY LOW COST COUNSELLING SERVICES

Updated November 2023

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

## Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

## Family Life Psychology

201, , 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

## Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

## Family Resource Network

Family Connections Centre  
5600 50 Street, Stony Plain

- The Family Resource Network offers free single session virtual counselling to children and youth under 18 and their caregivers.

Phone Number: 1.877.244.2360

## Schaffer Psychology

Suite 103, 7 Boulder Blvd, Stony Plain

- Schaffer Psychology offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.

Phone Number: 780-910-3420

**If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact [connect@stonyplain.com](mailto:connect@stonyplain.com) . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.**



## Tri-Municipal Region Support Guide

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line ..... 780-482-4357(HELP)  
 Addiction Helpline ..... 1-866-332-2322  
 Child Mental Health (8am-11:45pm) ..... 780-407-1000  
 Kids Help Phone ..... 1-800-668-6868  
 Bullying Helpline ..... 1-888-456-2323  
 BriteLine (for 2SLGBTQIA+) ..... 1-844-702-7483  
 Seniors Abuse Helpline..... 780-454-8888  
 Family Violence Info Line.....310-1818  
 Sexual Assault Centre (9am-9pm)..... 780-423-4121  
 First Nations & Inuit Mental Health  
 Hope for Wellness ..... 1-855-242-3310  
 National Indian Residential School Crisis Line  
 ..... 1-866-925-4419  
 MMIWG Helpline..... 1-844-413-6649

### I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance .. 780-644-5135  
 Access 24/7 (Adults)  
 Addictions & Mental Health ..... 780-424-2424  
 Child Intervention Services ..... 780-422-2001  
 Children's Cottage Childcare ..... 780-944-2888

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) ..... 811

### I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



[www.HelpSeeker.org](http://www.HelpSeeker.org)  
 Get the app on your phone to find local supports and resources.

## HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

**Spruce Grove FCSS**  
 #105 - 505 Queen Street  
 Spruce Grove, AB  
**780-962-7618**

**Town of Stony Plain**  
 Community and Social Development  
 #107, 4613 - 52 Avenue  
**780-963-8583**



### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) ..... 780-424-8335  
 Women's Emergency  
 Accommodation Centre ..... 780-423-5302  
 Hope Mission (ages 16+, men, women).... 780-422-2018  
 Youth Empowerment &  
 Support Services (YESS)..... 780-468-7186  
 Salvation Army (Transitional Housing, \$13/day)  
 ..... 780-429-4274

### I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters  
 24/7 ..... 1-866-331-3933

### I NEED DETOX SUPPORT

George Spady..... 780-424-8335  
 AHS Detox Centre ..... 780-427-4291  
 Youth Edmonton Detox..... 780-408-8783

### I NEED A SAFE CONSUMPTION SITE

George Spady Centre ..... 780-424-8335  
 Boyle McCauley Health Centre.... 780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health 780-424-2424  
 Youth Addiction Services ..... 780-408-8783  
 Access Open Minds (youth 16-25)..... 780-415-0048  
 Child and Adolescent  
 Mental Health Services..... 825-402-6799  
 WestView PCN Youth  
 Mental Health Clinic (ages 11-24) ..... 780-960-9533

### I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland ..... 780-960-9669  
 Community Helps Team ..... 780-962-5611  
 Pay Forward Kindness  
 (homeless supports)..... 587-286-4663  
 Parkland Pregnancy Support Centre  
 (Tue & Thurs 12-3pm)..... 780-962-5505

### WHERE CAN I FIND FOOD?

Parkland Food Bank ..... 780-962-4565  
 WeCan Food Basket..... 587-338-1101

### WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM)  
 131 Church Rd, Spruce Grove ..... 780-962-5131  
 Food for the Soul (1<sup>st</sup>, 3<sup>rd</sup> Sat 10AM-1PM)  
 49 Boulder Blvd., Stony Plain ..... 780-963-3110  
 Grace's Table (2<sup>nd</sup> Fri 5-6:30PM)  
 250 Century Road, Spruce Grove ..... 780-962-4700  
 Community Table (last Fri 5-7PM)  
 180 Century Road, Spruce Grove ..... 780-962-5611  
 apfa Food Rescue Community Fridge  
 (M-F 8:30-4PM) 5600-50 Street, Stony Plain ..... 780-963-0549