



Prescott Weekend Update

Sept. 30th, 2024

Hello PLC Families!

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>

With the start of October comes the Annual General Meeting season. First on the calendar is the School Council AGM this Wednesday at 6:30 followed by the PLC Fundraising Foundation AGM on Wednesday the 9th at 6:30, both in our Collaboration Centre. Both of these councils serve very important but very different functions in our school community. As I have mentioned in previous memos, school councils are enshrined in legislation via the Education Act. But more than being mandated by the government, councils serve as a bridge between the school and our parents and guardians. As educational institutions are under increasing scrutiny over what and how students are taught, councils are a conduit to open and transparent school communities. If you have concerns, if you have questions that need answers, there is no better forum than our monthly school council meetings.

At the AGM, school community members vote on who will serve on the council's executive. Who can vote? Well, if you received the email with the link to this memo then you yourself are a voting member of council. The executive consists of a chair or co-chair who runs the meetings and helps set the agenda. A vice chair who assumes the chair position when the chair or co-chair is absent. A secretary who keeps minutes, and a communication director who updates the social media and webpage. All council members, whether on the executive or not, have the option to attend either in person or virtually. You'll notice that there is no treasurer position as there are no fundraising activities associated with council (more on this next week when we discuss the PLCFF).

Last year, the council was small and mighty. However, their many accomplishments were muted by a lack of a secretary and a communications director. How unfortunate. Between being trailblazers in expressing concerns with the government's weighted moving average and school funding in general, highlighting the dangers of social media through evening family sessions, overseeing the efforts of the PLC Fundraising Foundation, and giving voice to the community in what we need to address as a school, last year was an impressive year for council. This is even more impressive is that all of this was

accomplished within a two to three-hour time commitment a month.

AGM, Wednesday, OCTOBER 2, 2024 - 6:30 COLLABORATION CENTRE OR VIRTUALLY



All parents, guardians or primary caregivers of any child enrolled in an ECS – Grade 9 educational program at the School are members of School Council.

Our purpose is to support the Learning Team at Prescott Learning Centre to prepare, engage and inspire our students to be their best in a quickly changing global community, as well, as to help provide opportunities for students to; Collaborate, Create, Learn & Lead and advise Parkland School Division Board about matters relating to the school division.

Come out and help us achieve the above mission.

Elections will take place

Positions:

Co-Chairs - 2

Vice Chair - 1

Secretary - 1

Communications Officer - 1



Co-Chairs:

It is expected that the School Council Chair will be a parent of a student enrolled in the School. Unless otherwise delegated, the Chair of the School Council will:

1. Chair all meetings of the School Council
2. Coordinate with the Principal to establish meeting agendas
3. Communicate with the Principal on a regular basis
4. Decide all matters relating to rules of order at the meetings
5. Ensure that School Council Operating Procedures are current and followed
6. Be the official spokesperson of the School Council
7. Ensure that there is regular communication with the whole School community
8. Review any communication to the School community prior to distribution and include the Principal in same
9. Stay informed about School Board policy that impacts School Council
10. Comply with the School Councils Regulation by providing the School Board with an annual report that summarizes the School Council's activities for the previous School year, including a financial statement relating to money, if any, handled by the School Council, no later than September 30th
11. Have general responsibility for all activities of the School Council

DUTIES OF THE EXECUTIVE MEMBERS

Vice-Chair:

- Unless otherwise delegated, the Vice-Chair of the School Council will:
1. In the event of resignation, incapacity or leave of absence of the Chair, fulfill the Chair's responsibilities
 2. In the absence of the Chair, supervise the affairs and preside at any meetings of the School Council
 3. Work with and support the Chair in agenda preparation
 4. Ensure the appropriate management, in compliance with PIPA, of any personal information collected on behalf of the School Council
 5. Assume responsibility, in consultation with the School Council, for communicating with the Fundraising Association or other parent groups within the School
 6. Promote teamwork and assist the Chair in the smooth running of the meetings
 7. Keep informed of relevant School and School Board policies
 8. Prepare to assume the position of Chair in the future
 9. Assist the Chair and undertake tasks assigned by the Chair

Secretary:

Unless otherwise delegated, the Secretary of the School Council will:

1. Act as a recorder at each meeting and ensure that the minutes are prepared accurately to reflect the directions agreed to at the meeting
2. Keep minutes, correspondence, records and other School Council documents, and ensure that all relevant documents (as per legislation) are available to the public in an accessible location in the School, for a period of 7 years
3. Maintain a dated record of all the Members of the School Council who have knowingly provided their contact information, in compliance with PIPA
4. Distribute, as determined by the School Council, agendas, minutes, notices of meetings and notices of other events

Communication Officer:

1. Promote the School Council within the Community
2. Make meetings more appealing to bring in more members
3. Create Newsletters
4. Promote the use of appropriate social media, such as Twitter and Facebook

As I have mentioned previously, you don't need to be a member of the executive to attend council. The meetings are open to any member of the PLC community. And as a member of the PLC community, you don't have to attend every meeting. And it is rare that we don't have a family bring their children along to colour, read, or play in our Collaboration Centre while the meeting is going on. We also offer a virtual option if you are unable to attend in person. If you are able to put your name forward as a member of council, great. If not, you are still welcome to join us on the first (school) Wednesday of each month. I hope to see you this Wednesday at 6:30. And here's what going on this short week at PLC:

Important Dates This Week

Important Events This Week				
Monday 30 th	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th
National Day for Truth & Reconciliation (No School)	October (Already !?!?!)	Hot Lunch: Pizza 73 PLC School Council Annual General Meeting	Gr. 6-9 Spring Musical Meeting @ Lunch	World Teachers Day (Sat.) Gr. 3 Field Trip (Shumka Dancers)

Important Events Next Week				
Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
Custodial & Maintenance Workers Appreciation Day Evacuation Drill (pm)	Gr. 8 Riverwatch Field Trip	PLC Fundraising Foundation Annual General Meeting	Hot Lunch: Quiznos	Professional Development and Planning Day (No Students)

Athletics Dates This Week*

Monday	National Day for Truth and Reconciliation (No School)
Tuesday	Sr Boys and Jr A Girls Team 1 Practice @ Lunch Sr Boys Game @ PLC vs Muir Lake - 3:45 PM Sr Girls Game @ PLC vs SPA - 4:45 PM
Wednesday	Jr B Boys Practice @ Lunch - Small Gym Sr Girls & Jr. A Girls Team 2 Practice @ Lunch Jr A Boys Game @ PLC vs High Park - 3:45 PM Jr A Girls Team 1 Game @ PLC vs High Park - 4:45 PM Jr A Girls Team 2 Game @ PLC vs Copperhaven - 5:30 PM
Thursday	Cross Country @ High Park Jr B Girls Practice @ Lunch – Small Gym Sr Boys & Jr. Boys Practice @ Lunch Jr B Boys and Jr B Girls Games @ Living Waters Jr A Girls Team 1 Tournament @ Greystone Jr A Girls Team 2 Girls Tournament @ Broxton Park
Friday	Jr. B Boys & Girls Practice @ Lunch Jr A Boys Tournament @ Greystone Jr A Girls Team 2 Girls Tournament @ Broxton Park
Saturday	Jr A Boys & Jr A Girls Team 1 Tournament @ Greystone Jr A Girls Team 2 Girls Tournament @ Broxton Park

*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



World Teachers Day Oct. 4th/5th - World Teachers Day is this Saturday. The UNESCO event is the opportunity to show appreciation for teachers worldwide and to take the time to consider the support required to do this difficult job and to consider the path forward for educational professionals. I hope you'll join me this Friday in showing our appreciation for the hard work our teachers do for your children.

October Stronger Together Newsletter

- Each month, Parkland School Division's Student Services team compiles a newsletter for parents and guardians of students. Inside you will find information,

opportunities and strategies to help you and your family connect with us on your child's educational journey. Each month they provide you with information about mental health and ways we can work together to support your family. In this month's issue, school is underway for the 2024-2025 year and the focus is on strengthening the partnership between schools and families. You can find this month's edition at <https://www.psd.ca/download/468360>



Blocked Weekend Memo - I need to ask that if the opportunity presents itself that you pass on this little tidbit of information. Technology, particularly software programs, are glitchy at best. I bring this up because we are fielding a number of calls from families letting us know that they are not receiving weekend memos. While a few of these concerns are legitimate glitches, when we look into these issues the vast majority of problems are the software programs on the owners' devices that block these messages. If you hear these concerns in or around the school can I ask that you encourage these folks to reach out to the office? I like to think that the memo is your window to the school. Thanks for your help in 'keeping the curtains' of the school open.

Music notes from Mrs. Surrendi - Music notes from Mrs. Surrendi: Choir for students in grades 2-6 are every Thursday at lunch recess. Choir fees can be paid through PowerSchool. For grade 6-9 students interested in being a cast member in a spring musical, we will be having a meeting this Thursday at lunch recess. Mrs. Surrendi Shauna.Surrendi@psd.ca

Copperhaven School After School Band Program - Copperhaven School is offering an after-school band program which is open to all PSD students in Grades Six through Nine. The Beginning Band is an introductory ensemble for students to learn the fundamentals and proper playing techniques of band instruments.

The Beginning Band practices once a week, Wednesdays After-School from 4:00 to 5:00.

Families need to arrange transportation. It is a long-term commitment. Beginning band runs from October to the end of April. The first practice is Wednesday October 2. Band Instruments include: flute, clarinet, saxophone, trumpet, trombone, baritone and percussion (snare drum, bass drum, bells). Band students will need to have their own instrument or will be able to access rental options for a fee.

It is expected that students will play their selected instrument for the duration of the session.

The program fee for band is \$25. Fees will be paid through PowerSchool. Being part of a band is more than just playing music! It provides students with an environment to imagine and invent, it fosters commitment and self-discipline, and it requires determination. These characteristics contribute to success in life. If you would like more information please email me at chris.shaw@psd.ca

Athletics - Cross Country Running: A huge shout out to all of our Cross-Country runners.

This past Thursday was our third race of the season on a beautiful course out at Grouse Nest Golf Course. Congrats to all those who raced!

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 **Tuesday** 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.

Our next race is **Thursday, October 3rd**. This race is being hosted by High Park School.

Please watch the Remind app for details closer to the race.

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 if you are able to help. *More spooktacular details to come very shortly! For more information, please refer to the flyer at the end of this memo.*

Hot Lunch – Please refer to the 'Previously Shared Information' section of this memo for Hot Lunch sign up details.

Rubber Matting Committee - PLEASE NOTE: The playground will be closed until October 9, 2024 **or until the fencing is removed** to install poured in place rubber matting at the playground.

This week you will see Prairie Rubber Paving completing the poured in place rubber matting. 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 enter 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 major 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
- My Hero Harper
- Fortis Alberta

Gold Sponsors:

- Seven M Construction
- Zender Ford
- Cantiro Homes

If you have any questions or concerns, please contact me at the office or via email at chris.shaw@psd.ca.

Previously Shared Information

Smudging at PLC - We are happy to announce that in honour of last Friday's PSD Orange Shirt Day we offered smudging to students and parents/guardians on Friday morning before school. Moving forward smudging will be available alternating Monday and Thursday mornings before school until 8:25 am 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.

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>

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

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 long time 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...”

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.



Final Thoughts - Thanks again for taking the time to read the memo. A quick reminder that at the end of this memo is information regarding community resources and support for families in need. If you or anyone you may know is in need of help, I'll ask that you share this information or reach out yourself.

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

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 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



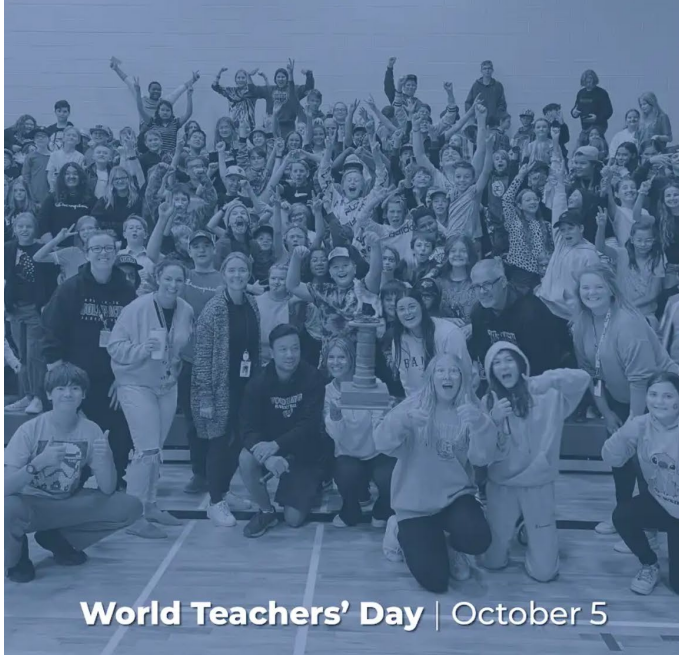
Orange Shirt Day was established in 2013 to honour "Phyllis' story," named for Phyllis Webstad, whose new orange shirt was taken on her first day at residential school when she was just six years old.

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





World Teachers' Day | October 5

To all of our
amazing
teachers,
**THANK
YOU!**



PARKLAND
SCHOOL DIVISION



PARKLAND
SCHOOL DIVISION

**THANK
YOU**
for being the heart
of our facilities.

Custodial & Maintenance Workers Appreciation Day | October 7



GREAT

REASONS

- SUPPORT YOUR CHILD
- MEET THE COMMUNITY
- BE AN ADVOCATE
- ASSURE PROGRESS
- BE AN AGENT FOR CHANGE



JOIN
SCHOOL
COUNCIL

- FEEL CONNECTED
- BE PART OF A TEAM
- MAKE NEW FRIENDS
- HAVE IMPACT

We meet monthly in the school library!

Next meeting Oct 2, 6:30 PM

prescott.sechair@partner.psd.ca | fb.com/PrescottSchoolCouncil



PLCFF INVITES YOU TO A

Halloween
Dance & DJ

Games &
Prizes

Concession &
Photo Booth

Costumes
encouraged!

All ages
welcome!

MONSTER MASH BASH

SATURDAY,
OCTOBER

FROM
6-9PM

26

TICKET PRICE

\$5

(Children 2 and under, free)

AT PRESCOTT LEARNING CENTRE

Tickets can be pre-purchased
(preferred) through
prescott.hotlunches.net
or at the door

*Children **MUST**
be accompanied
by a **PAID** adult*



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

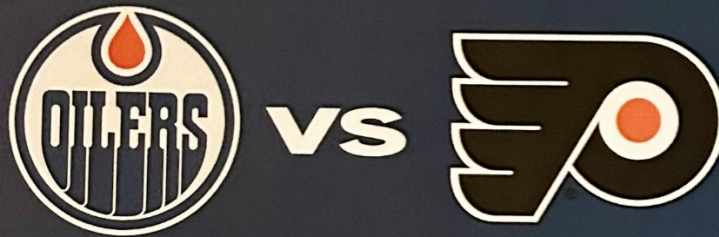


Carry-on items that are not allowed on the bus

- 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**



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