



Prescott Weekend Update

Oct. 6th, 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](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>

With the School Council AGM under our belts last week, this Wednesday we will be hosting the PLC Fundraising Foundation Annual General Meeting at 6:30 pm at the school. What does the PLCFF actually do? Legislation dictates that school councils are not permitted to fundraise. Because of this, the PLCFF serves as the fundraising arm for council projects and initiatives. Through donations, fundraising events, and grants the PLCFF has literally raised hundreds of thousands of dollars for our school's Wishlist of nice-to-have events and equipment (see below). The PLCFF are also the folks who run our Hot Lunch program, host our after-hours dances, and organize the Christmas fundraisers. Like any organization, the PLCFF is only as good as the people who run it. We are fortunate for the dedicated and fun group of parents and guardians (who share a lot of laughs), who contribute to our school in immeasurable ways. There are countless ways to give back and get involved whether it be an ongoing fundraiser like Lunch or one offs such as a dance. Currently they are asking for your help for volunteers to serve as ticket takers, supervisors, and to work the concession at the Halloween Spooktacular Dance on Saturday the 26th of this month. And if you have an evening free on the second (school day) Wednesday of the month, we'd love to see you. Tomorrow (Monday) I will be sending out invitations for you to attend in person or virtually.

On another note Tomorrow is Custodial & Maintenance Workers Appreciation Day, a day of gratitude as we say thank you to our great crew here at PLC. I have worked at more than a few schools and I can say without reservation that our team is among the best I've worked with. Thank you, ladies, we'd be lost without you.

As well, a big thank you to our PSD Facilities people for all of the great work they do at our school and across the division. They are the unsung heroes of the education system. Thanks folks!



Important Dates This Week

Important Events This 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)
Important Events Next Week				
Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
Thanksgiving (No School)	PLC Oilers Night (Roger's Place)	Hot Lunch: Dairy Queen	Gr 2 Teacher's Pet In School Field Trip PLC Cross Country Race @ Jubilee	Monday Schedule

Athletics Dates This Week*

Monday	Jr B Girls and Jr A Girls Team 2 Practice @ Lunch Jr A Girls Team 2 Game @ PLC vs Living Waters - 3:45 PM Jr A Girls Team 1 Game @ Greystone - 4:15 PM Jr A Boys Game @ Greystone - 4:15 PM
Tuesday	Sr Boys and Sr Girls Practice @ Lunch Jr. Girls Team 1 Practice @ Lunch Jr A Girls Team 2 Practice @ 3:15 – 5:00 Jr A Boys Game @ Muir Lake - 3:45 PM Sr Boys Game @ Greystone - 4:15 PM Sr Girls Game @ Greystone - 4:15 PM
Wednesday	Jr A & Jr B Boys Practice @ Lunch Sr Girls Practice @ 3:15 – 5:00 Jr A Girls Team 1 Game @ Woodhaven - 4:00 PM Jr A Girls Team 2 Game @ PLC* vs Tomahawk – 4:30 PM (Time/Location Change)
Thursday	Cross Country @ Ecole Meridian Heights Jr A Boys Practice @ Lunch Jr B Boys & Girls Game @ St. John Paul II Sr Boys Game @ PLC vs Living Waters – 3:45 Sr Girls Game @ PLC vs St. Thomas Aquinas – 4:45
Friday	PD Day - No School
Saturday	N/A

*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

New and Updated Information

Recovery Alberta Understanding Anxiety - Recovery Alberta (formerly AHS) Caregiver education series is free and offers a variety of lunch & learn and evening sessions for parents and caregivers. In the month of October, the lunch & learn is a 4 part series titled "Understanding Anxiety". For more information, please refer to the newsletter at the end of this memo.

Art Club Starts this Week - Art Club officially starts October 7th! Students in grade 6-9 with a signed permission form are welcome to attend afterschool from 3:15 - 4:15 each Monday in Mrs. Smith's room (216). Please bring your sketchbook. Permission forms can be picked up from Mrs. Smith or printed from home using <https://sites.google.com/psd.ca/plcartclub/sign-up>. You can also find more information on our [Art Club Website](#). See you there!"

Read In Week - Next week is Read In Week and the Grade Two classes will be having the Spruce Grove Saints visit on Wednesday morning! The players are coming to read in the classroom and discuss how reading is important when you are a hockey player!

Picture Retakes - Picture retakes will happen on Thursday, Oct. 24th. If your child missed getting their portrait last month or if the picture was less than flattering (but would be worthy in a future wedding PowerPoint Presentation ;-)) the photographers will be back at the school in a couple of weeks. I will include a reminder in upcoming memos.

Music notes from Mrs. Surrendi - *Choir is beginning to rehearse for our upcoming Remembrance Day Assembly. Please have forms back and payment to PowerSchool as soon as possible so that t-shirts can be ordered.

*Recorders are in and will be given to students once payment is received.

*Grade 6-9 students interested in being part of a spring musical will be coming home with a note this week; please read over with your child and return the forms asap in order to begin planning. Thank you, Mrs. Surrendi Shauna.Surrendi@psd.ca

Athletics - Cross Country Running: A huge shout out to all of our Cross Country runners who raced in our fourth race of the season at High Park!

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.

Our next race is **Thursday, October 10th**. This race is being hosted by Meridian Heights 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!*

DID YOU KNOW . . . ?

As a result of recent copyright infringement lawsuits in other institutions (currently schools can only use 10% of online content from services such as Amazon, YouTube, Netflix, etc. for educational content), for the last couple of years PLC now uses Criterion on Demand.



Criterion on Demand is an online digital delivery platform designed for educational institutions, which streams more than 6,500 titles on a bilingual interface (think National Geographic, Magic School Bus, etc.). This is a HUGE benefit to every single student at the school.

*However, this of course comes with a cost, which PLCFF has been able to cover with the help of fundraising efforts through **YOU** - our amazing families, volunteers and staff at our school. **THANK YOU** for your continued support!*



Rubber Matting Committee - PLEASE

NOTE: PLEASE NOTE: The playground will be closed until October 11, 2024 **or until the fencing is removed.**

This week you will see Prairie Rubber Paving finish up the coloured layer of rubber at our playground. Please note, the rubber takes time to cure. As crews leave the site, the playground is still off limits until the fencing is down.

Again, DO NOT enter the playground before the fencing has been removed. Please communicate this with your children as they will divot the matting prior to it being fully cured.

You are invited to join us at the ribbon cutting ceremony on October 23, 2024. This event will take place from 4:30 pm - 6:30 pm and it will be a great way to see how accessibility cultivates community for EveryBODY.

We can't wait to see you there! If you have any questions or concerns, please contact me at the office or via email at chris.shaw@psd.ca.

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:

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

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



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 reminder that this Friday is a professional development day, meaning while we will be here at the school prepping, planning, and learning, there is no school for students. As well, next Monday is Thanksgiving. I will be taking Sunday off from the memo and will have it out for you Monday the 14th. Have a great week everyone.

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

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*



Caregiver Education Team Newsletter

October 2024



Recovery Alberta (formerly a part of 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.

Lunch & Learn Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:
An Introduction
Tuesday, October 8
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Tuesday, October 15
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Tuesday, October 22
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Tuesday, October 29
12:00 – 1:00 pm

Evening Sessions

Wellness Exchange Series

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

Part 3: Managing Reactions
Wednesday, October 9
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, October 23
6:00 – 7:30 pm

Participant Feedback:

"I am really enjoying these sessions and am finding them helpful."

"I like the virtual delivery. It's 100% effective & efficient!"

"Nice session! Thanks for offering!"

"The balance of direct instruction and interaction through a chat that minimized stress was excellent."

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

October 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.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, October 8, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, October 15, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, October 22, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Tuesday, October 29, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

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:

"Very informative and helpful"

"The quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive."

"Thank you...looking forward to the next one."



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Evening Education Sessions

October 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. Each workshop in this series will focus on a new skill for supporting our wellness.

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

Session 3: Managing Reactions

In this session, we will look at how managing our reactions can help us protect our well-being, maintain our healthy connections, make effective decisions, and respond to stressors in healthy ways.

Date: Wednesday, October 9, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 4: Helpful Thinking

In this session, we will practice ways to improve our helpful thinking skills to increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Date: Wednesday, October 23, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

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

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



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