



# Prescott Weekend Update

Oct. 14<sup>th</sup>, 2024

Hello PLC Families:

**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>

This week I'd like to share with you the details of an event that will impact both the school and surrounding community. On Thursday we will be hosting the PLC Cross Country Run at Jubilee Park starting at 4:15 pm. If you have not had the opportunity to attend a cross-country event, I can assure you they are quite the spectacle. There are six runs on the calendar stretching from the beginning of September to our run on the 17th. Between 4:15 and 5:00 pm there will be three separate races of progressively longer distances depending on the age(s) of the runners. Typically, each run draws between 500 and 800 participants.

With our event being the last run of the year, depending on the weather we anticipate the number of participants will be closer to a higher number than lower.

Events like this are a great opportunity to bring the school together and work towards a common goal. Indeed, well over half of our staff (and keep in mind PLC has one of the larger school staffs in the area) have volunteered to give up their time to support the event. And the big reason is that it is good for our school and great for our kids.

And while it's fun to host and provide our cross-country team a well-earned 'home game', you can well imagine logistically there is a lot going on: both in the foreground and background. The challenge is that with 800 runners there will likely be around another 800 spectators. Meaning our biggest headache will be parking. The parking spaces at Jubilee will in no way, shape, or form be enough to accommodate the numbers we will be expecting. And even if there is a spot available, leaving will be nothing short of, well, it won't be short at all. Because of this we have two locations for parking: PLC for the younger students (Kindergarten to Grade Four) who have an earlier start time, and the Greystone Bus transfer station, opening at 4:15 pm, for the older, late starting runners (Grades Five to Nine). What this will mean is a five-minute walk from PLC to Jubilee and a seven-minute walk from Greystone. As with previous races I've attended, you can expect that bylaw officers will be out in full force writing tickets for parking infractions. Therefore, if you live in or around Jubilee please consider walking to the event; way fewer headaches for us, and more importantly, a way easier time for you.



And if you are not attending the races...? Full disclosure; even if you are not directly involved, if you live in the area no doubt you will be affected. There will be spectators parking in residential areas in and around Jubilee. My apologies in advance. Because of this, I need to ask that you share the word with your neighbours who may not be aware of the run on Thursday. I'll also ask for your patience; it may feel like forever, but we should be over and done with no later than 7:00 pm. Thanks for reading, here's a little bit of what else is happening at PLC this week:

### Important Dates This Week

Important Events This Week				
Monday 14 <sup>th</sup>	Tuesday 15 <sup>th</sup>	Wednesday 16 <sup>th</sup>	Thursday 17 <sup>th</sup>	Friday 18 <sup>th</sup>
Thanksgiving (No School)	PLC Oilers Night (Roger's Place)	Hot Lunch: Dairy Queen	Smudging Gr 2 Teacher's Pet In School Field Trip PLC Cross Country Race @ Jubilee	Monday Schedule
Important Events Next Week				
Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
			Photo Retakes Hot Lunch: Pizza 73	Tuesday Schedule Gr. 7 Activate Field Trip

### Athletics Dates This Week\*

Monday	Thanksgiving - No School
Tuesday	Sr Boys and Girls Practice @ Lunch Jr A Boys @ PLC vs STA - 3:45 PM Sr Boys Game @ Graminia - 3:45 PM Sr Girls Game @ Graminia - 4:45 PM
Wednesday	Sr Boys Practice @ Lunch Jr. A Boys Practice @ Lunch Jr A Girls Team 1 Game @ PLC vs STA - 3:45 PM Jr A Boys Game @ SJPII - 3:45 PM Jr A Girls Team 2 Game @ Broxton Park - 4:45 PM
Thursday	Jr A Girls Team 1 & 2 Practice @ Lunch PLC X-Country Race @ Jubilee Jr "A" Volleyball Tournament @ STA (Boys and Girls Team 2)
Friday	Jr B Boys & Girls Practice @ Lunch Jr "A" Volleyball Tournament @ STA (Boys and Girls Team 2)
Saturday	Jr "A" Volleyball Tournament @ STA (Boys and Girls Team 2)

\*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

**Halloween Spooktacular Dance - Red Cross Babysitting Course** - The Halloween Spooktacular Dance is coming up on Saturday the 26th. This is a family dance, meaning that all students must be accompanied by a parent or guardian. However, the school's fundraising foundation is seeking 12 students in grades seven through nine to work the dance in the concession stand or working with children in the activity area. Students will be provided free admission and will potentially have the opportunity to obtain the Red Cross Babysitting Course Certificate later this year: for free! Students have been asked to talk to their parents over the long weekend and then attend an important information meeting this Tuesday during first recess. If you have questions please see Mr. Shaw

**School Council News** - Dear Parents and Guardians, welcome to a new school year! We'd like to remind you that the **School Council is your voice**—the voice of parents and the community. It's how you share your input, shape the school environment, and stay connected. You'll find us at **school assemblies and events**, on the school's social media, and ready to listen if you need support. We're also involved in educational planning and serve as a **sounding board** for both parents and administration.

Wondering how to become a member? **You already are!** Every parent is part of the School Council, and your input matters. We invite you to **attend our next meeting**, where you can bring your questions and ideas forward, whether they're about the school or the school division as a whole. Feel free to join us in person or reach out by email if that's easier for you. ([prescott.scchair@partner.psd.ca](mailto:prescott.scchair@partner.psd.ca))

Warm regards, Jeremy Clements (Co-Chair), Brigitte McKee (Co-Chair), Lacey Clark, (Communication Officer), Prescott School Council

**Safety Reminders** - For safety reasons please we are asking for your cooperation in reinforcing the message that kids walk their bikes, scooters, and skateboards (or anything else with a

wheel for that matter) throughout the entire campus, not just in front of the buses. We are starting to notice that once kids get to the last 1/3 of the bus lane they hop on a wheel away. Because we are using the entire bus lane for drop off and pick up we are worried that our younger students or those with exceptionalities are not always cognizant of their surroundings. Thank you.

**“Say It Here” Lunch Group** - I'd like to bring to your attention a new lunch hour opportunity for students in Grades Seven through Nine. These students have the opportunity to participate in a weekly pilot youth group called, “Say it Here”, a lunch group for teens, by teens, about teens. This group will be led by our practicum social work student from Grant MacEwan University, and will run Tuesdays from 11:46 to 12:46. The purpose of this group is to provide a safe space for students in Grades 7 to 9 to discuss managing stress, gathering different perspectives, group problem solving, etc. This is an open group where students have the choice to come and go. Participation is completely optional. Our intention is to connect students in similar areas, or with similar issues, to help create a stronger and a more positive school community. If you have any questions, or if you would prefer your child not attend please contact Mrs. van Beek at [esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

**PSD - Stronger Families: Upcoming Sessions** - PSD Student Services is extending an invitation to families to a couple of upcoming sessions that could benefit relevant families:

- **Attendance Matters** - Oct 15th at PSD Centre for Education - Archie Lillico, PSD Attendance Officer will be presenting this session providing parents and guardians practical strategies for overcoming barriers to attendance. With evidence-based insights and resources, this presentation empowers parents and guardians in actively supporting their child's education and well-being. It's also available in a hybrid format, so you can also join virtually. click here for more info: (<https://www.eventbrite.ca/e/strong-families-attendance-matters-tickets-1010804291847>)
- **Addictions and Teen Drug Use** - Nov 28th at CFE - For National Addictions Week, PSD is offering a workshop on Addictions and Teen Drug Use. In this workshop attendees will learn an overview of the popular drugs/trends, be taught to identify signs of substance abuse, learn about prevention and other important information. In our upcoming session, we will be joined by Lisa Kimmerly, a Mobile Substance Use Therapist with Alberta Health Services. Here's the link to register and get more information please click: (<https://www.eventbrite.ca/e/strong-families-addictions-and-teen-drug-use-tickets-1010813639807?aff=erellivmlt>). This session is offered both in person and virtually.

**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](mailto:Shauna.Surrendi@psd.ca)



**Athletics - Cross Country Running:** Yet another shout out to all of our Cross Country runners who raced at Meridian this past Thursday!

Races will go ahead each week unless there is inclement weather (lightening, air quality concerns, etc). In the case of a race cancellation information will be communicated through the **PLC Cross Country Remind app**. If you have not already done so please join using this link: <https://www.remind.com/join/d8b8k7a>

This week our practice will be **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 FINAL race is **Thursday, October 17th**. This race is being hosted by PLC at Jubilee Park. 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

**NEW!!!!** \*\*\*Look for the Prescott flag to locate Mrs. Bradford and Mrs. Murray at the INFORMATION table to sign in. Mrs. Blanchet and Ms. Rachuk will see you out on the course! Mrs. Blanchet & Ms. Rachuk

**Lost & Found: Our Bin Overflowing** - If you can't find that missing shoe or hoody I'll ask that you stop in at the office and then have a look through our Lost and Found Bin. While some of the items are from visiting teams and community users, the vast majority are from PLC students. As a dad (and granddad) it pains to donate these items to the local thrift stores. If you can, please swing by this week and look through the items to see if your child is missing anything?

**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!*

**Rubber Matting Committee - PLEASE NOTE: Great news! The rubber matting is completed and the playground will be reopened this week. As soon as the fencing comes down students will be able to access the area. Thank you for your patience as we resurfaced the foundation of this play structure. We hope you enjoy it as much as we do!**

You are invited to join us for a grand re-opening of the playground 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](mailto:chris.shaw@psd.ca).



## Previously Shared Information

**Art Club Has Begun!** - Art Club officially started on 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 this [PDF](#). You can also find more information on our [Art Club Website](#). See you there!"

**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. 16th - Dairy Queen    Thurs. Oct. 24th - Pizza 73    Weds. Oct. 30th - Quiznos

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



**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).

**Final Thoughts** - I'd like to finish this week with a couple of items. If you hadn't heard, last Friday we had a very special visit from the Oilers mascot Hunter. While the visit was a bit shorter than we hoped, this did not curb the enthusiasm of our students. The visit was part of

the PLC Oilers night promotion occurring this Tuesday. A big thanks to Mrs. Bradford for the visit and for all of her work in making it a bit more accessible for students and families who wouldn't ordinarily get the chance to see an Oilers/NHL game.

Finally, a couple of Thursday's ago I did something that I don't do often enough. The day before World Teachers Day I opened School Council's 'One Small Thing' notice box in the main office and, along with Ms. Huisman and Mrs. van Beek, began to sort the slips of paper according to staff members. For those of you who shared your kind words you have no idea what your sentiments meant to our staff. One of the highlights of the year so far was the look on staff member's faces when I hand delivered the slips of paper with your words of appreciation. If you have yet to do so, please take a moment to share your thoughts. The 'One Small Thing' notice box is located in the office and shortly we hope to have a digital notice box as well. A few kind words go a long, long way.



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

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](http://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](http://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](http://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](http://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](http://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](http://www.cyfcaregivereducation.ca)





# TRIREGION FOOD RESOURCES

Updated: November 2022

## FOOD HAMPERS

### Parkland Food Bank

105 Madison Crescent, Spruce Grove  
Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

### WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)  
Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

### Wecan Food Basket

5600-50 St, Stony Plain  
Fresh Nutritious Affordable Food Basket  
Order by first Friday, pickup on third Thursday of month  
Monday - Friday, 9AM-4PM  
587-338-1101

### Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)  
Food pantry of non-perishable items. No appointment necessary.

## BASIC NEEDS HELP

### Community Helps Team

180 Century Road, Spruce Grove  
780-962-5611 / 789-306-1955  
helps@sprucegrove.church

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
www.neighbourlinkparkland.ca  
neighbourlink.parkland@telus.net



## FOOD RESCUES

### Auggie's Cafe

131 Church Rd, Spruce Grove  
Tuesdays 11-1PM

### apfa Food Rescue

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

### Food for the Soul

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

### Grace's Table

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

### Community Table

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

## COMMUNITY MEALS

### Auggie's Cafe

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

### Food for the Soul

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

### Grace's Table

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