



Prescott Weekend Update



Oct. Nov. 3rd, 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>

This Wednesday the 6th and Thursday the 7th, we will be hosting Parent Teacher Interviews (PTIs). On Wednesday evening we will be hosting the in-person interviews running from 3:30 pm to 6:30 pm. On Thursday the virtual interviews are running from 4:30 to 7:30 pm. A couple of information items I need to share with you regarding PTIs; all interviews are by appointment only. You can find the instructions on how to book an Interview at <https://prescott.psd.ca/download/472827>. And while we at the school are mindful that at times booking interviews can be a barrier to having families sign up, we feel waiting in long lines to see a specific teacher is even a greater barrier than booking an online appointment.

Another important message: in order to keep wait times to minimum, each interview 'block' is limited to ten-minute intervals. Please be mindful that your child, particularly if they are in Grade Five or higher, will have multiple teachers for core subjects. You are more than welcome to book interviews with more than one teacher. However, from experience we have learned that the more interviews you book, the greater the likelihood that you may hear the same thing from different teachers; not the most productive use of your time. It's best to start with subjects that you have the most questions or concerns about. Lesser concerns can be addressed through an email or phone call.

So how do you maximize the time you have with your child's teacher? The best place to start is to have a look at your child's PowerSchool account. You can view it online through your browser at <https://www.psd.ca/schools/exams-report-cards/powerschool> or through the PowerSchool app using the school code NKNC. A couple of provisos: viewing marks and attendance through the app is great; viewing report cards and paying fees through the app is not great at all. In fact, the app won't allow you to see report cards or pay a fee. For these tasks please log onto PowerSchool through your browser (even if it's on your phone). Instructions on how to log on and create an account are at <https://prescott.psd.ca/download/472828>. They are a few steps to create an account and to log on, but in the long run doing so is well worth it.

When you are logged on to PowerSchool, the most obvious place to start is marks. However, marks don't often tell the entire story. It's important to take a good look at absences and

lates. Are the absences beginning to affect achievement? Are they missing or late for certain classes and not others?

Beyond marks and attendance, Advocates For Children.(org) a New York Based Non-Profit group focused on removing barriers to children from low income families, has one of the better lists I have seen to help families get the most out of PTIs. You can find the list at the end of this mem. While there is no way to address all of the [15 Questions to Ask at Parent - Teacher Conferences](#), the big ones (Is my child working to her/his ability? What are their strengths and weaknesses? What's my child like in class? (And perhaps most importantly) What can I do to support my child's learning at home?) are questions that should anchor any interview regardless of how much time you have.

Please keep in mind that a ten-minute conversation can at best provide a snapshot of your child's progress. Keeping in touch with teachers and checking PowerSchool on a regular basis are the best practices to strengthen the home/school relationship in order to support your child's learning. I hope to see you later this week. There's a lot going on at the school this week, let's get started:

Important Events This Week				
Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
Smudging (Small Gym)		Gr. 9 Take Our Kids to Work Day Parent/Teacher Interviews: In Person 3:30 – 6:30 pm School Council 6:30 pm	Remembrance Day Ceremonies Hot Lunch: Dairy Queen Parent/Teacher Interviews: Virtual 4:30 – 7:30 pm	Professional Development/ Planning Day (No Students)
Important Events Next Week				
Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Remembrance Day (No School)	Fall Break (No School)	Fall Break (No School)	Fall Break (No School)	Fall Break (No School)

Athletics Dates This Week*	
Monday	Sr. Girls Practice @ Noon Sr. Girls Division I Final @ Woodhaven vs. STA 4:30
Tuesday	Jr B Girls and Boys Wind-Up @ Lunch (pizza/chips/pop provided)
Wednesday	Jr A Girls Team 1&2 and Boys Wind-Up @ Lunch (pizza/chips/pop provided)
Thursday	Sr Girls and Boys Wind-Up @ Lunch (pizza/chips/pop provided) STAFF vs STUDENT game in the afternoon
Friday	Professional Development and Staff Planning Day (No Students Attend)
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

Forgotten Lunch Volunteer: Fridays - We are in need of a couple Friday lunch helpers. Volunteers would distribute lunches and snacks to hungry students at lunch. The commitment is just over one hour a week on Fridays from 11:45 to 12:45. If you are able to help out, even on a part time basis, or have any questions about what is required please reach out to Mrs. Bradford at valerie.bradford@psd.ca.

Remembrance Day Ceremonies Thursday - Like previous years, we are going to have two events for Remembrance Day on Thursday, Nov. 7th. The ceremony for Kindergarten through Grade five will take place from 9:15 - 9:50 am. The Grade Six through Nine Ceremony will occur from 10:30 -11:10 am. Families are welcome to attend. Please stop off at the office to sign in and obtain a visitor/badge sticker prior to preceding to the gym.

School Council Wednesday Evening 6:30 pm - Immediately following PTIs at 6:30 on Wednesday, we will be holding our November School Council meeting. All PLC community members are invited to attend. In addition to an updated school board report, there will be a staffing update, and a discussion on potential topics for future council parent information evenings. Please see your inbox tomorrow for an invitation to attend virtually. We hope to see you on Wednesday after PTIs.

November - Is Coming! Please keep an eye on future memos for upcoming details.

Lost & Found-a-lanche - 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 located by the Small Gym Entrance. While some of the items are from visiting teams and community users, the vast majority are from PLC students. This week we have Parent Teacher Interviews and our Remembrance Day Ceremonies. If you're in the building this week please have a look by the small gym entrance for missing items. Over fall break we will be bagging and donating items to a non-profit thrift store.



3S Math Prodigy 1st Place! - Congratulations are in order for Ms. Strachan's Grade Three Class. The students have been boosting their numeracy skills playing Prodigy Math at home. Prodigy is an online program that allows students to play and practice Math and Language Arts games at home. During the Oct 13 - 27 challenge period, 3S answered a combined 2558 questions correctly to take **first place for grade 3** across all of Canada! Way to go!

Music Notes from Mrs. Surrendi - Choir will be meeting on Wednesday this week to prepare for our Remembrance Day Assemblies on Thursday. Choir members are to wear their Puma Performers t-shirts, or a nice top with black/dark bottoms.

Our **Winter Concert**, "THE NUTCRACKER", is coming together; respecting fire code, free 'tickets' are now available; please read carefully the message that was sent out to secure your seat. **We will not be giving out paper tickets this year.

Music PTIs - If you would like to meet with Mrs. Surrendi about your child's time in music this week during PTI's, she is available Tuesday via phone or Wednesday in person; please contact her at shauna.surrendi@psd.ca.

PRESCOTT PUMA PRIDE: PAWS FOR A CAUSE!! - The grade six students are challenging each class to fill a bin and a box to help hurting families in our community. We are teaming up with the Parkland Food Bank and the Spruce Grove and East Parkland Christmas Hamper through the month of November. A Food Bank bin and Kinette Hamper box will be placed in each classroom. Students are encouraged to bring in:

- A non-perishable food item
- A toy for a child aged 17 and under. We know that teens can be hard to buy for and will distribute gift cards to those aged 13-17. Gift cards from local businesses work best in \$25 denominations.

We will celebrate as Pumas the first week in December during our concerts; and the top class from each division will win a pizza party! Thank you in advance for supporting our school as we make a difference to families over the holidays. PRESCOTT PUMAS: PAWS FOR A CAUSE!! GO PUMAS!!

Athletics - Volleyball Wrap Up, Playoffs & Basketball Tryouts - The volleyball schedule for the final week of the season has been posted in the 'Athletics This Week' section at the beginning of this memo. It has been a fantastic season with lots of growth from all our teams. This week will include all of our wind-up parties which will be held at lunch and include pop, chips, and pizza. A Special thank you to all the coaches who made this possible. None of our seven (7!) teams would have been possible without their dedication, time, and effort. Please join us in offering thanks to:

Sr Girls - Mr. Adams & Ms. Khondowe

Jr A Girls Team 1 - Mrs. Burgess & Mrs. Long

Jr A Boys - Mr. Shaw & Mr. Pontikes

Jr B Boys - Mrs. Gagnon, Mrs. Van Veen & Zelany Van Veen

Sr. Boys - Mr. McNaughton & Mr. Byrne

Jr A Girls Team 2 - Ms. Brit Hoover

Jr B Girls - Mrs. Dodman & Mrs. Yeung

Huge Congratulations to the Sr Girls for making the Div I Finals!!! Our Sr. Girls team is going to the finals against crosstown rivals St. Thomas Aquinas. We would love everyone to come cheer them on as they battle for the banner at Woodhaven School on Monday, Nov 4th @ 4:30 PM. PLC students who attend the game in person are eligible to win one of three Puma Swag Gift Packages! Admission is free, everyone is welcome to come and cheer on our Pumas!

Volleyball Jerseys - To avoid unnecessary costs added to your school fees, please return all jerseys to Mr. McNaughton. Please note - Unfortunately, students with outstanding fees will not be permitted to participate in upcoming extracurricular activities including basketball. If you have any questions, please contact Mrs. Bradford in the office.

Basketball Tryouts - Finally, a heads-up regarding basketball season - tryouts will commence right after fall break with the Sr tryouts being held Nov 18-22 and Jr A tryouts being held Nov 25-28. If your child is planning on trying out for any of our teams, we require more coaches, so please get in touch with Mr. McNaughton at carson.mcnaughton@psd.ca if you are interested in helping out. As with volleyball, without outside coaches we will not be able to run as many teams as players willing to participate.

Prescott Learning Centre Fundraising Foundation - 52 DAYS UNTIL CHRISTMAS (*that's right, we said it...only 7 weeks!!*)

The PLCFF is here to help make your holiday shopping a bit easier. NOW LIVE, through hotlunches.net, PLCFF is selling gift cards to a variety of amazing companies from November 1st - 29th. Not only will you be helping raise funds for items on the school's wish list this year, but you will also be supporting the following local businesses; WIN-WIN!



- CO-OP
- *The Brickhouse Smokery (formerly Wilhawk Beef Jerky)*
- *Great North Cookie Co.*
- *Kiwi Nurseries*
- *Petite Retreat Collective*

There is also the option, when ordering, to have gift cards sent home with your child to make it even easier! **HAPPY SHOPPING!**

Calling all book lovers!! We're having our first ever **Prescott Used Book Fair!** Now is a great time to start sorting through your gently used book collection. We will be collecting books from November 18-22 and will be having a sale during the Christmas concerts the first week of December. This is a great way to upcycle your used books and update your current reading preferences for a fraction of the cost. We can't wait to see you there!

Caregiver Education Nov/Dec 2024 Newsletter - EZ AMH Professional Practice & Education Services is proud to offer free addiction and mental health virtual programming for parents and caregivers of children and youth, as well as sessions for all adults. **See the attached newsletter link for more information on topics, dates, times, and registration.**

If you want to learn more about how to support a child, youth, or loved one, or if you want additional strategies for supporting your own wellness, you are welcome to register for these sessions.

- **Caregiver Education Sessions** - In November, we'll be looking at ways that parents and caregivers can support adolescents through respectful limit setting; please join us for our two-part lunch & learn series, "Parenting Teens in the 21st Century". In December, we are offering sessions for caregivers of younger children in the two-part lunch & learn series, "Building Executive Functioning Skills" where we will look at ways to support executive skills such as inhibition, working memory, and mental flexibility.
- **Adult Education Sessions** - Join us in November when we conclude the Wellness Exchange series with Session 5: Healthy Connections. Together, we will look at ways we can build and maintain our healthy connections to increase our confidence and sense of belonging. Later in the month, we will be offering the session "More than Just a Bad Day: Understanding Depression" where we will discuss how depression is different from sadness, and strategies for coping. In December, we are offering information on mental health for older adults in the two-part series, "Silver Linings: Supporting Wellness in the Later Years".
- **Child and Adolescent Addiction & Mental Health Education Resource Library** - On our website, you will find additional [resource links](#) to a variety of community websites, webinars, handouts, and modules on addiction and mental health topics pertaining to children and youth. These resources were gathered and reviewed by a mental health professional as part of the Building Service Capacity for Child and Adolescent Mental Health in Primary Care and Pediatrics project in partnership with Alberta Health Services, the Edmonton Zone Primary Care Networks, and CASA Mental Health.

To register for a session, follow the links found in the attached newsletter or visit:

<https://www.cyfcaregivereducation.ca/virtual-education>

[07 AMH Education Sessions Newsletter - Nov Dec 2024.pdf](#)

(<https://drive.google.com/file/d/1xWDKOOn5dxwb1YdexGTRqKh3XsfPcjrj/view>)

Previously Shared Information

November Stronger Together

Newsletter - This month's Stronger Together Newsletter shares information on teen drug use and addiction. You can also find out about the upcoming



Strong Families sessions, Remembrance Day Services, winter clothing community resources and more. 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. Click <https://www.psd.ca/download/471395> for this month's edition.

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. 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



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 - If you haven't yet acknowledged (and how could you not!?!?) the extra hour of sleep last night, a reminder that we fell back an hour last night with the end of Daylight Savings Time. This week is a short one for students with this Friday being a Professional Development/Staff Planning Day; meaning an early start to Fall Break as students are away this day. And the week after next, from Nov. 11th to 15th is Fall Break, there is no school for students or staff. As such, I will be taking a break from the memo next Sunday. The memo will be back on the 17th.

Finally, I have directed staff to step away from their emails over the break. If you have an important concern or emerging issue, for a quicker response I'll ask that you email all three administrators using the email addresses below. Thanks everyone, and I hope you have a restful and relaxing week.

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

15 Questions to Ask at Parent-Teacher Conferences

ABILITIES AND SKILLS

1. Is my child working to his ability?
2. What are my child's strengths and weaknesses?
3. What skills will my child be expected to master this year in math, English, science and social studies?

GRADES AND TESTS

4. How are grades determined?
5. Which, if any, standardized tests will be given this year?

BEHAVIOR AND PARTICIPATION

6. What is my child like in class?
7. How does my child interact with other children?
8. Does my child participate in classroom activities?
9. Does my child obey school rules?
10. Is there anything that I can share with you about what my child is like at home?



ACADEMIC COMPREHENSION AND PROGRESS

11. Does my child understand what she reads?
12. Can my child express her thoughts and ideas clearly?
13. How is my child progressing academically?

HOMEWORK

14. How much time should my child be spending on her homework?

SUPPORT AT HOME

15. What can I do to support my child's learning at home?



BEFORE THE CONFERENCE

- Talk to your child about how things are going in school.
 - Ask if your child has any questions that he wants you to ask the teacher.
 - Write down a list of questions for your child's teacher.
 - Prepare a list of things you want the teacher to know about your child.
 - Write down your contact information and give it to the teacher at the conference.
-

DURING THE CONFERENCE

- Make sure you ask the questions that are most important to you first, in case you run out of time.
- If you don't understand something, or would like more of an explanation, ask the teacher to clarify what she means.
- You may want to share with the teacher any information about your home situation that might impact your child's learning (such as a death in the family, divorce, homelessness, etc.).



AFTER THE CONFERENCE

- Talk to your child. Let her know what you learned about her progress in school.
 - Begin right away to work on the plans you and the teacher discussed, like tutoring, enrichment activities, a behavior contract or extra reading.
 - Follow up with a note, email or phone call to thank the teacher and clarify anything that was discussed at the conference that you did not fully understand.
 - Keep in touch with the teacher and don't hesitate to schedule follow-up meetings.
 - If you and the teacher have issues that you could not resolve, ask for help from school staff like the guidance counselor, principal or Parent Coordinator.
 - Keep your contact information current. Let the school know if your phone number, home address or email address changes.
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Prescott Learning Centre Fundraising Foundation Information



CALL OUT FOR VOLUNTEERS!

Whether you are able to help out with setting up, concession, games/crafts, supervising 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.

Note that all children must be accompanied by an adult who remains at the school



USED BOOK FAIR

Are you interested in cleaning out your gently used book collection and giving it an update? We've heard you loud and clear!

Join us for Prescott Learning Centre's first Used Book Fair on December 4 and 5, 2024.

We will be collecting your gently used books during the month of November and will be selling them during the Christmas concert to raise funds for our school.

This is a great opportunity to support your child's literacy without breaking the bank. Stay tuned for more updates as we'll see which class can bring in the most books collectively!



GIFT CARD FUNDRAISER

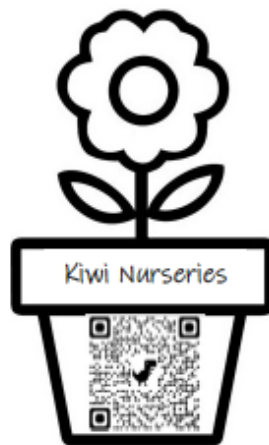
PLCFF is running a gift card fundraiser from November 1 – 29, 2024. A variety of gift cards can be purchased through prescott.hotlunches.net, with an option of sending them home with your child or pick up from the school on a couple of set dates, to be determined, being at the mid-point and end of this fundraiser.

These are the perfect gift for the Christmas season, while also supporting local and helping to raise funds for items on the school's wish list this year.

Check out our various participating local businesses below and get shopping!



(gas, groceries, pharmacy
& hardware)



(plants & gifts)



Great North Cookie Co.

(gourmet soft cookies)



(formerly Wilhauk Beef Jerky
- all the meat)



(full spa services)



(grab your gift cards here!)

SHARE A THOUGHT



Prescott Learning Centre and Parkland School Division rely on stakeholder feedback to learn and improve for the benefit of students, families, staff and the community.

Scan the QR code to share your thoughts!

USE YOUR PHONE'S CAMERA OR A QR CODE READER APP.



For more information, please contact the school at prescott@psd.ca or 780-571-8079.



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