



Prescott Weekend Update



Oct. Nov. 17th, 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.instagram.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>

*Welcome back, I hope all was well over fall break. This week I'd like to start with a different kind of message. Our school psychologist has offered to share her insights and ideas to support families. This month she is discussing the **Benefits of Chores for Children & Teens: Why Helping Around the House Matters**. So, here's Mrs. Wilkinson:*

The kids aren't going to like that I'm telling you this....

As parents it's natural to want to make life as easy as possible for our kids, especially with all the demands they face. However, one of the most beneficial things we can do for our children is to include them in household chores. These responsibilities are not just tasks to complete but opportunities to develop essential life skills that will help them be successful in school and in adulthood. Here are some key benefits of encouraging kids to take on chores at home.

- 1. Responsibility and accountability** - When kids are given specific tasks to complete - like setting the table or feeding the pet, they learn that they have a role in the household. Being accountable for completing chores encourages them to see how their actions (or lack of action) impacts others.
- 2. Building Independence and Self Esteem** - When children and teens complete chores, they gain a sense of accomplishment and independence. They realize they are capable of handling age appropriate tasks without relying on others, which builds self-esteem.
- 3. Learning practical life skills** - By involving kids in cooking, cleaning, or organization tasks parents help prepare kids for the future when they will have to manage these responsibilities on their own. These skills empower children to be more self-sufficient and capable as they move into adulthood.
- 4. Fostering Teamwork and Family Bonding** - When children participate in household chores, they feel like part of the family team. Working on tasks together, such as tidying up after dinner or doing yardwork can foster a sense of teamwork and strengthen connections. It shows that everyone in the household has an important role to play in maintaining a happy, functioning home.
- 5. Time management and Planning (Executive Functions!)** - By assigning chores with specific deadlines or timelines, children can practice time management skills. Knowing they need to complete a chore before dinner teaches them to prioritize and manage time effectively. For older

kids, chores allow them to practice scheduling and planning to balance responsibilities and leisure time.

6. **Cultivating a Strong Work Ethic** - When children are expected to complete chores regularly, they develop a strong work ethic. By teaching kids to put consistent effort into their responsibilities, you are helping them build perseverance.

Here are some tips for Introducing Chores

1. Start early - the sooner you introduce age appropriate chores, the more they will view these tasks as a normal part of life.
2. Assign age and skill appropriate tasks - set your child up for success by starting with things you know they can do and increasing complexity as they grow.
3. Be consistent - establish a routine and stick with it so chores become a natural part of the day.
4. Offer positive reinforcement and feedback - let them know you appreciate their help and celebrate accomplishments.

A big thank you to Mrs. Wilkinson for sharing this week. We look forward to her insights in future weekend memos. And now? Here's what's happening at the school this week:

Important Events This Week				
Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd
Welcome Back Art Club 3:15		Shelter in Place Drill (pm) PLCFF Fundraising Meeting 6:30 pm	Smudging (Small Gym)	Thursday Schedule Kinder PD Day (No Kinder Students Attend)
Important Events Next Week				
Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
		Gr. 3 Matsuba & 3 Pidhaichuk Science Workshop @PLC		Monday Schedule AHS Gr. 9 Antigen Presentation

Athletics Dates This Week*	
Monday	Sr. Girls & Boys (Gr. 7-9) Basketball Tryouts TBA
Tuesday	Sr. Girls & Boys (Gr. 7-9) Basketball Tryouts TBA
Wednesday	Sr. Girls & Boys (Gr. 7-9) Basketball Tryouts TBA
Thursday	Sr. Girls & Boys (Gr. 7-9) Basketball Tryouts TBA
Friday	Sr. Girls & Boys (Gr. 7-9) Basketball Tryouts TBA
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

Sr. Girls Volleyball Division 1 Champions - Congratulations to our Sr. Girls Volleyball team for taking the Div. 1 Championships. The team took home the banner on Monday the 4th with a decisive three sets to one victory over St. Thomas Aquinas. Again, well done Pumas



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

Athletics - Basketball Tryouts - A heads up regarding basketball season - tryouts will commence this week with the Sr tryouts being held Nov 18-22 and Jr A tryouts being held Nov 25-28. Students participating in Sr. tryouts need to bring their BBall gear to school on Monday. 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.

Forgotten Lunch Volunteers: We were overwhelmed with our call in the last memo for forgotten lunch volunteers. Thanks to all of you who offered to help out.

Prescott Learning Centre Fundraising Foundation Update: *PLCFF Nov. Meeting Wednesday Evening 6:30 pm* - At 6:30 on Wednesday, we will be holding our November PLC Fundraising Foundation meeting. All PLC community members are invited to attend. Please see your inbox tomorrow for an invitation to attend virtually.

Christmas Gift Cards - With only **38 DAYS UNTIL CHRISTMAS** we are here to help make your holiday shopping a bit easier. **NOW AVAILABLE**, through HotLunches (<https://prescott.hotlunches.net>), PLCFF is selling gift cards to a variety of amazing companies until November 29th.

DON'T MISS OUT!! Not only will you be helping raise funds for items on the school's wish list this year, but you will also be supporting local business; WIN-WIN! There is also the option, when ordering, to have gift cards sent home with your child to make it even easier! **HAPPY SHOPPING!**



Christmas GIFT LIST
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 set date, to be determined, at the 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!!




'TIS THE SEASON TO BE READING

PLC BOOK FAIR

We will be collecting your gently used books from November 18-22 and will be having PLC's **FIRST USED BOOK FAIR** during the Christmas Concert on December 4 & 5.

Each book will be sold for \$2.50 so it's a perfect time to refresh your book collection or buy a gift for someone you love!

Used Book Fair Calling all book lovers!! We're having our first **Prescott 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!

DID YOU KNOW . . . ? PLCFF was able to purchase a wonderful new camera for the Prescott Press and 7 new sewing machines for the CTF program at the school earlier (last) school year.

★ □ *Great things happen for our students when we have such an amazing group of families, volunteers and staff* ★ □ **Thank you for your continued support!**



Kindergarten Professional Development Day, Friday, Nov. 22nd - A reminder to our Kinder parents that this Friday is a division wide PD for Kinder staff. Kindergarten students will not be attending school this Friday. However, this is a regular school day for all students in Grades One through Nine.

Shelter in Place Drill Wednesday, Nov. 21st (pm) - This Wednesday afternoon we will hold a scheduled school wide Shelter in Place Drill. A shelter in place can apply to a specific area of the school like a hallway, portable, or be applied to the entire campus. Typically, we have called for a shelter in place as a result of a dysregulated student or to clean up a spill or mess in a hallway. In exceptional circumstances a shelter in place will be called for an extreme weather event like a tornado. Unlike a lockdown, students will continue to school work as usual in a secured indoor location like a classroom or gymnasium. While it can be uncomfortable to discuss emergency drills of any type, it is imperative that we practise to ensure that both students and staff know what to do in the unlikely event of a 'real' emergency. Please contact me in the office if you have any questions.

Music Notes from Mrs. Surrendi - *If you have not already secured your tickets to our upcoming "The Nutcracker" on December 4th and 5th, you can look on PowerSchool under "Optional Fees". A gentle reminder that we will not be issuing paper tickets this year.

PRESCOTT PUMAS: PAWS FOR A CAUSE! This year we are supporting families in our area by collecting items for the local Food Bank and Kinette Hampers. Each student is challenged to bring in one food item and one toy/gift card/mittens, etc. for the hampers.

- Non-perishable food items
- 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.

This is part of our Puma Pride monthly challenge; the class in each division that collects the most will win a pizza party. Let's stretch out those "Puma Paws" and help those in need this season.

We will also be having a "**Favourite Holiday Character**" day, where students can come dressed as their favourite character from a Holiday movie or book; stay tuned for more information!

Art Club Tomorrow (Monday) After School - A reminder to all Art Club Members that we meet tomorrow (Monday) after school for our first session after November break. We hope to see everyone there.

Addictions and Teen Drug Use - Nov 28th at the PSD Centre for Education - 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.

Previously Shared Information

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!

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. 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

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\(https://drive.google.com/file/d/1xWDKOOOn5dxwb1YdexGTRqKh3XsfPciru/view\)](https://drive.google.com/file/d/1xWDKOOOn5dxwb1YdexGTRqKh3XsfPciru/view)

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! **Travelers enrolled before November 30th, 2024 qualify for a \$150 discount!** **Please refer to the Flyer at the end of this Memo for more information.** 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 - Weather Appropriate Clothing! A reminder that with the return of winter weather this week, I need to ask that you ensure your child is dressing appropriately for the cold. Once again, it is mittens/hats/ boots season. While we will continue to let students in early/cancel outdoor recess for unseasonably cold weather (-23°C or lower), students will be headed outside within these parameters. Information, including criteria for bus cancellations can be found in PSD Administrative Procedure 750 Severe Weather <https://www.psd.ca/board/administrative-procedures/4678>

I appreciate your cooperation and support in keeping all of our kids safe and warm this winter. If you have any questions or concerns on this, or any other matter please don't hesitate to reach out. To ensure a quicker response, please feel free to email both myself and my very capable assistant principals at the addresses below:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Take care, Chris



The flyer features a green header with the text "Prescott TRAVEL Club" in a playful font, accompanied by a blue airplane icon and a yellow and blue figure. Below the header is a blue banner with the text "Go Places" in a white, cursive font. To the right of the banner is a map of Eastern Canada showing travel routes to Québec City (2), Montréal (2), and Ottawa (2). A QR code is located to the left of the map. Below the map, the text reads: "Spring Break 2026", "Enrollment Link - Scan QR Code Above", "Tour Number: 2785543SN", and "Discount: \$150 if you sign-up before November 30th 2024".

Prescott Learning Centre Fundraising Foundation Information



Christmas GIFT LIST

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Each book will be sold
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to refresh your book collection or
buy a gift for someone you love!





Spring Break 2026



Enrollment Link – Scan QR Code Above
Tour Number: 2785543SN
Discount: \$150 if you sign-up before
November 30th 2024

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
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I DON'T EVEN KNOW WHERE TO START?



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



www.HelpSeeker.org
Get the app on your phone to find local supports and resources.

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

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



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

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

I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters 24/7	1-866-331-3933
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I NEED DETOX SUPPORT

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

I NEED HELP WITH BASIC NEEDS

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

WHERE CAN I FIND FOOD?

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

WHERE CAN I FIND A COMMUNITY MEAL?

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