



Prescott Weekend Update



Dec. 8th, 2024

Good Afternoon 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>

Once again, we are going to turn this week's message over to our school psychologist, Mrs. Wilkinson, for some great gift ideas to boost executive functioning skills.

At PLC this year we are focusing on strengthening executive functioning skills. Executive functions are like the management system of the brain that allow us to plan, focus, accomplish goals and manage multiple tasks. They include abilities such as flexible thinking, working memory, emotional regulation, planning, task initiation, impulse control, sustained attention, time management and organization. As a school, we have been working on intentionally building executive functions in the classroom at all grade levels. There are a lot of ways parents can enhance these skills in the home environment, including the use of games.

If you are buying gifts this holiday season, consider giving your children board games and card games that nurture development in fun, hands-on ways. Games offer so much more than entertainment for children and adolescents. They help build many different executive function skills including working memory, problem solving, cognitive flexibility, emotional regulation and impulse control. Additionally, playing games with family and friends helps create stronger connections and build interpersonal skills (in real life). Multiplayer games provide opportunities to practice important skills like taking turns, persistence, and tolerating frustration and disappointment.

Here are some game ideas to look for:

- Ages 5-7: Try classics like *Memory*, *Candy Land* or *Uno*. These games are simple yet encourage focus, turn-taking and recognizing patterns. They require working memory and sustained attention.
- Ages 8-10: Games like *Guess Who?*, *Connect 4*, *Jenga* and *Chess* engage logical thinking and planning skills to develop strategy and problem solve.
- Ages 11-13: Try *Catan*, *Ticket to Ride* or *Clue*. These strategy games require players to plan, negotiate and think ahead, promoting critical thinking and patience.

Not only do board games and card games foster essential executive function skills, but they also provide a refreshing break from electronics. With so many children spending significant

time on screens, especially during holiday breaks, limiting access to electronics can help them recharge. The more we learn, the more we are recognizing that breaks from electronics and social media have a positive impact on mood, focus, sleep and overall mental well being. Many parents comment that their children are “different kids” when they have time away from their devices.

Playing games together as a family is a wonderful way to enjoy each other’s company and deepen your connection all while building skills that will serve your children well in life. If you’d like to learn more about executive functions a good book to start with is *Smart but Scattered* by Peg Dawson and Richard Guare. You can also check out the Smart But Scattered website to take a free self assessment quiz.

<https://www.smartbutscatteredkids.com/resources/esq-r-self-report-assessment-tool/>

Mrs. Wilkinson

Important Events This Week				
Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
Smudging (Small Gym)	Holiday Door Decorating Starts	CTF Term II PLCFF Meeting @ 6:30 Tree Topper Hair Day	Gr. 9 High School Transition Meeting w/SGCHS (9:00 am)	Wednesday Schedule Ugly Christmas Sweater Day
Art Club 3:15 – 4:30	Say It Here Club @ Lunch DLR – 3:15- 4:30		BBall @ 7:30am Gr. 2-6 Choir@12:15 DLR – 3:15- 4:30	BBall @ 7:30am
Important Events Next Week				
Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
Holiday Fun Week Gr. K-3 Caroling (8:30 -9:15 @ Lg. Gym)	Channel Your Flannel Day Door Decorating Judging	Gr. 4-6 Caroling (8:30 -9:15 @ Lg. Gym)	Smudging (Small Gym) Gr. 7-9 Caroling (8:30 -9:15 @ Lg. Gym) Holiday Hair Don't Care Day Gr. 5 Creative Caravan	Thursday Schedule Long Winter's Nap (PJ Day)

Athletics Dates This Week*	
Monday	Jr. A Boys Basketball Practice @ Noon Jr. B Girls Tryouts @ 3:00 – 4:30
Tuesday	Sr. Boys Basketball Practice @ Noon Jr. A Boys Basketball seeding games @ PLC 3:00 – 6:30
Wednesday	Jr. A Girls Practice @ Lunch Jr. A Girls Basketball seeding games @ PLC 3:00 – 6:30
Thursday	Sr. Boys Basketball Practice @ Noon Jr. B Boys Tryouts @ 3:00 – 4:30
Friday	Sr. Girls Practice @ Lunch

	Sr. Girls & Boys Tournament @ Demko/Sturgeon Heights (St. Albert)
Saturday	Sr. Girls & Boys Tournament @ Demko/Sturgeon Heights (St. Albert)

*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

Holiday Cheer Activities - Holiday cheer is underway at PLC! The next two weeks will see staff and students enjoying holiday festivities and fun. Starting this Tuesday through to the 17th classes will compete in the annual Holiday Door Decorating Contests. This year the Kinder through Grade Three students will decorate with a Grinch theme in mind, the Grade Four to Sixes will focus on an Elf theme, and the Sevens through Nines will top it off with a Home Alone theme. There will be Pizza Parties for each division winner.

Once again, we will be hosting our Christmas Carols in our large gym running from 8:27 am to 9:13 am. Kinder through Grade Three families are invited to join us on Monday December 16th from Grade Four to Six families have their turn on Wednesday December 18th. Finally, the Grade Seven through Nine students will take the stage on Thursday December 19th.

Finally, we will be holding our Festive Dress up Days starting this week! This Wednesday the 11th is Tree Topper Day (come wearing something festive on your head). Ugly Christmas Sweater Day takes place this Friday. Tuesday the 17th kicks off with Channel Your Flannel day (plaid, plaid everywhere). Morning routine takes a turn on Thursday the 19th with Holiday Hair - Don't Care Day. We end the week before Winter Break on Friday the 20th with Long Winter's Nap (PJ Day). Please reach out to your child's teacher for more information and we hope to see you after morning drop off for caroling the week after next.

December PLC Fundraising Foundation Meeting this Wednesday - From the people who brought you last week's Used Book Fair, this Weds. on the 11th, the PLCFF will be hosting their monthly meeting. Invitations to attend virtually will be in your inbox tomorrow morning. This is a great group of people who do great things for our school. Your commitment is as little or as much as you are able. We hope you are able to attend.

The Book Fair Was a Page-Turning Success! Wow, Prescott Learning Centre Community—you truly blew us away! To everyone who donated books:

You filled our shelves with treasures galore,
Books of all kinds—we couldn't ask for more!

To everyone who shopped and supported the cause:
You helped us raise a whopping **\$970.25**—applause!

Your generosity, excitement, and love for stories made this event unforgettable. Thanks to YOU, our book fair was a hit from cover to cover! We're so grateful for our amazing community. Until next time, keep reading and spreading the joy!

Gift Cards Are Ready for Pick-Up! Great news! Gift cards from our fundraiser are ready to go. To arrange a pick-up, please contact us at executive@plcff.com, and we'll help coordinate a

time that works for you. Thank you again for your support and for making this fundraiser a success. We truly appreciate your contributions!

DID YOU KNOW . . . ? PLCFF has hosted several school dances throughout the years, with our last one being Halloween themed. 🎃👻 It was a HUGE hit, nearly reaching fire code capacity ! We absolutely LOVE hosting events like this, as many students of all ages, parents and teachers get so excited and involved. Not only did we enjoy seeing all the imaginative costumes 🧙‍♀️, it truly helps bring our community together for an evening of family FUN !



As always, these events couldn't happen without our school families, volunteers and staff (including our amazing custodians who are always willing to step up to help out for these after school events). *Thank you for your continued support!*

School Council Minutes Posted – While its not always easy to make it out to School Council Meetings, you can stay up to date with the latest information about the school and school district through the meeting minutes. The approved minutes are posted on the school websites. You can view them by clicking https://prescott.psd.ca/rally/pages/view_page/132116.

Grade Three Candy Grams - For the 9th year in a row the Prescott Grade 3 classes will be offering the candy gram program to our students and families. Students and families can purchase a \$1 candy gram for a student in our school. A candy gram is a small card filled out with the name and grade of the recipient. A small message can also be added to the card. An actual candy cane is attached to the card before being delivered to the recipient.

Candy grams will also be available during lunch hours, so all students have the opportunity to participate. Lunch time sales will occur on the following days: Tuesday, December 10 - Friday, December 13. The grade 3 classes will organize and deliver the candy grams during the last week of school, before Christmas Break.

Last year over \$2400.00 dollars was raised. Grade 3 students worked together to decide where proceeds would be donated. It was decided that the proceeds would be split evenly between the Parkland Food Bank, the Stollery Children's Hospital and the Against Malaria International Foundation. Thank you for supporting this fun and worthwhile cause. Each year our grade 3 students are so proud to make a difference in the lives of others.

Music Notes from Mrs. Surrendi - Music Notes from Mrs. Surrendi: Thank you to all students for amazing performances of The Nutcracker, and to the over 1100 adults that came to celebrate with their child/ren! Enjoy the holiday season!

The choir is performing at the Oil King's game on Sunday, January 26th. Part of ticket sales comes back to fund school items like our spot lights! There was a flyer sent home last week with a QR code to purchase tickets. **You can access the flyer at the end of this week's memo.** NOTE: There will not be any paper order forms going home. Come see the Oil Kings play and our choir sing!

Thank you! Any inquiries can be made to Mrs. Surrendi; Shauna.Surrendi@psd.ca

Grade Six Through Nine Ski & Snowboard Club - Prescott Ski and Snowboard club will be running for another season. This year, our ski nights will be the four Tuesdays in February. We

will have our first meeting after Christmas break on Jan. 9th during morning recess in the small gym. There will be no meeting in December as in past years and all information will be handed out at this meeting. We look forward to another fantastic Ski & snowboard season with our Pumas. If you have any questions, please email Mrs. Vasileff dana.vasileff@psd.ca. Thanks!

Term II Career and Technology Foundations Fees Due - Grade Seven through Nine students began their new Term II Career and Technology Complimentary (option) courses last week. As a result, Term II CTF fees have been added to PowerSchool. If you have any questions, please contact the office at 780-571-8079

Mark your Calendars School Council Parent Information Evening: Bullying vs. Conflict - On Wednesday, Jan. 22nd, at 6:30 pm in the PLC Collaboration Centre all PLC parents and guardians are invited to join Parkland School Division Associate Superintendent Scott Johnston for a discussion on the Topic of Bullying vs. Conflict. Mr. Johnston will engage in an interactive conversation with attendees centred on the nature and causes of bullying, how it is different from conflict, the school and the school divisions policies, procedures, and approaches to addressing bullying, and what parents can do to support their child in navigating bullying and conflict at school and in the community. This is a free event hosted by the PLC School Council and all are invited to attend.

Lifetouch School Photo Holiday Discounts - As a token of their appreciation this holiday season, Lifetouch is offering discounts on school photography!

- 50% off a purchase of \$50+ with code CDEC50
- 40% off a purchase of \$40+ with code CDEC40
- 30% off a purchase of \$30+ with code CDEC30
-

This offer is valid through December 14, 2024 To order, log in to your account on mylifetouch.ca or create an online account. Thank you!

The Lifetouch logo is displayed in a bold, blue, sans-serif font.

The Family Connection Centre Winter Clothing Drive - The Family Connection Centre in Stony Plain is offering their "shop for free" program in which families are able access clothing at no cost. However, with the demand this holiday season they are asking for your help in donating clothing, specifically, the following items and sizes:

Infants 0 – 2

Boys 10 -12

Girls 14 – 16

The Family Connection Centre is located at 5600 50 St, in Stony Plain. For more information please call 780-963-0549.

Previously Shared Information

HOT LUNCH- Orders are now open! The PLCCFF 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. Our last date of 2024 is: 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

Grade Six and Nine Provincial Achievement Test (PATs) Dates - (Two) week(s ago) Alberta Education released the PAT dates for Spring 2025. The PATs are written by all Grade Six and Nine students across the province and examine students in English Language Arts, Math, and Social Studies. While the Grade Nines will also write Science, the Grade Sixes will be exempt from writing Science this year. I will have more information in upcoming Weekend Memos. But for now Grade:

Sixes will be writing on:

Weds. May 28th
Thurs. June 12th
Fri. June 13th
Tues. June 17th
Weds. June 18th

Nines will be writing on:

Thurs. June 29th
Thurs. June 12th
Fri. June 13th
Tues. June 17th
Weds. June 18th
Thurs. June 19th

Please ensure your Grade Six and Nine child is at school on these dates. For more information, please access the General Information Bulletin at:

https://www.alberta.ca/system/files/custom_downloaded_images/edc-pat-general-information-bulletin.pdf



December 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/474155> for this month's edition.

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 Grades 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.

Too Sick for School?

COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN	COME TO SCHOOL WHEN
Cough is mild and infrequent or is related to allergies.	Have a mild rash but no itching and/or fever.	Free from diarrhea and vomiting for at least 24 hours.	Have a sore throat but no other symptoms.	Have infection but began antibiotic drops/ointment at least 24 hours ago.	Fever-free for 24 hours without using fever reducing medication.
 COUGHING <small>NOT ALLERGY RELATED</small>	 RASH	 DIARRHEA/ VOMITING	 SORE THROAT	 EYE INFECTION	 FEVER
STAY HOME IF Coughing won't stop or having other breathing problems.	STAY HOME IF Have a body rash with itching and/or fever.	STAY HOME IF Experienced diarrhea or vomiting within the past 24 hours.	STAY HOME IF Have a sore throat with persistent cough and/or fever.	STAY HOME IF Eye is red and oozing a yellow or green discharge.	STAY HOME IF Have a temperature of 100°F (37.8°C) or higher.

Still not sure? Call the school office for help.



Too Sick for School? - Not sure whether or not to send your child to school when they are sick? Last year PSD provided a 'Too Sick for School?' guide to determine if a student should stay home. You can find a full-page copy of this guide at the end of this memo (suitable for say, printing off and putting on the fridge. Or not).

Final Thoughts - I am going to end this week on a note of gratitude. Thanks to all of you who joined us for the Christmas concerts this week. It was great to have you back in the building. Also, thank you for your donations to both the inaugural PLC Fundraising Foundation Used Book fair and our PAWs for the CAUSE holiday food drive. While we're on these topics, thanks to the ongoing work of our School Council for giving our school community a voice and to the PLCFF for organizing and running, among many other events, the Used Book Fair. Through your generosity they raised \$970 towards the 'nice-to-have' items for our school.

I also need to acknowledge the efforts of our staff who took the classroom interruptions in stride and for giving up their evenings to work behind the scenes to make our Winter/Christmas concerts such a success. Big thanks to Mrs. Matsuba and the Grade Three team for the Candy Gram charity fundraising drive. I need to mention Mrs. Wolter for her work with the Kinder through Grade three students and Mr. Anderson and his tech team for the sound and lighting for the four performances (and rehearsals!). Finally, to Mrs. Surrendi for her tireless efforts in providing two days and two nights of memories that will last a lifetime. And if that wasn't enough, we need to give thanks for her organizing the PAWS for the CAUSE food drive. We are all incredibly fortunate to have such dedicated teachers, educational assistants, secretaries, custodians (and a great psychologist and librarian!), in front of your children each and every day.

Once again, 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

PLC Holiday Cheer

DEC 10-17



DOOR DECORATING BEGINS!

- K-3 - THE GRINCH
- 4-6 - ELF
- 7-9 - HOME ALONE



WED DEC 11



TREE TOPPER HAIR DAY

FRI DEC 13



UGLY SWEATER DAY

MON DEC 16



K- 3 CAROL SING 8:30-9:15

TUES DEC 17



CHANNEL YOUR FLANNEL

WED DEC 18



GR. 4-6 CAROL SING 8:30-9:15

THURS DEC 19



HOLIDAY HAIR, DON'T CARE
JR. HIGH CAROL SING 8:30-9:15AM

FRI DEC 20



LONG WINTERS NAP - PJ DAY



PRESCOTT LEARNING CENTRE SCHOOL NIGHT

COME WATCH THE PRESCOTT PUMA PERFORMERS PERFORM IN FORD HALL
AND THE NATIONAL ANTHEM AT ROGERS PLACE!

\$5 FROM EVERY TICKET PURCHASED
WILL BE DONATED TO PRESCOTT LEARNING CENTRE



SUNDAY, JANUARY 26
VS. LETHBRIDGE AT 6:00 PM

SCAN HERE
TO RESERVE
YOUR SPOT!

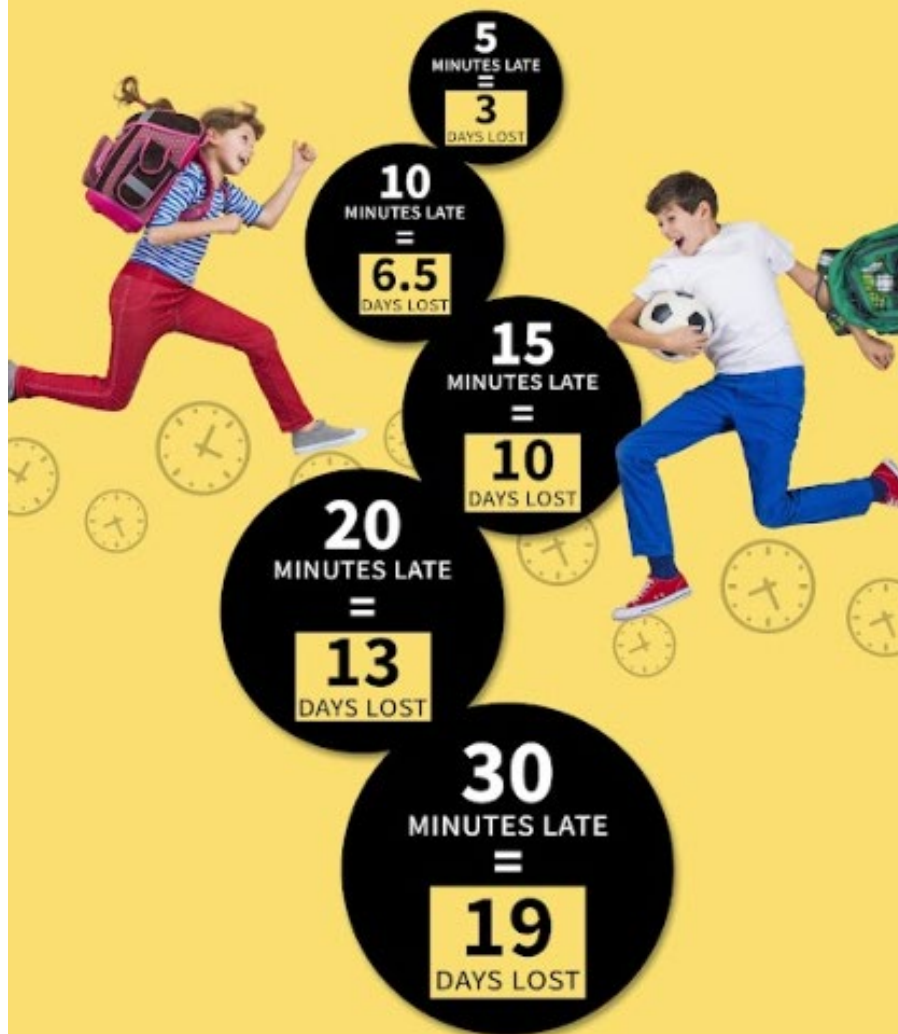


\$25 PER TICKET
PLUS FEES


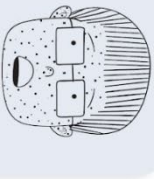



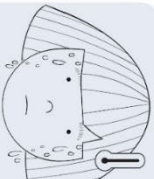


Lost Minutes = Lost Learning

It's important to **arrive and be ready to learn before the school bell rings**. Showing up 15 minutes late **each day** is the same as missing two weeks of school in one year!



Too Sick for School?

<p>COME TO SCHOOL WHEN</p> <p>Cough is mild and infrequent or is related to allergies.</p>	<p>COME TO SCHOOL WHEN</p> <p>Have a mild rash but no itching and/or fever.</p>	<p>COME TO SCHOOL WHEN</p> <p>Free from diarrhea and vomiting for at least 24 hours.</p>	<p>COME TO SCHOOL WHEN</p> <p>Have a sore throat but no other symptoms.</p>	<p>COME TO SCHOOL WHEN</p> <p>Have infection but began antibiotic drops/jointment at least 24 hours ago.</p>	<p>COME TO SCHOOL WHEN</p> <p>Fever-free for 24 hours without using fever reducing medication.</p>
 <p>COUGHING NOT ALLERGY RELATED</p>	 <p>RASH</p>	 <p>DIARRHEA/ VOMITING</p>	 <p>SORE THROAT</p>	 <p>EYE INFECTION</p>	 <p>FEVER</p>
<p>STAY HOME IF</p> <p>Coughing won't stop or having other breathing problems.</p>	<p>STAY HOME IF</p> <p>Have a body rash with itching and/or fever.</p>	<p>STAY HOME IF</p> <p>Experienced diarrhea or vomiting within the past 24 hours.</p>	<p>STAY HOME IF</p> <p>Have a sore throat with persistent cough and/or fever.</p>	<p>STAY HOME IF</p> <p>Eye is red and oozing a yellow or green discharge.</p>	<p>STAY HOME IF</p> <p>Have a temperature of 100°F (37.8°C) or higher.</p>

Still not sure? Call the school office for help.



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