



# Prescott Weekend Update



Dec. 15th, 2024

Good Afternoon 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](https://www.instagram.com/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>

The last memo of 2024 has a sombre tone this week. Last year, in the memo before the break, I asked that we all take a few moments to recognize that for many students and their families the holiday season was and is less than festive. Unfortunately, this holiday season even more people are experiencing food and financial insecurity and continue to struggle with their loved ones' wellness and their own wellness as well. If you or yours are struggling this season, or any time for that matter, please know that there are many resources available within our community and beyond to help you out through these difficult times. And while it may be uncomfortable to reach out, you need to know you are not alone and that there is help available:

- For immediate or imminent danger please call 9 -1-1 or go to the nearest hospital Emergency Department;
- The National Suicide Crisis Help is available 24/7 across Canada. Call or text 988;
- For children's mental health concerns, please call the Alberta Health Services Children & Adolescent Mental Health Crisis Line at (780) 407-1000, the Distress Line (24/7) (780) 482-4357, or the Kids Help Phone 1-800-668-6868 or Text CONNECT to 686868;
- If you or an adult friend or family member are experiencing a non-emergency health or wellness concern, please dial 811 for Alberta Health Services Health Link Line;
- Further, you can visit the AHS Help in Tough Times website at: <https://www.albertahealthservices.ca/amh/page16759.aspx> for supports ranging from addictions, mental health, indigenous specific supports, to family violence/shelters.
- If you are unsure of what resources are available, please dial 211 for 24 hour social, health, and government services;

Finally, if you haven't had the opportunity to scroll to the end of this memo, if you take a moment you'll find an attachment with information regarding the Tri-Municipal Region Support Guide. Within the guide you're able to access information from physical and mental health, to financial and basic necessities, to food banks and meals. Again, you can find the phone numbers

to all of these local resources in the attachment at the end of this email. These resources are here to support in your time of need. If you need them, please make the call.

I would like to thank the many of you who contributed to the PAWS for the CAUSE Kinette food drive, and to those of you who have dropped off groceries at the office when you have heard of a family in need. Having delivered these groceries ourselves, my staff and I can assure you that your generosity is greatly appreciated. Here's what we have happening over the last school week of 2024. As you will see in the Holiday Cheer Blurb below we have plenty of activities planned to help keep students engaged leading to the Winter Break.

Important Events This Week				
Monday 16 <sup>th</sup>	Tuesday 17 <sup>th</sup>	Wednesday 18 <sup>th</sup>	Thursday 19 <sup>th</sup>	Friday 20 <sup>th</sup>
Holiday Fun Week Gr. K-3 Caroling (8:30 -9:15 @ Lg. Gym)	Channel Your Flannel Day Door Decorating Judging (Gr. K-6)	Gr. 4-6 Caroling (8:30 -9:15 @ Lg. Gym) Door Decorating Judging (Gr. 7-9)	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)
Art Club 3:15 – 4:30	Say It Here Club @ Lunch DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) Choir (Gr. 2-6) @12:15 DLR – 3:15- 4:30	BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>
Winter Break (Dec. 23 <sup>rd</sup> – Jan. 3 <sup>rd</sup> )	<b>Christmas Eve</b>	<b>Christmas Day</b>	<b>Boxing Day</b>	Winter Break (Dec. 23 <sup>rd</sup> – Jan. 3 <sup>rd</sup> )

Athletics Dates This Week*	
Monday	TBD Depending on Outcomes of Seeding Games
Tuesday	TBD Depending on Outcomes of Seeding Games
Wednesday	TBD Depending on Outcomes of Seeding Games
Thursday	TBD Depending on Outcomes of Seeding Games
Friday	N/A
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

**Holiday Cheer Activities** - Holiday cheer is underway at PLC! Both last week and this week PLC staff and students were, and are, enjoying holiday festivities and fun. Starting last 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 families are welcome to join us on Thursday December 19th.

Finally, we will be holding our Festive Dress up Days starting this week! 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 this week.

### **PAWS for the CAUSE**

**Puma Pride** - Way to stretch out your paws and collect for our local Food Bank. We filled 35 blue bins! And we have 4 large boxes of presents for the Kinette Hampers! Through your generous support the school collected over 500 kg of food!

There were some close classes for the Puma Pride Challenge, but here are the winners:



- ECS-Grade 3: Mrs. Strachan's class
- Grades 4-6: Mrs. Schumm's class
- Grades 7-9: Mrs. Khondowe's class

Well done, everyone! And thank you for helping us give back to the community.

**Grade Three Candy Gram Sales Ended; Delivery Next Week** - Candy gram sales have now concluded. The grade 3 team would like to thank all the families for their generous support. In January the students will be making decisions about how the proceeds will be donated. Once decided the information will be shared with everyone.

The actual candy grams will be delivered to students next week, December 18-20th. We hope to have final fundraising totals out to you in the new year.

**University of Waterloo Beaver Computing Challenge** - The Centre for Education in Mathematics and Computing at the University of Waterloo holds an annual international contest called the *Beaver Computing Challenge*, which is designed to help create interest in computing

science by having students use computational and logical thinking skills in a problem-solving format.



Some of our top junior high math students accepted the challenge, and we are so proud of them for taking this enrichment activity on!

Grade 7:	Gabriel B. Levi C. Madelynn M.	Maxwell C. Carter P.	Denn M. Morgan F.	Luke M. Lyndi H.
Grade 8:	Jazlyn W.	Kailyn O. Emma T.	Eve P. Zelany V.	Natalie H.
Grade 9:	Adalynn A. Charlie J.	Izabelle G.	Kayley S.	Madden O.

Special mention goes out to the following students who received a Certificate of Distinction because they ranked in the top 25% contestants, worldwide!

- Grade 9 - Madden O., Kayley S.
- Grade 8 - Jazlyn W., Eve P.
- Grade 7 - Maxwell C., Gabriel B.

Congratulations, well done Pumas.

### **PLC Fundraising Update -** 💖 **A Heartfelt Thank You to Our Amazing Community!** 💖

As we wrap up this term, we want to extend a huge THANK YOU to everyone who has supported our fundraising initiatives. From donating books to purchasing gift cards, shopping at the book fair, and beyond—your generosity and involvement have been truly inspiring. Together, we've raised funds that will make a lasting impact on our school and students. It's a testament to the incredible spirit of our Prescott Learning Centre community.

Thank you for your kindness, enthusiasm, and support. We couldn't do it without you! Wishing you all a joyful holiday season and a fantastic New Year ahead!

**Exciting News: New Hot Lunch Program with Healthy Hunger!** - We're thrilled to announce a new and improved hot lunch program at Prescott Learning Centre! Healthy Hunger will now coordinate our hot lunches, making it easier than ever for families to participate.

Why You'll Love It:

- Sign up is simple: Visit [healthyhunger.com](https://healthyhunger.com) to create an account and start ordering—no access code required!
- Expanded vendor options: We're introducing exciting new lunch vendors.
- Personalized orders: Each item will be clearly labeled with your child's name and class to ensure accuracy.
- Flexible ordering: The order cut-off date is now just 5 days before lunch (instead of 2 weeks).
- Convenient payments: Enjoy more payment options to suit your needs.

Say goodbye to order mix-ups and frustrations. With Healthy Hunger, we're confident this new system will provide a smoother, more reliable experience for everyone.

Sign up today and take the hassle out of hot lunch days! Term II Hot Lunch will begin on Jan. 16th. The remaining Term II dates will be posted in the Jan. 5th, 2025 (1!) Weekend Memo.

**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](mailto: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!

### **Previously Shared Information**

**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](mailto: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, approaches to addressing bullying, and what parents can do to support their child in navigating bullying and conflict at school, online, 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](http://mylifetouch.ca) or create an online account. Thank you!

**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.

**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.
<b>COUGHING</b> <small>NOT ALLERGY RELATED</small>	<b>RASH</b>	<b>DIARRHEA/ VOMITING</b>	<b>SORE THROAT</b>	<b>EYE INFECTION</b>	<b>FEVER</b>
<b>STAY HOME IF</b> Coughing won't stop or having other breathing problems.	<b>STAY HOME IF</b> Have a body rash with itching and/or fever.	<b>STAY HOME IF</b> Experienced diarrhea or vomiting within the past 24 hours.	<b>STAY HOME IF</b> Have a sore throat with persistent cough and/or fever.	<b>STAY HOME IF</b> Eye is red and oozing a yellow or green discharge.	<b>STAY HOME IF</b> Have a temperature of 100°F (37.8°C) or higher.

Still not sure? Call the school office for help.

PARKLAND SCHOOL DIVISION

**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).

**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** - After a somber start to this week's memo, I'd like to finish on a celebratory tone. From the staff on supervision, we'd like to thank you for being so cautious during drop off and pick up in and around the school. We have noticed the extra care and attention that you have demonstrated as the colder weather brings more traffic to the school and we appreciate you being patient and careful.

On behalf of all of the staff at Prescott Learning Centre, I'd like to wish everyone in the PLC community the best for the Holiday Season. I hope you can find time for friends and family, with plenty of smiles, laughter, and fond future memories.

We are going to take a break from the Weekend Memo for a couple of weeks. It will return in the New Year on Sunday, January 5th. As well, in an effort to come back from the break refreshed and ready to go, I have directed staff to turn their emails and classroom communication platforms to vacation mode.

If you have an emergent or important concern over the Holidays please reach out to me or my able admin team 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).

Have a great week everyone, I hope to see you caroling in the gym this week. And if I don't, I'll talk to you in the New Year. 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



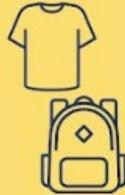


# WAYS TO ENCOURAGE SCHOOL ATTENDANCE



## GET READY

Help your child get organized for school the night before.



## SHOW INTEREST

Ask your child questions about school and celebrate accomplishments.



## TALK ABOUT IT

Discuss the importance of going to school every day and arriving on time.



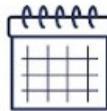
## BE CONSISTENT

Maintain regular bedtime and morning routines.



## PLAN AHEAD

Schedule appointments and vacations for when school is not in session.



## REACH OUT

Contact teachers or school administrators about ways to help your child feel comfortable at school.



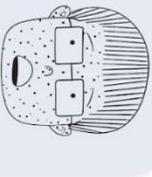
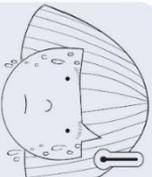
It's never too late to improve attendance.



PARKLAND SCHOOL DIVISION



# Too Sick for School?

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

**Still not sure? Call the school office for help.**



**PARKLAND**  
SCHOOL DIVISION



# 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](mailto: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](mailto:helps@sprucegrove.church)

### **NeighbourLink Parkland**

Serving Spruce Grove, Stony Plain, Parkland County  
 780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto: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

### 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