



Prescott Weekend Update



Jan. 5th, 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](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>

I hope you had a pleasant Winter Break with just the right balance of relaxation and time with friends and family. With it being a busy January, this week I'd like to share a few information items with you.

This Weds. Jan. 8th at 6:30 pm we will be hosting our **January School Council Meeting** at the school. In addition to the usual agenda, and the conclusion of the meeting, attendees will be invited to take off their shoes and spend some time with the **The Royal Canadian Geographical Society's (RCGS) Indigenous Peoples Atlas of Canada**. This massive 36' x 26' foot floor map highlights the locations of Indigenous communities, residential schools, reserves and much, much more. Rather than the typical map which is broken into political borders, the Indigenous Peoples Atlas is broken up into Indigenous language groups. Guests are invited to take off their shoes and walk around and, on the map, to learn from the wealth of stories and information to help all of us understand the past, present, and even the future of Indigenous peoples of Canada. The council meeting should run roughly an hour and then we will move to a space to spend the remainder of the evening with Atlas, around 7:30 pm. All are invited to attend, invitations to attend virtually will be in your inbox tomorrow at 9:00 am.

And on the topic of School Council, as I mentioned just before the break, please mark your calendars for the **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 centered on the nature and causes of bullying, how it is different from conflict, the school and the school division's 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. Specifically, he will outline the importance of the relationship between parents/guardians and the school in supporting children who are both 'bullied' and 'bullies'. This is a free event hosted by the PLC School Council. Whether your child is in Kindergarten through to Grade Nine, all families are invited to attend.

Welcome back, here's what else is going on this week at PLC:

Important Events This Week				
Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Classes Resume		School Council Meeting/Indigenous Peoples Atlas 6:30		Monday Schedule
Art Club 3:15-4:30 (Resumes in Feb.)	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 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
	Gr. 9 Immunizations	Gr. 7-9 Fit for Life CTF Field Trip @ Factory Climbing PLCFF @ 6:30	Hot Lunch Jr. BBall Tourney	Friday Schedule Jr. BBall Tourney

Athletics/Basketball Dates This Week*	
Monday	Jr A Girls & Jr B Girls Practice @ Lunch Jr A Boys Practice @ 3:00 - 5:00 Jr B Boys White and Blue Practice @ 3:00 - 4:30
Tuesday	Jr A Boys Practice @ Lunch Sr Girls Practice @ Lunch Jr A Girls Practice 3:00 - 4:00 Sr Boys Game @ PLC vs STA - 4:30 Sr Girls Game @ WH - Time TBD
Wednesday	Sr Boys Practice @ Lunch Jr A Boys Game @ PLC vs BP - 3:45 Jr A Girls Game @ PLC vs Graminia - 4:45
Thursday	Jr B Boys White and Blue Practice @ Lunch Sr Girls Practice @ 3:00 - 4:30 Jr A Boys Practice 3:00 - 5:00
Friday	Jr A Boys Practice @ Lunch Sr Girls Practice @ Lunch Sr Boys Practice @ 3:00 - 5:00 Jr B Girls practice 3:00 - 4:30 - small gym
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

PowerSchool Portal Student/Family Access Shut Down - If you hadn't noticed, in order to give teachers a head start on report card comments, access to the online PowerSchool Portal was shut down to students and families just before the break. Like the comments often attributed to Otto von Bismarck's regarding laws and sausages, to alleviate stress and confusion it is best not see comments while they are 'under construction'. PowerSchool access will

resume when report cards go live on Thursday, Jan 30th at 3:00 pm. In the meantime, if you have any questions regarding assignments or attendance, please reach out to your child's homeroom teacher or the office.

One Small thing Virtual Option - In addition to the drop box in the main office, the PLC School Council is happy to share with you a virtual option to share your comments about positive interactions, experiences, and memories about PLC staff. 'One Small Thing' is a council initiative intended for families to share their appreciation and send staff words of support and encouragement throughout the year! If you have something positive you would like to share please scan the QR code to the right, or visit prescottonesmallthing@gmail.com or visit the office to handwrite your comments.



The poster features a blue background with the PLC logo (a yellow jaguar) and the text '*PLC School Council*' and 'ONE SMALL THING!' in large, bold letters. Below this, a grey brushstroke contains the text: 'Do you have a positive experience or memory with a staff member that you would like to share?' and 'We want to hear about it!'. A QR code is centered on the poster, with an arrow pointing to it and the text 'SCAN HERE To share your thoughts!'. At the bottom, it says 'Or email us at: prescottonesmallthing@gmail.com'. There are also three white stars on the right side.



Choir News - The Prescott choir is performing at the Oil Kings game on **Sunday, January 26th**. We are singing in Ford Hall prior to the game as well as Oh Canada on the ice! Part of ticket sales comes back to fund school items like our spot lights!

There was a flyer sent home prior to winter break with a QR code to purchase tickets. You can access the flyer through the link below. **Click the link below to get your tickets**

today! <https://fevo-enterprise.com/event/prescotteok24>

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

Approved 2025-2026 School Calendar

- The 2025-2026 PSD school calendar for next year has been approved. You can start planning for next year by clicking

<https://www.psd.ca/download/477713>

PARKLAND SCHOOL DIVISION

2025-2026 CALENDAR



Gr. Nine Immunizations Tuesday Jan. 14th - Alberta Health Services will be back at the school on the 14th for Grade Nine Students. Grade Nines will be receiving their Diphtheria, tetanus, pertussis (whooping cough) and Meningococcal vaccines. As always, students will not receive vaccinations without written consent from parents/guardians. The Grade Six students

will have their second round of immunizations at the end of April. If you have any questions please reach out to Mrs. Bradford or me at the office.



January Stronger Together Newsletter - 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. This month's Stronger Together Newsletter shares information on sessions supporting the transition from teenager to adulthood. For this month's edition please click: <https://www.psd.ca/download/477464>

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 for students on Monday Jan. 13th during morning recess in the small gym. 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 at dana.vasileff@psd.ca. Thanks!

PLC Fundraising Foundation Update –

🎉 **Exciting Updates for the New Year!** 🎉

Happy New Year, Prescott families! We're thrilled about all the exciting plans we have in store for 2025, and we couldn't do it without your incredible support. Thank you for being such an integral part of our community!



- 🌟 **Upcoming Fundraisers:** We're kicking off the year with some fantastic new fundraising initiatives. Stay tuned for details—you won't want to miss out!



📢 Stay Connected If you haven't already, join the **Prescott Learning Centre Fundraising Foundation Facebook Group!** This is your go-to spot for hot lunch updates, upcoming events, and the latest news. Join us here: [Facebook Group](#).

We're looking forward to another amazing year together. Thank you for supporting the Prescott Learning Centre Fundraising Foundation! ❤️

Randie Dodman - President, Prescott Learning Centre Fundraising

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 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.

We are proposing the following dates:

January 16 January 22 January 30 February 5 February 12 February 19
February 27 March 5 March 13 March 19 March 27

Sign up today and take the hassle out of hot lunch days! Term II Hot Lunch will begin on Jan. 16th.

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!

Previously Shared Information

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.

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.

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

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
<p style="font-size: 8px;">Cough is mild and infrequent or is related to allergies.</p>	<p style="font-size: 8px;">Have a mild rash but no itching and/or fever.</p>	<p style="font-size: 8px;">Free from diarrhea and vomiting for at least 24 hours.</p>	<p style="font-size: 8px;">Have a sore throat but no other symptoms.</p>	<p style="font-size: 8px;">Have infection but began antibiotic drops/ointment at least 24 hours ago.</p>	<p style="font-size: 8px;">Fever-free for 24 hours without using fever reducing medication.</p>
					
<p style="font-size: 8px;">STAY HOME IF Coughing won't stop or having other breathing problems.</p>	<p style="font-size: 8px;">STAY HOME IF Have a body rash with itching and/or fever.</p>	<p style="font-size: 8px;">STAY HOME IF Experienced diarrhea or vomiting within the past 24 hours.</p>	<p style="font-size: 8px;">STAY HOME IF Have a sore throat with persistent cough and/or fever.</p>	<p style="font-size: 8px;">STAY HOME IF Eye is red and oozing a yellow or green discharge.</p>	<p style="font-size: 8px;">STAY HOME IF Have a temperature of 100°F (37.8°C) or higher.</p>

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).

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.

Final Thoughts - The last week of January marks the beginning of midterm exams for Grades Seven Through Nine Students. The dates are as follows:

- Fri. Jan 24 - English Language Arts
- Mon. Jan 27 - Science
- Tues. Jan 28 - Social Studies
- Wed. Jan 29 - Mathematics

While these exams are a way into the future, I mention them this week as the result of a lesson I learned far, far too late in my educational career: test stress and anxiety is often best dealt with through confidence and preparedness. Rather than cramming for exams a few days, or even the night before exams, a better approach is to start studying this week: one subject a night for 15 minutes. I will have details, tips for studying, and ways to deal with test anxiety in upcoming weekend memos. *Please note these are school based exams, not the Grade Six and Nine Provincial Achievement Test that will be written in May and June.*

For now, if you have any questions or concerns on this or any other matter please reach out to my very capable assistant principals or me at:

- heather.huisman@psd.ca
- esther.vanbeek@psd.ca
- chris.shaw@psd.ca

Have a great week everyone, and a Happy New Year.

Chris

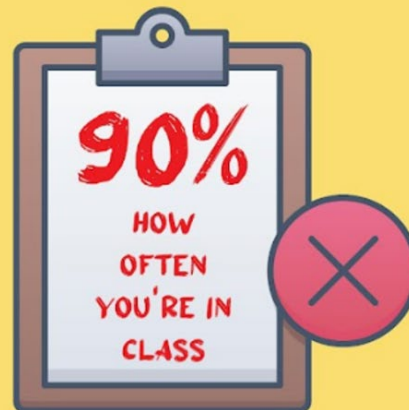


PARKLAND
SCHOOL DIVISION

To all of our
Educational
Assistants,
**Thank
You!**

Educational Assistants Appreciation Day | January 22

Attendance Matters



A 90% attendance rate means you're chronically absent.

It's equivalent to missing one month of learning in a year.

Absences reduce your chances of academic success and can negatively impact your mental well-being.

Attend today, achieve tomorrow.



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


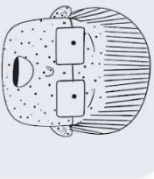



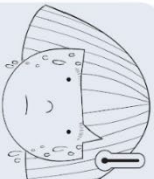
SCAN HERE
TO RESERVE
YOUR SPOT!



\$25 PER TICKET
PLUS FEES



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