



# Prescott Weekend Update



Jan. 12th, 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](mailto:@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>

I need to start this week with some disconcerting news. After school one day last week, there was a car accident at the north parking lot exit by the Cantiro Centre/Daycare. In my conversations with the drivers involved, what emerged was that the driver's visibility, turning left/south on Pioneer Road was impaired by a large vehicle on the street that was parked far too close to the parking lot exit. While no one was hurt (thankfully) there was considerable damage to both vehicles. Anyone who has endured the ordeal of car accidents, and the subsequent time, effort, and paperwork in dealing with the police, insurance, deductibles(!), and auto-body shops can surely empathize with those who were involved.

Any time there is any kind of incident in the parking lot, we all need to reflect on the safety of staff, parents and guardians, and most of all your children. We get it; you're in a rush to get to work and you're frustrated with the parking lot. However, you'll agree that trading a moment of convenience for the well-being of students is simply not an option. There are a lot of things that keep us up at night here at the school, but the thought of a child getting hurt is clearly at the top of the list. So, here are some reminders to keep everyone safe;

- It is unlawful to park less than five meters (15 feet) from an exit or parking lot. This includes the entrance and exit in the front, and the staff parking in the back.
- Please do not park in the Cantiro/Daycare parking lot. They do not have the same level of supervision between 3:00 pm and 3:20 pm as we do. And ironically, when we take up spaces in their parking lot, their parents are forced to park in our lot or on the street causing more congestion. Whether they are PLC children or Cantiro Centre children, the safety equation remains the same. By parking in the Cantiro Centre parking lot you are quite simply putting our smallest community members in danger.
- Please do not park in staff parking, for the same reason I stated above.
- If at all possible, please avoid turning left/east on prospect way by the crosswalk. Not only does it cause paralysis in flow of the parking lot, it makes the intersection with Pioneer road more precarious for pedestrians (plus, if it gets that busy, it is way quicker to go all the way around the traffic circle and come back. Trust me. Just remember to use your turn signal).

Please be aware that in light of last week's events we can expect a greater bylaw/police presence around the school.

One of the great things about our school that I have learned since my arrival at PLC is how responsive the community is to requests and concerns. I'll ask again for your support in making the parking lot and streets around the school safe for everyone, especially our students. Thanks again, and have a great week.

Important Events This Week				
Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wednesday 15 <sup>th</sup>	Thursday 16 <sup>th</sup>	Friday 17 <sup>th</sup>
Ski & Snowboard Club Sign Up Meeting (Gr. 6-9)	Gr. 9 Immunizations	Gr. 7-9 Fit for Life CTF Field Trip @ Factory Climbing PLCFF @ 6:30	Hot Lunch PLC Jr. A BBall Tourney	Wednesday Schedule PLC Jr. A BBall Tourney
Art Club 3:15—4:30 (Resumes in Feb.)	Say It Here Club @ Lunch DLR – 3:15- 4:30		Sr BBall @ 7:30am (Gr. 6-9) Choir @12:15 (Gr. 2-6) DLR – 3:15- 4:30	Sr BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>
		EA Appreciation Day Hot Lunch Bullying vs. Conflict Presentation @ 6:30	Grade 2 Teacher's Pet in school field trip (Soapstone carving)	Thursday Schedule Gr. ELA Midterm Fitset Ninja Gr. 5

Athletics/Basketball Dates This Week*	
<b>Monday</b>	Jr A Girls & Jr B Girls Practice @ Lunch Jr B Boys White and Blue Practice @ 3:00 - 4:30
<b>Tuesday</b>	Jr A Boys Practice @ Lunch Sr Girls Practice @ Lunch Jr A Boys Practice 3:00 - 4:00 Sr Boys Game @ PLC vs Broxton Park - 4:30
<b>Wednesday</b>	Sr Boys Practice @ Lunch Sr Boys Practice 3:00 - 4:00 Jr A Boys Game @ Greystone Jr A Girls Game @ Living Waters Jr. B Girls Game @ PLC vs. Greystone – 4:30 Jr. B Boys Blue Game @ PLC vs. Greystone – 5:30
<b>Thursday</b>	Jr B Boys White and Blue Practice @ Lunch Jr A Tournament @ PLC
<b>Friday</b>	Jr A Girls Practice @ Lunch Jr B Girls Practice @ Lunch Jr A Tournament @ PLC
<b>Saturday</b>	Jr A Tournament @ PLC

\*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**

**January PLC Fundraising Foundation Meeting this Wednesday** - This Weds. on the 15th, 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.

**Gr. Seven-Eight-Nine Midterm Exams Jan 24th - Jan. 29th.** A reminder to Junior High Parents that Midterms are officially two weeks away! Students should be reviewing on a regular basis to ensure they are ready for their exams. This includes, re-reading your notes and/or using the study guides given to you by your teachers. For your child, our students being prepared = students who are less stressed. Thank you for encouraging your child to study at home over the next two weeks. Exams will take place in the afternoon on the following dates:

Fri. Jan 24 - English Language Arts  
Tues. Jan 28 - Social Studies

Mon. Jan 27 - Science  
Wed. Jan 29 - Mathematics

During the morning of exam days teachers will be preparing and reviewing for exams. It is important that students attend in the morning prior to the day's exams. Further, students will be expected to remain in the exam space for the duration of the afternoon.

In next week's school memo, our school psychologist, Mrs. Wilkinson, will share some timely strategies and insights for all parents to help those students experiencing test anxiety. If you have any questions please reach out to your child's teachers.

**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.

**PowerSchool Personal Information Breach Update** (*From the PSD Website*) - To keep parents/guardians fully informed on the topic of cyber security and recent attacks on PowerSchool as reported by various news outlets, we wanted to provide the following update. On December 28, 2024 PowerSchool became aware of a potential cybersecurity incident involving unauthorized access to certain information through one of their community-focused customer support portals, PowerSource. Over the succeeding days, PowerSchool's investigation determined that an unauthorized party gained access to certain PowerSchool customer data using a compromised credential. PowerSchool sent PSD the following:

*While this incident affected certain PowerSchool Student Information System customers, PowerSchool's thorough forensic investigation has confirmed that Parkland School Division's data was **not** impacted.*

Some neighboring school jurisdictions in the Edmonton capital region were affected. Out of an abundance of caution, the PSD Technology Services team conducted its own internal investigation and confirmed all personal data in our student information system remains secure. For further information, contact - [DivisionOffice@psd.ca](mailto:DivisionOffice@psd.ca) Phone: 780-963-4010

**Mark your Calendars School Council Parent Information Evening: Bullying vs. Conflict - 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 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.



**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](mailto:Shauna.Surrendi@psd.ca)

**Ski & Snowboard Club Gr. Six - Nine** - 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, tomorrow (Monday Jan. 13th) during morning recess in the small gym. All information will be handed out at this meeting. We will ask that all outstanding school fees either be paid, or arrangements to pay be made through the office prior to participating in Ski & Snowboard Club (for questions regarding outstanding school fees please contact Mrs. Bradford in the office). 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!

**PLC Fundraising Foundation Update** - January Updates: Let's Kick Off the New Year Right!: Hey Prescott families! We hope 2025 is treating you fabulously so far. Here's the scoop on what's happening this month:

**Love (Pizza) Is in the Air!** Hot lunch is back, and it's a crowd favorite—Love Pizza! If you've already placed your order, get ready for a tasty treat on Thursday, January 16. Orders for this hot lunch are now closed, but don't worry—you can still order for the next one. Stay tuned for details!

**Get in the Loop** - Not in the Prescott Learning Centre Fundraising Foundation Facebook Group yet? No worries, but it's time to fix that! This is the HQ for all things PLC Fundraising—hot lunch updates, fundraiser details, and event news. Click here to join: [Facebook Group](#).



**Something's Brewing...** We're kicking off an exciting new fundraiser later this month, and here's a little hint: it's the perfect pick-me-up for cold mornings or late nights. Any guesses? Stay tuned—details are brewing!

**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. 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. We're looking forward to another amazing year together. Thank you for supporting the Prescott Learning Centre Fundraising Foundation! ❤️ Thanks for being the amazing community you are. Let's make 2025 our best year yet! We hope to see you at the monthly fundraising meeting this Wednesday at the school at 6:30.

Randie Dodman President, Prescott Learning Centre Fundraising

### Previously Shared 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.

**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>



**PLC** \*PLC School Council\* **ONE SMALL THING!**

*Do you have a positive experience or memory with a staff member that you would like to share?* **We want to hear about it!**

**SCAN HERE**  
To share your thoughts!



Or email us at: [prescottonesmallthing@gmail.com](mailto:prescottonesmallthing@gmail.com)

**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](mailto:prescottonesmallthing@gmail.com) or visit the office to handwrite your comments. **With Educational Assistant Appreciation Day coming up on the 22nd, what better way to show your gratitude than sending a message through this platform.**

**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).

## 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>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.**




**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](mailto:sarah.saysana@psd.ca).

**Final Thoughts** - After a disconcerting start to this week's memo, I'll end this week on more of a positive note. One of the highlights of our Holiday Fun activities in which homerooms decorate their respective doors with the winners in each division, as judged by volunteers from School Council, the PLCFF, and our morning and lunch food programs, win a pizza lunch provided by our fundraising foundation. There was a bit of drama in Division I (Gr. K-3) with Mrs. Pidhaichuk's grade three class and Mrs. Rachuk's grade one class ending up in a tie on the decorating rubric. The tie-breaker went to Mrs. Pidhaichuk's class. Mr. Brook's Gr. Six class

were the champs in Div. II (Gr. 4-6) and Mrs. Burgess/Mr. Adam's class took the Div. III award in Jr. High. Thanks to our volunteer judges and thanks to the PLCFF for the Pizza Parties.

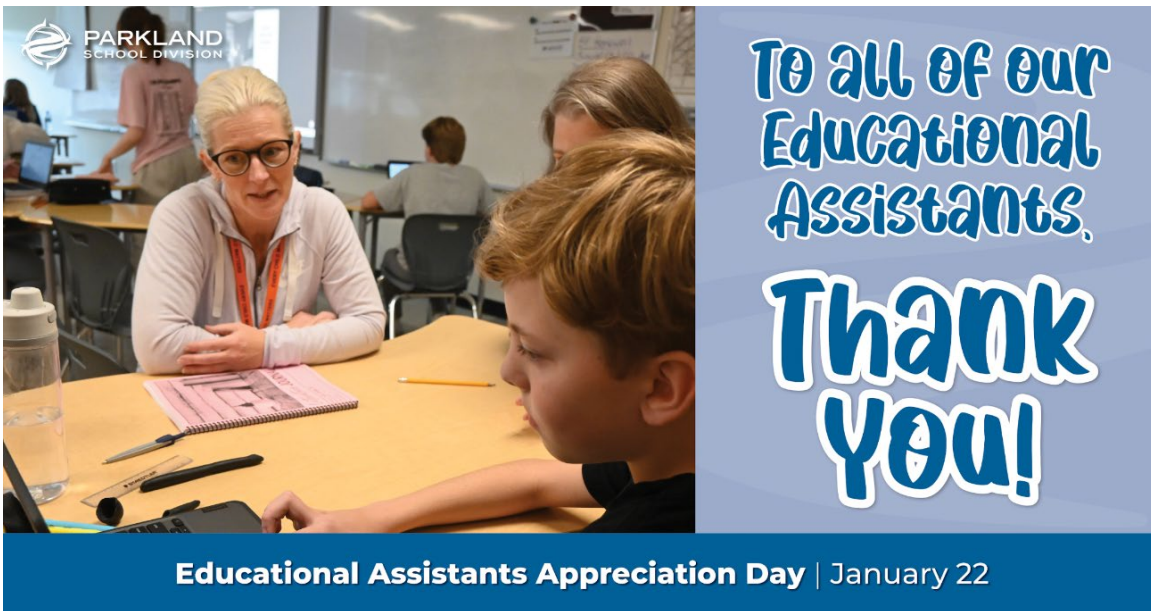
As always, if you have any questions or concerns on this or any other matter please reach out to my very capable assistant principals or me at:

[heather.huisman@psd.ca](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca)

Chris



The graphic features a photograph of a female educational assistant with glasses and a white shirt sitting at a table with a young boy, looking at a notebook. The background shows a classroom setting. The Parkland School Division logo is in the top left corner. To the right of the photo, the text reads "To all of our Educational Assistants, Thank You!" in a large, blue, bubbly font. At the bottom, a dark blue banner contains the text "Educational Assistants Appreciation Day | January 22".



The infographic is titled "Every minute counts" in a large white font on a dark blue background. Below the title, it says "Good time keeping benefits your child's healthy morning routine and prevents loss in their learning." The main content is on a light blue background with a blurred classroom image. It features five stopwatch icons, each with a different color and text:

- 5-10 MINS. EARLY:** Your child has arrived in good time.
- BELL RINGS:** Morning routine begins.
- 5 MINS. LATE:** Your child has missed their time to settle and get ready to learn. Anxiety may be setting in.
- 10 MINS. LATE:** Your child will enter the classroom and students will have already gone over today's schedule and discussions will have begun.
- 15 MINS. LATE:** The day's lessons are in full swing. Your child is now starting the day in a deficit. Anxiety can develop, leading to low participation or heightened emotions.

At the bottom, a dark blue banner contains the slogan "Better late than never, but never late is better!" on the left, the Parkland School Division logo in the center, and the "Attendance Matters" logo on the right.

# 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!


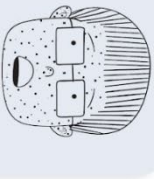



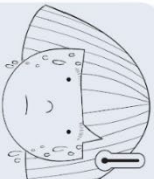


**\$25** PER TICKET  
PLUS FEES





# Too Sick for School?

<p><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

### 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](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