



Prescott Weekend Update

Feb. 9th, 2025

Good Afternoon PLC Families:

Once again, we are going to devote this week's introduction to our school psychologist, Mrs. Wilkinson, for some timely insights on children and screen time.

The Impact of Excessive Screen Time on Attention Span: A Guide for Parents

At PLC we have been focusing on how we can strengthen students' executive functioning (EF). The ability to focus (on the right thing at the right time) and sustain attention is so important for many tasks of daily living, and certainly for most aspects of the school day. In today's digital age, screens are an integral part of daily life however as research emerges, we are becoming more aware of the negative impacts on EF. While technology offers numerous benefits, excessive screen time can significantly affect attention spans. It is important for parents to understand these impacts and implement strategies to manage screen time effectively.

In 2019 the Canadian Healthy Infant Longitudinal Study (CHILD) concluded that children from ages 3-5 who have greater than 2 hours a day of screen time exhibit increased risk of clinically significant aggression and inattention problems. They found that screen time accounted for more of these problems than any other factor they studied, including sleep, parenting stress and socio-economic factors. While this is only one study, since that time there has been more and more research that shows similar findings about how screen time is affecting children.

Newer research indicates that prolonged exposure to screens can lead to decreased attention spans across ages, which means it is affecting adults as well. This occurs because the constant stimulation from digital devices encourages shorter bursts of focus and rapid shifts in attention, making it challenging for individuals to concentrate on tasks that require sustained effort. Studies have shown that students who engage in excessive screen time may struggle with attention-related tasks, leading to difficulties in academic performance and overall cognitive function.

Moreover, the content consumed during screen time can also influence attention spans. Fast-paced media, such as social media updates and video games, can condition the brain to expect instant gratification and quick reward. This conditioning

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<https://www.facebook.com/PrescottPSD>

can result in impatience when faced with tasks that require more time and persistence, such as studying or completing long assignments.

To mitigate these effects, families can adopt several strategies to manage screen time together. Here are some practical tips for parents:

1. **Establish Screen Time Limits:** Set specific time limits for recreational screen use each day. Encourage students to engage in other activities such as reading, sports, or hobbies that promote focus and concentration.
2. **Create Tech-Free Zones:** Designate certain areas of the home, such as the dining room or bedrooms, as tech-free zones. This practice encourages family members to engage in face-to-face conversations and activities without the distraction of screens, fostering stronger connections and communication.
3. **Model Healthy Screen Habits:** Parents should lead by example by demonstrating balanced screen use.
4. **Encourage Mindful Consumption:** Teach students to be selective about the content they consume. Encourage them to choose educational and enriching material over mindless scrolling or passive viewing. Discuss the importance of critically evaluating media and its impact on their well-being.
5. **Promote Scheduled Breaks:** Encourage regular breaks during screen time to help reset focus. Implement the 20-20-20 rule: every 20 minutes, take a 20-second break to look at something 20 feet away. This practice helps reduce eye strain and improve overall concentration.

By understanding the implications of excessive screen time on attention spans and implementing these strategies, parents can help their children develop healthier relationships with technology. Creating a balanced approach to screen use can not only improve attention spans but also enhance overall well-being and academic success.

If you are interested in learning more, here are some resources to explore:

Reset Your Child’s Brain by Victoria L. Dunckley
www.childrenandscreens.org www.healthyscreens.com

Important Events This Week				
Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
2025 – 2026 School Year Registration Opens	Ski & Snowboard Club Rabbit Hill (Cancelled)	Winter Walk Hot Lunch (Subway) Fit 4 Life CTF – Swimming Kindergarten Open House 6-7 pm PLCFF @ 7:00 pm	Smudging Valentine’s Dance(s) SGCHS Gr. 9 Open House @ 6:00 pm	Professional Development Day (No Students Attend)
Art Club 3:15 – 4:30	Say It Here Club @ Lunch DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) Choir @12:15 (Gr. 2-6) DLR – 3:15- 4:30 DnD 3:15-5:00	BBall @ 7:30am (Gr. 6-9)

Important Events Next Week				
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Family Day (No School)	Ski & Snowboard Club Rabbit Hill Gr. 5 Indigenous Atlas Evening	Hot Lunch (Taco Time)	Sr. BBall Tournament	Monday Schedule Sr. BBall Tournament

Athletics/Basketball Dates This Week*	
Monday	Jr A Girls & Jr B Girls Practice @ Lunch Sr Boys Game @ PLC vs Muir Lake 3:30 Jr A Boys Game @ Woodhaven 5:00 Jr A Girls Game @ PLC vs. High Park @ 4:45
Tuesday	Sr Girls Practice @ Lunch Sr Boys Game @ St. Peter the Apostle 4:00 pm Sr Girls Game @ Greystone 4:00
Wednesday	Sr Boys Practice @ Lunch Jr A Boys Practice @ 3:00 - 4:15 Jr B Boys Blue Game @ PLC vs. St. Thomas Aquinas 3:45 Jr B Girls Game @ PLC vs. St. Thomas Aquinas 4:45 Jr A Girls Game @ PLC vs Copperhaven 5:45
Thursday	Jr A Boys Practice 3:00 - 5:00 Sr. Boys Game @ Graminia 4:30
Friday	No School
Saturday	

*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

PSD Labour Action Updates - As most of you are well aware, Parkland School Division is currently engaged in contract negotiations with our Canadian Union of Public Employees. The school division has provided information and will be posting updates on the PSD website at: <https://www.psd.ca/division/news/post/labour-action-update>

SGCHS Grade Nine Open House Thursday, Feb. 13th - Spruce Grove Composite High School will be hosting their open house for incoming Grade Ten students this Thursday; students and their parents/guardians are strongly encouraged to attend. There will be a presentation for all guests in the main gym beginning at 6:00 pm. Following the presentation all are invited to explore programming options available at the Comp. A separate presentation for students interested in participating in the Knowledge & Employability program will take place at the school beginning at 5:30 pm. For more information, please refer to the flyer at the end of this memo.

University of Alberta Landscape Research Study - At or near the end of February, several PSD schools, PLC included, have been invited to participate in a research study conducted by Dr. Takahiko Masuda and his team from the Department of Psychology at the University of

Alberta. The knowledge gained from this study will help better understand how children develop their drawing styles. In this study, they will ask PLC K-9 students to draw a picture of a landscape scene. This picture will be used as data for analysis. Participation in this study will take about 30 minutes.

Participation in this study is completely voluntary. The session will not be recorded, all of the student personal information will remain anonymous, and participation requires written consent from both students and parents/guardians. If at any time a student decides not to participate, any and all information will be securely discarded. Please refer to the information and consent letters that will be sent home with students beginning this week. If you have any questions or concerns, as always, please reach out to me at the school.

Ski Club Cancelled this Tuesday - Due to a mechanical concern with our transportation provider, Ski and Snowboard Club has been cancelled for this Tuesday. With the forecasted wind chill to be south of -23 degrees, we likely would not have been going anyway. We will have more information about a reschedule or refund in a future weekend memo. To stay updated on dates, times, and potential cancellations due to weather, please download the Remind App. Please reach out to Mrs. Vasileff with any concerns or questions at dana.vasileff@psd.ca

PLC Winter Walk Day Feb. 5th-Feb. 12th (Rescheduled) - Please note, this Wednesday's reschedule date is incumbent on warmer weather (right now, it doesn't look good) - PLC students are reminded to bundle for a few hours of cold weather fun for the annual PLC Winter Walk activities. Between 10:00 am and noon, students will make their way to Jubilee Park to partake in activities hosted by our 'Kindness Project' CTF Students. Weather permitting, students will have the opportunity to participate in snowball target games, skating, pin the carrot on the snowman, snow art, singing and music, and a loony hot chocolate station with proceeds going towards local homelessness charities.

Dungeons and Dragons Club - A reminder, that after a brief foray to Mondays, the Dungeons and Dragons has moved back to Thursdays after school from 3:00 to 5:00 pm.

Valentine's Day Dance: Thursday, Feb 13th - We will be hosting our annual Valentine's Day Dance on the 13th. We will be having a photo booth and professional DJ in the large Gym. Our Kindergarten through Gr. Five students will be cutting a rug over lunch hour from 11:45 to 12:45 and the Gr. Six through Nine will bust a move from 1:00 until 3:00 pm. There will be a concession for toonies and loonies for the Grade Six through Nine students with proceeds being returned to school programs.

Kindergarten Open House, Wednesday Feb. 12th - To those parents and guardians with children entering Kindergarten next year, please pencil in this Wednesday, Feb. 12th for our annual Kindergarten Open house starting at 6:00 pm in our Collaboration/Library. All are invited, including our future Pumas. Expect a brief overview of the program and a tour of our kinder, and other school amenities. Families will also be able to register for next year's kindergarten classes at this event. If you are going to do this, please bring your child's birth certificate & proof of address. For more information, please visit <https://www.psd.ca/division/news/post/kindergarten-open-houses2> .

2025 - 2026 School Year Registrations - New students (New to Div) please click on the following link <https://www.psd.ca/schools/registration> and complete the online registration for your child/children.

You will be asked to upload your proof of address (piece of mail, license etc.) and proof of birth. If you are a visiting resident, we will also need your Study/work permit and any other relevant information. If preferred, you can also bring these documents into the school office and we can upload them for you. We cannot register your child/children without receiving these documents.

For returning students, please log on to your Parent Portal and click on the RSVP button on the left-hand side. You will be asked to review your information and make any changes if needed. This **MUST** be done so that your student will be registered in classes in September. If you log on and do not see the RSVP button, please contact the school office for assistance. Again, for more detailed information please visit <https://www.psd.ca/schools/registration>.



Outstanding CTF Fees - We still have just over \$5900 outstanding for this year's CTF courses. Parents can pay by cash or cheque at the school or by logging on to their PowerSchool account. These funds go directly into resources and supplies that fuel these programs. Unfortunately, without this support we will have to limit our CTF offerings moving forward.

Mount St. Lost and Found - Whether you are here for Kindergarten Open House, the PLCFF Meeting, or if you are just picking up or dropping off, please take a moment to check out the exponential growth of our Lost and Found Bin.

February PLC Fundraising Foundation Meeting - The February PLC School Council meeting will take place in our Collaboration Centre on Weds. the 12th. Please note; with the Kindergarten Open House scheduled this same evening (see below) from 6:00 pm to 7:00 pm, the usual PLCFF meeting start time of 6:30 pm has been pushed to 7:00 pm. **NEW!** *There will be childcare provided by PLC students who recently received their Red Cross Babysitting Certificate for guests two years and older.*

Invitations to attend virtually via GMeet will be in your inbox on Monday, Feb. 10th. I hope to see you (and the kids!) there on the 12th.



PLC Fundraising Foundation Update - Hot Lunch This Week - This week's hot lunch is **Subway**, happening on **Wednesday, February 12**. Orders are now closed for this week, but don't worry—you can still place orders for the rest of the session.

Sparkplug Coffee Fundraiser - Our coffee fundraiser is in full swing with **2 weeks left to order!** We receive **20% of all sales**, and here's something awesome: fundraiser prices are the same as regular prices, meaning Sparkplug Coffee is donating their profit to support our school. Let's show them some love and help fund great programs for our students! Order here: [Sparkplug Coffee](#).

Cookbook Coming Soon - We're gearing up to collect your favorite recipes for our Prescott cookbook! But first, we need a name—and we want YOUR input. Head over to our Facebook page to share your suggestions and vote on your favorite. Let's make it fun and uniquely Prescott!

👉 **Facebook Page:** [Prescott Learning Centre Fundraising Foundation](#) Thank you for supporting our school and making these programs possible!

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:

February 12 - Subway	February 19 - TacoTime	February 27 - Love Pizza
March 5 - Subway	March 13 - TacoTime	March 19 - Love Pizza
March 27 - Subway		

Sign up today and take the hassle out of hot lunch days! Term II Hot Lunch has already started.

Previously Shared Information

Report Cards: Thursday Jan. 30th - A reminder that report cards were posted live on PowerSchool on Jan. 30th. This also means that the PowerSchool portal has re-opened to students and families at this time. Thank you for your patience as we have compiled last term's report cards. If you are having issues accessing your child's report card please contact the office.



February Stronger Together Newsletter - This month, Parkland School Division's Student Services team Stronger Together newsletter for parents and guardians of students discusses PSD's Early Education Programs and has information on sessions including supporting "**...parents and guardians navigate the challenges of children who struggle with attending school due to anxiety, social concerns, or other underlying issues.**" For this month's edition please click:

<https://www.psd.ca/download/483444>

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.

Final Thoughts - I'll end with a couple of reminders. It's another busy week at the school. This Wednesday we have both the Kindergarten Open House starting at 6:00 pm and our February PLC Fundraising meeting beginning a bit later than usual at 7:00 pm. This Friday is Staff Planning and Professional Development Day, there is no school for students. And Monday the 17th is Family day meaning another extra-long weekend for students.

Next, it is another week of cold weather meaning parking lot snarls. I met with the manager of the Cantiro Centre last week. One of the topics was their parking lot. Their patience has been admirable, but is becoming limited. Unless you have children, who attend the Cantiro Centre, please do not park in their space. Further, we have very limited supervision in the staff parking lot: with good reason. We are out in the areas where students and cars are supposed to be: out front. Using the staff parking lot for pick up or drop off is not only unlawful, I have had conversations with staff about the numerous near misses with kids leaving the playground as well as the back and portable exits. I'm sorry, but the safety of students far exceeds any convenience this may offer. Do your part, please avoid these two parking lots. We will be opening the front doors and main floor common area early all week, no need to wait in the car for the 8:20 am bell.

Finally, with next weekend being a long weekend expect the memo next Monday on Family Day. 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

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Chris

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: prescotttonessmallthing@gmail.com

The poster features a blue background with a yellow PLC logo (a leaping animal) in the top left. The text is in white and yellow. A QR code is centered in the lower half, with a black arrow pointing to it from the text 'SCAN HERE'. Three yellow stars are in the bottom right corner.



SPRUCE GROVE
COMPOSITE HIGH SCHOOL

**OPEN
HOUSE**



**Thursday, February 13, 2025
6–8 p.m.**

1000 Calahoo Road, Spruce Grove

**Incoming Grade 10 students and their
families are invited to this event.**

MAIN PRESENTATION AT 6 P.M. IN THE GYM.

There will be time following the main presentation
to explore programming and tour the school.

Please note that separate presentations for
French Immersion and Knowledge & Employability
will begin at 5:30 p.m.



Gr. 9 Summer School Opportunity - Travel for Credit – Enrolment is Open!

Registration is now open for this summer's Travel for Credit program. In partnership with EF Educational Tours, **Parkland School Division** is offering students the chance to travel while earning school credit this summer.

Courses available: Grades 10 and 11, Communication Technology (Summer Edition): Exploring Media in Europe – Paris & Nice.

The Travel for Credit program takes place throughout the months of July and August. Our program is now open to all current Grade 9 to 12 students. Students who register for the program will be able to earn credit by participating in **6 weeks of self-paced** learning plus one week of travel with EF Educational Tours.

Learn more about Travel for Credit at Parkland School Division

Please see the attached flyer for details or head directly to the [--click here--](#) to find travel dates, cost, FAQs and more.



EDUCATIONAL TOURS

Parkland School Division

Communication Technology in Europe

Summer ed. (2025)



Dear Parents & Guardians,

Parkland School Division and Connections for Learning is pleased to inform you we've partnered with EF Tours' Travel for Credit program this summer. This exciting opportunity allows students to travel as part of earning high school credit.

We invite you to an Information Session to learn more, covering everything you need to know about the travel component of the following courses:

Visual Composition - COM 1005 | Web Design 1 - COM 1055 | Audio/Video COM 1105
COM Project A - COM 1910 | Photography Introduction - COM 1205 | AV Production 1 - COM 2115
AV Post Production 1 - COM 2125 | Photography Communication - COM 2215
Photography - Photojournalism COM 3215

Please use the QR code below to register for an information session. We look forward to seeing you there!

RSVP online



Meeting date	Online: 02/11/2025
Meeting times	6:00 PM (MST)
Hosted by:	Connections for Learning

EF Educational Tours | 1-800-263-2808 | 80 Bloor Street West, Floor 16, Toronto, ON M5S 2Y1 | TICO:2395888, 50018769; CPIC:73991, 73990; CPC: 702752

You're losing more than you think!

In high school, **two days missed** in a month is the same as missing **eight days of learning** in a month in Kindergarten to Grade 9 school.

By final exam time, absences can rob you of **20% of the learning** from your course.



Be present. You belong here.



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

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

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 (1st, 3rd Sat 10AM-1PM)
 49 Boulder Blvd., Stony Plain 780-963-3110
 Grace's Table (2nd 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