



# Prescott Weekend Update



Feb. 23rd, 2025

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.facebook.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>

In a weekend memo last year, I expressed concerns regarding the dangers of caffeinated energy drinks and how students are not permitted to consume these types of beverages at the school. Recent discussions with staff, particularly staff members in the Jr. High Grades have indicated concerns regarding the uptick in students coming to school with energy drinks. In particular, after a bit of a lull from the beginning of the year, we are seeing more and more students returning from lunch with energy drinks, likely purchased from local convenience stores.

Medical evidence informs us that energy drinks are not safe for kids. The American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) strongly discourage children and teens from consuming energy drinks. Studies published in medical journals have linked energy drink consumption in kids to serious health risks including, risks of heart problems, obesity, sleep issues, and dehydration. Water, milk, or natural fruit juice are far healthier alternatives for staying hydrated and energized.

For your child(ren)'s health and safety I need to ask for your support in ensuring these types of beverages are not being consumed at the school. While it may feel awkward to have a conversation with your child regarding the dangers of these drinks, it actually presents an opportunity for students to think critically; not only about their health and wellness, but also about how marketing and packaging influence the decisions all of us make as consumers. Northern Health Stories, a BC based health care provider has great information on how to broach the topic of energy drinks with your child. You can find information on having the If conversation at: <https://stories.northernhealth.ca/stories/talking-teens-about-energy-drinks>.

If you have any other questions, concerns or comments, please don't hesitate to call me at the school.

Important Events This Week				
Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>
Gr. 5 & 7H - 7S Health RCMP Internet Safety Talk	Ski & Snowboard Club Rabbit Hill (Tentative)	<b>Pink Shirt Day</b> SGCHS Gr. 9 Registration Visit Gr. 7-9 CTF Art Field Trip Art Gallery of Alberta	Hot Lunch (Love Pizza)	Thursday Schedule Jr. B BBall Tournament
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 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>
First School Day of March	Council of School Councils Meeting	Hot Lunch (Subway) School Council @ 6:30 pm		(Another) Thursday Schedule PSD Employee Appreciation Day

Athletics/Basketball Dates This Week*	
<b>Monday</b>	Jr A Boys Practice @ Lunch Sr Boys Practice @ Lunch Jr A Boys Semi-Finals @ PLC vs Woodhaven - 3:45 Sr Boys Playoff Game @ PLC vs Living Waters - 5:00
<b>Tuesday</b>	Jr A Boys Practice @ Lunch Sr Girls Practice @ Lunch Jr A Boys Practice @ 3:00 - 5:00 Sr Girls Quarter-Finals Game @ SPA - 5:00 Sr Boys Playoffs TBD (if in on Monday)
<b>Wednesday</b>	Jr A Boys Practice @ Lunch Jr B Boys Team Blue/White Practice @ 3:00 - 4:30 Sr Boys/Girls Practice <u>TBD if still in playoffs</u> Jr A Boys Finals @ GCMS - 6:00 PM
<b>Thursday</b>	Jr B Girls Practice @ Lunch Jr B Tournament @ PLC/Living Waters Sr Girls Playoff Game <u>TBD (if in on Tuesday)</u>
<b>Friday</b>	Jr B Tournament @ PLC/GCMS Jr A Tournament @ Riviere Qui Barre/Namao
<b>Saturday</b>	Jr A Tournament @ Riviere Qui Barre/Namao

\*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** - On Friday, Feb. 14th, Canadian Union of Public Employees Local 5543, which represents PSD support workers, served a 72-hour strike notice and initiated a work to rule labour action at the school. The notice means that our support workers may go on strike with short notice. The school division has provided information and will be posting updates on the PSD website at:

<https://www.psd.ca/employment/unions-and-negotiations/labour-action-updates>

Many common questions have been addressed in the 'Frequently Asked Questions' section. However, as I mention at the end of every memo, if you have any other questions, please reach out to me at the school.

**PINK Shirt Day, Weds. Feb 26th** - Pink Shirt Day is an annual event intended to raise awareness about bullying. The event which started in Canada and is now recognized in over 25 other countries will be held this Wednesday. All members of the PLC community are encouraged to wear pink this Wednesday in order to bring awareness and attention to this issue.

**University of Alberta Landscape Research Study** - This Wednesday, PLC students who have returned their signed permission forms will 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 is completely voluntary and instruction and time to draw will take about 30 minutes.



In order to participate, signed permission forms need to be returned to your child's homeroom teacher by the end of the day tomorrow. 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. If you have any questions or concerns, as always, please reach out to me at the school

**Ecole Broxton Park School Vive le Français Mar. 6th** - Celebrate the French Language with Us! We're inviting families to join us for a special evening filled with fun, culture, and excitement as we celebrate the beauty of the French language! Whether you speak French or just want to experience the culture, there's something for everyone to enjoy.

Fun French games and activities, French music, delicious French treats to taste and enjoy, a

bonfire and more. For more information please visit <https://broxtonpark.psd.ca/home/news/post/vive-le-fran-ais> and refer to this flyer at the end of this memo.

**Music Notes from Mrs. Surrendi** - The Choir will be singing at the upcoming Choral Celebration, Monday, March 17th. Forms are due this week; thank you! Mrs. Surrendi



**March Stronger Together Newsletter** - This month's Stronger Together Newsletter shares information on sleep and sleep hygiene. Each month, Parkland School Division's Student

Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. Click <https://www.psd.ca/download/489174> for this month's edition.

**February Puma Pride: Dress in Your Canada Gear Thursday Feb 20th** - It was great to see so many students dressed up in their Canada gear last Thursday. The results from the 4 Nations Final made the day even better. Fully one third of the classes guessed that Canada would win 3-2. Impressive. We will be announcing the winner of the class pizza party early this week. Big thanks to the Grade Two Team for organizing this event.

**Free ADHD Online Parenting Summit** - Strategic Parenting is presenting a free online summit on practices relating to raising children with ADHD



The summit brings together world-renowned experts in psychology, education, and occupational therapy. They will provide **groundbreaking knowledge and practical advice** to support you with raising kids with ADHD. For more information and to register please visit <https://adhd-summit-op.strategicparenting.com/>.



**PLC Fundraising Foundation Update - Hot Lunch Update:** Hot lunch this week is Love Pizza on Thursday, February 27! 🍕 If your child will be absent, please email [hotlunch@plcff.com](mailto:hotlunch@plcff.com) before 10 AM on Thursday to arrange a pickup or alternate plan.

**Last Week for Sparkplug Coffee Fundraiser!** This is your final chance to order coffee and support our programs! While regular prices have gone up, our fundraiser prices remain the same, and we still earn 20% of all sales. Stock up now and save while helping our school! Place your order here:

<https://sparkplug.coffee/support-plcff>.

**Cookbook Update:** The cookbook name suggestions are in, and now it's time to vote! Head over to our Facebook page to choose your favorite:

<https://www.facebook.com/groups/1922775007965264>. Stay tuned for the winning name!

**Recipe Submissions Are Open!** Share your family's favorite dishes for the Prescott Cookbook! Submit your recipes online here: <https://tinyurl.com/3h899ujk>, email them to [president@plcff.com](mailto:president@plcff.com), or request a paper form. The deadline for submissions is March 31, 2025. **Should We Get Instagram?** We're considering starting an Instagram page! Would you follow us there? Let us know what you think—reach out on Facebook or email [president@plcff.com](mailto:president@plcff.com). Thank you for your continued support! Join our Facebook page to stay updated on all things PLCFF.

### Previously Shared Information

**PLCFF 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](http://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:

Thurs. February 27 - Love Pizza	Weds. March 5 - Subway
Thurs. March 13 - TacoTime	Weds. March 19 - Love Pizza
Thurs. March 27 - Subway	

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

**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.

**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** - With the change in weather (thank goodness) we will be reverting back to our 8:20 am door opening in the mornings. Please ensure your child(ren) enters through their usual designated door. As well, as we head back outside for recess, please ensure that for our smaller students you send boots, gloves, and especially snow pants.

Finally, in light of recent labour action, please check your email regularly for updates. As I mentioned at the onset of this memo, you can find updates from the school division at:

<https://www.psd.ca/employment/unions-and-negotiations/labour-action-updates>

If you have any other questions or concerns about the labour action, or any other school related subject, please reach out to my very capable assistant principals or me at the school.

[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



# Substitute Teachers and Casual Support Staff



APPRECIATION WEEK



## Thank you for all that you do!

March 10-14



*\*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](mailto:prescotttonessmallthing@gmail.com)

# Vive le *Français*

**Le 6 mars - March 6th 5PM-7PM  
CENTRAL PARK  
SPRUCE GROVE**

**Celebrate French Language and Culture with us!**

**GAMES, SKATING, MUSIC, BONFIRE, BONHOMME CARNAVAL AND MORE**

**Hot Chocolate by  
Perks Coffee House**

**La tire  
Canadian Maple Shack**



**PARKLAND  
SCHOOL DIVISION**



## 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:73961, 73980; CPC: 702752

**ATTENDANCE MATTERS**  
**SKILLS DEVELOPED IN SCHOOL**  
THAT ARE ESSENTIAL IN THE WORKPLACE



**Attend today, achieve tomorrow.**



# 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