



Prescott Weekend Update



Mar. 2nd, 2025

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.facebook.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>

This week I need to share my gratitude for your understanding and patience as we navigate the changing circumstances associated with the recent labour action involving our school support staff. In particular, my assistant principals and I appreciate your patience as we refine our attendance reporting processes.

A big part of the credit in reporting attendance accurately goes to you for using our 'Report an Absence' website which can be found by clicking <https://prescott.psd.ca/parents/absence>. While we will continue to check office phone messages throughout the day, your shift from calls to reporting via the webpage has freed us up to address other matters and also allows for more accurate attendance calls home. Thank you.

Depending on the duration of the strike, I will continue to share important updates and refinements to our processes and procedures. What won't change is ensuring your child's safety in and around the school. Prior to the strike action, in our contingency plan we carefully reviewed and reinforced safety procedures and processes and adjusted supervision schedules to accommodate staffing changes. This planning has more than paid off this past week.

For now, it is important that I highlight the changes in the day to day operations that will impact families. With our front office staff currently on strike, we have had to adjust our office hours in the morning from **8:00 am - 9:00 am**, over lunch from **11:45 am - 12:45 pm**, and at the end of the day from **2:45 pm - 3:30 pm at the end of the day**. Unfortunately, phone calls/phone messages to the office may not be received or returned in a timely manner.

Instead, please contact both the office at prescott@psd.ca **and** your child(ren)'s teacher via email or through their respective class platforms such as SeeSaw or ClassDojo. Again, please allow extra time for us to respond to your emails.

For appointments or activities that require an early student pick up, I ask that you please plan for a half day absence as there may be some delays in communication in getting your child ready due to lack of staff. For students who arrive at school after 9:00 am or 12:45 please wait with them in the main entrance foyer until they can be admitted into the office by the school

administrator. If you drop off your child outside of office hours please ensure that they enter the school before you leave.

Finally, the school division has made me aware that for a few families, there have been glitches in the registration webpage. Specifically, the green 'RSVP' button (see registration blurb below) has not worked for some families. Our IT department has been working through these concerns and will reach out to individual families shortly. If you have experienced this, or any other problems with the online registration process, please send me an email to let me know. Also, contingency plans from the school division for fee collections and refunds will be forthcoming. Again, thank you in advance for your patience.

In the meantime, for labour action updates, please visit <https://www.psd.ca/employment/unions-and-negotiations/labour-action-updates>. In particular, please refer to the 'Frequently Asked Questions' section of the website for any questions you may have. If you have any other questions please reach out to my assistant principals and me via the email addresses at the end of this memo.

Important Events This Week				
Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
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
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 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
Substitute Teacher/Casual Support Staff Appreciation Week Bannock Making	3Ma & 3P Aerials Gymnastics	PLC Fundraising Foundation Meeting @ 6:30	Gr. 2 Teacher's Pet in School Field Trip Hot Lunch (TacoTime)	Tuesday Schedule PLC Pi Day Spring Forward (Sunday)

Athletics/Badminton Dates This Week*	
Monday	Sr (Gr 7-9) Badminton Tryouts I 3:00 - 4:30
Tuesday	Sr (Gr 7-9) Badminton Tryouts II 3:00 - 4:30
Wednesday	Jr (Gr 6-8) Badminton Tryout I 3:00 – 4:30
Thursday	
Friday	
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

School Council Wednesday Evening - This Wednesday at 6:30 pm, we will be holding our March School Council meeting. All PLC community members are invited to attend. With the recent labour action of our local CUPE 5543 support workers, I will be available to address any question you may have. Further, I will be addressing questions from families on the following topics:

- Onboarding processes for new students;
- School and school discipline processes and procedures;
- School and school assessments/grading processes and procedures;
- Parking lot questions and concerns.

If you have a child attending PLC then you are automatically a member of the PLC School Council. As such, you are able to attend any meeting, whether you are a member of the executive or not. Nor do you have to have attended any previous meetings to attend a future meeting. You are invited to attend either in person or virtually. Please see your inbox tomorrow for an invitation to attend virtually. Council and I hope to see you on Wednesday

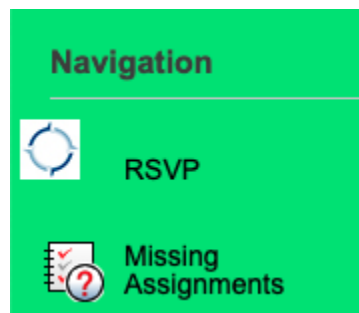
Updated 2025 - 2026 Registration Information - Registration for the 2025-2026 school year is underway. We need your help to complete the process earlier this year. With limited staffing due to the CUPE Strike, schools need more time to process registrations and in turn, coordinate with PSD's Transportation Services to build bus routes for next year. The process is more efficient this year if you are simply advancing grades at the same school and you haven't moved, or are planning to move. Your registration can be completed with just a few clicks.

To get started, please visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

1. Select your child's name in the blue bar at the top of the screen.
2. Select the RSVP icon on the left side of the screen.

For further assistance please click [on this link for the registration video tutorial](#).

If you aren't able to retrieve your login credentials using the "Forgot Username or Password?" link on the Sign In page, please contact the school directly for assistance logging in to the Parent Portal. If you have any questions, please reach out to me at the office.



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.

Tansi! Bannock Teachings at Prescott Learning Centre- Prescott Learning Centre is excited to welcome staff and students from Maskekosak Kiskinomatowikamik from Kitaskinaw for a special cultural learning experience! Our guests will be teaching select classes how to make bannock while sharing kinship stories that highlight the significance of bannock in their culture and families. This is a wonderful opportunity for our students to learn through hands-on experience and storytelling, deepening our understanding of Indigenous traditions. We are

grateful for this chance to connect, learn, and celebrate together! We look forward to welcoming our guests on Monday, March 10th.

Basketball Season Comes to a Close... - Last Wednesday I had the privilege of watching our Jr. Boys take the PCAA Championship game 55 to 43 over Broxton Park. What made the victory even sweeter was that last year, in the same Greystone gym, I saw the Jr. Boys lose a heartbreaker to Greystone (are you listening, Oilers?). While it's always nice to bring home the banner, the bigger success in all of our programs is the sheer number of students who are able to participate. We are now in a positive cycle of the more players who participate, the greater the success we have. And the greater the success we have, the more players who want to participate. This success is directly attributable to the efforts of our volunteer school and community coaches. So, to give credit where credit is due, a heartfelt thank you to the efforts of our incredible coaches:

- Jr B Girls - Randi Dodman, Sarah McQuay, Michelle Yeung
- Jr B Boys White and Blue Teams - Adam McArthur, Liz Mrdjenovich, Mike Rogers and Jonna Rogers-Borchman
- Jr A Girls - Jesse Wells, Laura Gagnon
- Jr A Boys - Carson McNaughton, Andrew Brooks
- Sr Girls - Breanne Burgess, Kendra Long
- Sr Boys - Michael Pittman, Ben Greenbank

On behalf of the players and the PLC families, thank you.

...annnd Badminton Begins - Senior Badminton tryouts for Grade Seven through Nine students will be held after school from 3:00 - 4:30 on Monday March 3rd with a second round of tryouts on Tuesday March 4th. Junior Badminton Tryouts for Grade Six through Eight students will be held after school from 3:00-4:30 on Wednesday, March 5th with the second round of tryouts on Monday, March 10th. You do not need your own racquet, but it is highly recommended you come with a change of clothes and athletic shoes. For more information please reach out to Mr. Adams (Sr.) at neal.adams@psd.ca or Ms. Schumm (Jr.) at rhonda.schumm@psd.ca.

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.



University of Alberta Landscape Research Study - Thank you to those families who provided permission for students to share their landscape art to Dr. Takahiko Masuda and his team from the Department of Psychology at the University of Alberta for their study. The Dr. and his team asked me to share his gratitude for your overwhelming support. We are looking forward to seeing the results of his team's study.

Kids' Brains and Screens: A Parent Workshop at Westview School - Join us on March 4 at 6:15 at Westview School for an eye-opening workshop on the impact of screens on children's developing brains. Led by Rob McLeod, this session will provide parents with the knowledge and tools to navigate today's digital landscape with confidence. Backed by research and real-world experience, this workshop will explore:

- How screen time affects brain development, attention, and mental health.
- The science behind screen dependency and what parents can do to prevent and reverse it.
- Practical, actionable strategies to FREE children from toxic screen habits while fostering healthier, more engaged lifestyles.
- The role of play, movement, and real-world connections in building resilience and focus.



DATE: 3/4/25
6:15-7:15 PM
Q&A to follow



Speaker:
Rob McLeod
ScreenStrong Ambassador



**THE FASTEST WAY TO RESOLVE SCREEN
CONFLICTS & BUILD STRONG FAMILIES.**



This workshop is designed to EMPOWER parents with solutions that

prioritize their child's well-being. Whether you're already struggling with screen time battles or looking for ways to be proactive, you'll leave with a clear plan and renewed confidence in guiding your child toward a balanced, screen-strong life.

ScreenStrong EMPOWERS parents to prevent & reverse childhood screen dependency. Join us for this essential conversation and take the first step toward lasting change.

PLC Fundraising Foundation Update - Hot Lunch Update: Hot lunch this week is **Subway** on Wednesday, March 5! 🍷 If your child will be absent, please email hotlunch@plcff.com before **10 AM on Wednesday** to arrange a pickup or alternate plan.

Coffee Fundraiser Extended! Great news—the coffee fundraiser has been extended! This is your chance to order some **amazing coffee** and support Prescott programs. I've already submitted a second order because I'm loving it so much! Place your order here:

<https://sparkplug.coffee/support-plcff>. Remember, fundraiser prices are **about \$5 less than regular prices**, and we still earn **20% of all sales**. Don't miss out!



Cookbook Update: The recipe collection is in full swing! 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.
- Prefer a paper form? We've got you covered—just let us know!

The deadline for submissions is **March 31, 2025**. Name suggestions for the cookbook have now closed. Stay tuned—voting for the final name will open soon!

Thank you for your continued support! Join our **Facebook page** for the latest updates and to vote for the cookbook name: <https://www.facebook.com/groups/1922775007965264>.

Previously Shared Information



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.

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/>.



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 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:

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.

Final Thoughts - While it was an unprecedented week in light of the support staff strike, one silver lining was the effort and composure of the remaining staff at the school. As a community we are fortunate to have the individuals we have here at PLC. In my time at the school much has been asked of them, and the demands of last week were no exception.

And as a group, yet again, they have risen to the occasion. While none of us is perfect, their care and concern for your children and their willingness to go above and beyond to ensure the safety of all of our students was on full display as the events of last week unfolded. I need to acknowledge them and share my appreciation for how they always manage to put kids first, regardless of the circumstances.

If you have any other questions or concerns I invite you to join me at the School Council meeting this Wednesday at 6:30 at the school. Otherwise, please feel free to reach out to my wonderful assistant principals or me at the school.

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

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Chris

**TO ALL OF OUR
INCREDIBLE STAFF,
THANK YOU!**

Employee Appreciation Day | March 7

*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

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:73991, 73990; CPC: 702732

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.



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 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