



# Prescott Weekend Update

**Apr. 6th, 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](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 hope you had a great break because, or in spite, of the unseasonable snow and weather. This week I need to touch on a rather serious topic that is, unfortunately, relevant to any parent or guardian whose child not only has a cell phone or laptop/ChromeBook, but a gaming platform such as Roblox and Minecraft. Before the break I received an email from a PLC parent (thank you) informing me of a recent bulletin from the RCMP regarding Violent Online Groups Exploiting Children and Youth; specifically, "the Com" or Community. The revelations in the bulletin pertaining to sextortion, self-harm, animal torture and a radicalization to violence are disheartening at best, disgusting at worst. And it is occurring in and around Spruce Grove.

A bit of background; since the Ministerial Order last June banning personal mobile devices (cell phones, tablets, headphones and such) from schools, we have experienced a noticeable and pronounced drop in incidents involving cyber-bullying and online threats and intimidation. This is not to say that all incidents have disappeared. Rather, the vast majority of online harassment type activities we deal with invariably occur after hours and on weekends. Meaning that while there is much less of it at school, there are still students engaging in less than positive behaviors at home or in the community.

I need to caution you, the revelations in the bulletin are quite difficult to read and, I fear, too easily dismissed (...not my kid...). However, I can assure you that in my conversations with the RCMP, 'the Com' is very real and is active in the Parkland community. In order to protect our kids, whether they be eight years old or seventeen years old, we need to act. And the first step is to read the bulletin using or copying and pasting this link into your browser: <https://prescott.psd.ca/download/493069>. Like you, I am guilty of giving my (grand)kids the iPad to play on while making supper or even finishing my memo to you. However, after reading the revelations in the bulletin, they no longer have access without my wife or me in close proximity, monitoring what they are viewing and accessing online.

In a completely coincidental but incredibly fortuitous bit of scheduling, the PLC School Council has invited Cst. Brody Dyson and Cst. Bobby Hinman for a special parent information evening on Weds. April 23rd from 6:30 pm - 8:00 pm to discuss the topic of online safety for students. We will be sharing details

of the event this Wednesday at the April School Council meeting at 6:30 in our collaboration Centre. All are invited to attend. For more information on the bulletin, the information evening, and the council meeting, please refer to the 'New and Updated Information' section of the memo below. Here's what else is happening this week at PLC:

Important Events This Week				
Monday 7 <sup>th</sup>	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup>	Thursday 10 <sup>th</sup>	Friday 11 <sup>th</sup>
Classes Resume Smudging Returns!		PLC School Council Meeting @ 6:30	Hot Lunch (Dairy Queen) Gr. 7 Field Trip Vertically Inclined	Thursday Schedule
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 14 <sup>th</sup>	Tuesday 15 <sup>th</sup>	Wednesday 16 <sup>th</sup>	Thursday 17 <sup>th</sup>	Friday 18 <sup>th</sup>
Blizzard Day 3Ma & 3P - Teachers Pet In- School Workshop - "Earth's Hidden Secrets"		Hot Lunch (Pizza Hut) 3Mo and 3S - Teachers Pet In- School Workshop - "Earth's Hidden Secrets" PLCFF Meeting @ 6:30	Smudging	Good Friday (No School)

Athletics/Badminton Dates This Week*	
Monday	Jr Badminton Practice @ 3:00 – 4:30
Tuesday	Sr Badminton Practice @ Noon Sr Badminton Game @ Greystone 4:00 pm
Wednesday	Jr B Badminton Practice @ Noon Jr Badminton Game @ PLC vs. Greystone 4:00 pm
Thursday	Sr Badminton Tournament @ Woodhaven
Friday	Sr Badminton Tournament @ Woodhaven
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

**April School Council Meeting** - The April PLC School Council meeting will take place in our Collaboration Centre on Weds. the 9th at 6:30 pm. There will be childcare provided by PLC students who recently received their Red Cross Babysitting Certificate for guests two years and older.

In addition to the usual agenda updates including from our guest, PSD Trustee Member Jill Osborne, we will have a discussion about planning for the 2025 - 2026 school year and the upcoming Online safety session with the RCMP (see below).. Virtual invitations will be in your inbox on Monday, Apr. 7th. I hope to see you (and the kids!) there on the 9th.

**Violent Online Groups Exploiting Children and Youth** - The RCMP Integrated National Security Enforcement Team has released a bulletin for public release Federal Policing Northwest Region addressing an emergent threat from violent online groups targeting youth via tactics that can include sextortion, self harm, animal torture and a radicalization to violence.

While many of these cases may be identified via calls for emergency services, there is always a possibility that some may not be reported to police due to the call for service being classified as a medical emergency or a mental health-related intervention; this may result in the on-going abuse of a young person and an escalation of violence. To help law enforcement partners, government agencies/support services and the public better understand these violent groups, why these groups are a concern, where and how they operate, warning signs and additional resources please refer to the bulletin using this link <https://prescott.psd.ca/download/493069>



**RCMP Information Evening: Online Safety and Adolescent Illicit Drug Use** - In conjunction with the bulletin I've mentioned above - PLC School Council is asking that you save the date for another upcoming information evening for parents and guardians. Building on Cst. Gord Marshall's conversation last year on the topic of online safety, on **Weds. April 23rd**, Cst Brody Dyson and Cst. Bobby Hinman will be at the school to discuss online safety for children and teens (see above), with a focus on the 'language' and indicators of illicit drug conversations online. We hope you are able to join us next month.

**Smudging Returns Tomorrow (Monday)** - After a hiatus due to the labour action, we are happy to announce that smudging will return starting tomorrow in the main floor common area. We hope you are able to join us on alternating Monday and Thursday mornings.

**Visual Arts Celebration** - Parkland School Division's annual Visual Arts Celebration is returning this year from April 29th - 30th with an evening reception open to families. Artwork from across the division will be selected to represent and celebrate the talent our students and school communities build each year. Your child's teacher will be selecting artwork from each homeroom over the next two weeks and will inform you directly should your child's art be chosen. The host school location is still to be determined, so stay tuned for more upcoming information! If you would like to submit art on your child's behalf, please email Mrs. Smith directly at [jennifer.smith@psd.ca](mailto:jennifer.smith@psd.ca) ASAP. Thank you!

**PowWow Practice: April 25th 6:00 - 8:00 pm** After two wildly successful events last year, we are happy to announce, with the support of Skydancer Indigenous Cultural Society, the return of the PLC PowWow Practice at the end of April. If you didn't get the chance to attend last year, you missed a great event. We will be joined by last year's dance instructors Mariah Dumont, Charlie Quintal, and Edmonton's Young Scouts Singers. This is a free family event for all ages with soup and bannock for the first 75



guests. Please pencil in the 25th on your calendar. Unlike last year, we are only hosting one PowWow practice this year, so come out for a great night of learning, laughing and dancing.



**Share Your Feedback: Kickstand Youth Integrated Service Site Survey** - Spruce Grove is still seeking feedback from young people regarding the development of the Kickstand Youth Integrated Service site — a “one-stop shop” designed to reduce barriers and enhance comfort when accessing services. What services do you want in the space? How can we make it a comfortable environment?

Your feedback will help make this space truly unique and tailored to youth in the Tri-Region!

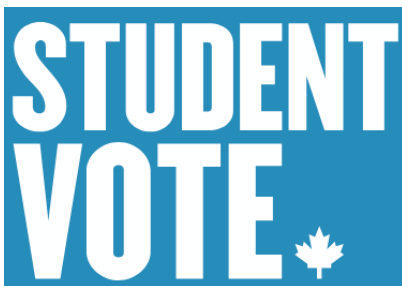
This short survey includes pictures of the proposed space, for those who were unable to attend our in-person engagement sessions. Please feel free to share it with families, youth, and colleagues you work with. This is a great opportunity to have your say in shaping the future of the Kickstand hub!



Survey link:

<https://forms.gle/RGipwbXrJYWkPqC8>

**Student Vote 2025** - The Federal election offers a great opportunity for students to investigate current issues and participate in democratic processes. Research shows that students who participate in the Student Vote are more likely to become active voters as adults!



Student Vote uses the election as a teachable moment and enables teachers to bring democracy alive in the classroom. This hands-on learning program empowers students to experience the voting process firsthand and cast ballots for the official candidates running in the election. The Student Vote program provides teacher resources for elementary and junior high levels, which are extremely appropriate and vetted well.

The student vote will be occurring on Friday, April 25th, prior to the actual Federal Election. This year, Mrs. Haggarty's Grade Nine Students will be both



organizing and, as 'elections officers' will be running the show. It's a great leadership opportunity for our 9s! Interestingly the Student Votes results are often a predictor of federal electoral results! Because of this, both PLC school election results, as well as Provincial Student vote results, will be shared AFTER the actual Federal Election. Please visit <https://studentvote.ca/> for information about the program.

**PLC Fundraising Foundation - Hot Lunch Update:** Hot lunch is back! Our next one will be **\*\*Dairy Queen on Thursday, April 10\*\***. Don't forget to log in at [\[healthyhunger.com\]](https://www.healthyhunger.com)

(<https://www.healthyhunger.com>) to place your orders. As always, we need volunteers to help make hot lunch possible—if you can lend a hand, please sign up here:

(<https://docs.google.com/spreadsheets/d/1qIfYohjkMmFrcBypdyT9BL9NNVd2Osl8rH970mSlqwo/edit?usp=sharing>)

**The Prescott Pantry – Cookbook Update:** Thank you for voting!

The name of our cookbook is **\*\*The Prescott Pantry\*\***. Recipe submissions are still open, but we need more to reach our goal! Share your family's favorite dishes using the following link:

(<https://www.familycookbookproject.com/!/?0D5C32130710020D173027030E2D4D185550525145115F202B0E09012B4E0A545B>). Be sure to enter your child's name as the contributor in the following format: \*Jane D., Grade #\*.

We're also collecting student artwork for the cover and category divider pages! Designs must include **\*\*The Prescott Pantry\*\*** and the year **\*\*2025\*\*** on the cover. Divider pages must be **\*\*5.5" x 8.5"\*\*\*** and fit within one side of the page. Each grade has been assigned a category:

- Kindergarten - Cookies and Cakes
- Grade 1 - Desserts and Pies
- Grade 2 - Breads and Muffins
- Grade 3 - Vegetables and Vegetarian Dishes
- Grade 4 - Sandwiches, Salads, and Sauces
- Grade 5 - Soups and Stews
- Grade 6 - Appetizers and Beverages
- Grade 7 - Main Courses: Beef, Pork, Lamb
- Grade 8 - Main Courses: Seafood, Poultry, Pasta, Casseroles
- Grade 9 - Miscellaneous (Playdough, snack mix, pickles, canning, spice mixes, etc.)

A huge thank you to everyone who has already submitted a design! The deadline for all designs is **\*\*April 17\*\***.

**Blizzard Day is Coming!** Mark your calendars—our first Blizzard Day is happening on **\*\*April 14\*\***. Orders can be placed through [\[healthyhunger.com\]](https://www.healthyhunger.com)

(<https://www.healthyhunger.com>).

**We Want Your Feedback!** We're always looking for ways to improve communication. We now have a bulletin board in the school foyer— check it out for hot lunch dates, and current fundraisers.

**Stay Connected:** For all fundraiser updates, recipe news, and more, join our Facebook group: [PLCFF Facebook Group](<https://www.facebook.com/groups/1922775007965264>)



## Previously Shared Information

**PI Day Winners** - As promised, here are the winners from March 14th's Pi Day Challenge competition:

Grade 1- Julia 1R  
Grade 4 - Seth 4 SS  
Grade 7 - Gabe 7H

Grade 2- Youngae 2C  
Grade 5 - Luke 5B  
Grade 8 - Jazlyn 8K

Grade 3- Natalija 3S  
Grade 6 - Declan 6L  
Grade 9 - Madden 9H

Each grade winner received a \$25-dollar gift card courtesy of the PLC Fundraising Foundation: Thank you. The following students won their respective divisions;

Natalija 3S Div I 95 digits memorized! Seth 4SS Div II 109 digits memorized!  
Madden 9H with 145 digits memorized!

Each Division Winner has earned Freezies for their respective homerooms. Congratulations! And the Winners for the Pi Day Bingo were:

Div 1 Olivia 3M

Div 2 Hailee 4C Cote

Div 3 Savannah 8K

Bingo winners were provided with \$10 gift cards, again by the PLCFF. All in all, it was a great day for numeracy at PLC. Congratulations to all of the students who participated and made 3.14 a great day for our school.



**Music Notes from Mrs. Surrendi** - Choral Celebration is an event where choirs from PSD schools get together and share songs with each other. Our Puma Performers sang "Wakati, Wa Amani", the Swahili song we sang at our November Remembrance Day Assembly. It was a lot of fun; congratulations, choir!

**CTF Clay Creations** - This Wednesday marks the beginning of the third, and final term for Career Technology Studies Courses pertaining to Grades Seven through Nine students. Mrs. Haggarty's Clay Creations class (yes, we have our own kiln!) made all sorts of items this term, but below are a few shots of their final projects. Enjoy.



**April Stronger Together Newsletter** - Each month, Parkland School Division's Student Services team compiles the Stronger Together 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 including information about mental health and ways to support your family. This month's newsletter discusses the season of renewal. Click <https://www.psd.ca/download/492554> for this month's edition.



**City of Spruce Grove Free Short-Term Counseling** - The City of Spruce Grove, Community and Social Development department offers walk-in & scheduled short term counselling for residents +16 years. This is a free service and no referral is needed. Community Social Development (CSD) – Bridging Connections, offers short-term counselling sessions, in-person and virtual to residents 16+ living in Spruce Grove or Parkland County. This is a free service and residents are encouraged to schedule an appointment; however, walk-in sessions can be accommodated based on availability. The counselling session will use solution-focused strategies and will be facilitated by a certified Registered Social Worker. Residents are invited to call 780-962-7618 for more information or to book an appointment. For more information, please visit: <https://www.sprucegrove.org/community/resources-support/counselling/>





### 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.

Our last date for the term is this Thursday, March 27 - Subway

**Final Thoughts** - Thanks for making the time to read this week's memo. As always, if you have any questions or concerns, please feel free to reach out, but be sure to include my two very capable assistant principals in your email.

[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)

Have a great week. Chris

## Every minute counts

Good time keeping benefits your child's healthy morning routine and prevents loss in their learning.

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.

**Better late than never, but never late is better!**

PARKLAND  
SCHOOL DIVISION

Attendance  
Matters



# POWWOW PRACTICE

FRIDAY, APRIL 25 FROM 6 - 8 PM

With dance instructors Mariah Dumont,  
Charlie Quintal and the Young Scouts Singers  
from Edmonton

LOCATION: PRESCOTT LEARNING CENTRE  
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 75 GUESTS  
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:  
[admin@skydancerindigenous.com](mailto:admin@skydancerindigenous.com)





*\*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)



# 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.



## TRI REGION 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**  
 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 5-630PM)  
 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