



Prescott Weekend Update

Apr. 13th, 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

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>

The return from Spring Break is the time when we at schools turn our eyes to the next school year. And while dealing with budgets, scheduling, and staffing is our responsibility, we feel it's important to seek your input on classroom placements for your child(ren) for next year. Simply, we are asking for your requests on what class you would like your child(ren) to be in next year. And I'll remind you, as I do every year, while we do our best to honour each and every request, there are constraints, such as student numbers, student needs, timetables, balancing class sizes, and unfortunately funding, that limit what we can, and cannot do, in terms of class placement. Simply, while we consider every request, we cannot honour all of them. But we'll do our best to accommodate as many requests as we can.

The majority of student placement requests we receive are related to having friends being placed in the same (or in some cases separate) classes. Often, we will get requests for three or four friends to be placed in the same class together. Unfortunately, this isn't possible. In some cases, this is less than conducive to a productive learning experience. Sometimes friends that are too close struggle to stay focused in class. That said, there is nothing to be gained in placing a student into a class without any friends at all. Because of this, we are asking for your input in helping us determine the best classroom for your child to be.

Inversely, there are some students that simply don't get along. And while learning to deal with conflict is imperative in getting through life, there are times when kids should just be in separate classes. Even if you have had the opportunity to discuss the possibility of your child being in a different class from a particular student, say, with your child's teacher, my assistant principals, or me, I'll ask that you still let us know using the link to the Google Form provided at the end of my message this week. We don't want to miss considering an important request.

The third type of the request we typically get involves placing students either with, or even away from, a specific teacher. This request is a bit more difficult as there will invariably be staffing changes over the summer. Teachers transfer in and out, spouses get jobs and families move, there is often time taken off for babies and families, and teachers looking to keep things fresh can change grades or subject areas. This is the main reason we hold off releasing class lists until the end of August. However, I'll

ask that you submit a teacher request in the event there is a way to make it happen. If we can, we certainly will. Please keep in mind, while we are a large Kindergarten through Grade Nine school, we typically only have three classes per grade level. This leaves us with only a couple of options to keep students and teachers either together or apart.

Last year we asked for your requests at the end of May to honour a June deadline. To give you more time to consider your request, we are opening up a Parent Class Google Form today which will remain open until Monday June 2nd. This approach will better allow us to coordinate your requests with the recommendations of your child(ren)'s teacher(s). Although not perfect, from our perspective, we feel having your requests sooner than later made for better placements.

Therefore, I'll ask that if you have any additional information about your child(ren) that would help us with an appropriate placement, if you have any other questions about our placement process, or if you have a specific request for your child(ren)'s classroom placement next year, please click this link [Parent Class Request](https://forms.gle/DQCeSEqjoAHDFtnJ9) Form or copy this link into your browser <https://forms.gle/DQCeSEqjoAHDFtnJ9>. The form will ask for:

- Your First and Last Name
- Your Child's First and Last Name
- The Grade Your Child Will be Entering NEXT YEAR
- A Brief Description of the Reason(s) Behind Your Classroom Placement Request.

We will also track your email address in the event we need to reach out to you for clarification if necessary. Unless there are exceptional circumstances, we will not be honouring classroom requests or changes after June 2nd. Nor will we be making changes to class lists after they are finalized unless there is a change in enrollment or staffing that makes it necessary for us to rebalance classes. Finally, to avoid any disappointment as a result of the aforementioned circumstances, we will not be sharing your child's classroom placement until August.

Please refer to the New and Updated Information section below for details about the rescheduled Parent/Teacher Interviews on Tuesday April 29th and Wednesday April 30th. Thanks for taking the time to read, and without further ado, here's what's happening at PLC this week:

Important Events This Week				
Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
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)
Art Club 3:15 – 4:30	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 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
Easter Monday (No School)	Volunteer Appreciation Lunch	AHS Gr. 9 Sexual Health Presentation Kinder Photos Youth & Social Media RCMP Presentation Administrative Professional Day	Hot Lunch	Monday Schedule PLCFF Pretzel Day PowWow Practice @ 6:00 pm

Athletics/Badminton Dates This Week*	
Monday	Jr Badminton Game vs Broxton Park @ PLC 3:30 pm
Tuesday	Sr Badminton Practice @ Noon Sr Badminton Game vs Broxton Park @ PLC 3:30 pm
Wednesday	Jr B Badminton Practice @ Noon Jr Badminton Practice @ 3:00 - 4:30 pm
Thursday	Jr B Badminton Practice @ Noon Sr Badminton Practice @ 3:00 - 4:30 pm Grade 7-9 co-ed soccer tryouts 3:00-4:30
Friday	Good 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

World Maths Day 2025: PLC Scores Huge! - On March 26th, a group of Grade Seven through Nine math students took part in the World Maths Day Competition via the Mathletics online platform. This is an international competition where students around the world practice their math fluency in a series of 60 second challenges in real time vs students around the world! This year, 228 958 students from 81 countries participated!! Students earned 1 point toward their World Maths Day score, and could watch their rankings climb or fall in real-time.

It was a great day for our students to celebrate math and show off their skills! Students competed as individuals, and also as a grade. Prescott finished in the top 100 schools internationally! We have some impressive results:

Grade 7H/7R/7S - **5th** in Canada, **89th** in the World
Grade 8K/8A - **3rd** in Canada, **39th** in the World
Grade 9H - **1st Place in Canada!!!**, **29th** in the World

Top Grade 7 student - Maxwell C: **17th** in Canada, **339th** in the World
Top Grade 8 student - Jazlyn W: **14th** in Canada, **516th** in the World
Top Grade 9 student - Madden O: **10th** in Canada, **557th** in the World

April Fundraising Foundation Meeting - The April PLC Fundraising Foundation meeting will take place in our Collaboration Centre on Weds. the 16th 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.*

Virtual invitations will be in your inbox on Monday, Apr. 14th. I hope to see you (and the kids!) there on the 9th.

Parent Teacher Interview Reschedule - Parent teacher interviews will take place on April 29th IN-PERSON from 3:30-6:30 PM & April 30th ONLINE from 4-7 PM. Bookings will be open from April 21st-27th to sign up. Please schedule an appointment by clicking on the link below.
<https://prescott.psd.ca/parents/interviews>

Athletics Update Co-Ed Soccer Track and Field - Grade 7-9 co-ed soccer tryouts will begin this Thursday after school from 3:00-4:30 pm. We are always looking for players to participate as in previous years at some games we have been 'short staffed'. Regardless of ability or experience all students are encouraged to try out.

With the warm weather, Track and Field season is just around the corner. Our school track meet is set for Tuesday May 13th with a rain out date scheduled on Thursday May 15th. Track is open for all students in Grades Four through Nine. Please keep an eye open for practice dates in future memos. For more information please email Mr. McNaughton at carson.mcnaughton@psd.ca





Energy City Cactus Rats Seeking Billet Families - The Cactus Rats are preparing for their inaugural season in the Western Canadian Baseball League playing home games out of the soon to be completed Myshak Metro Ballpark just south of PLC on Pioneer Road. The team is looking for billet families to welcome players into their homes. Host Families play a crucial role in the summer collegiate baseball experience by providing players with a home away from home. Our roster consists of college athletes from across the globe who will call Spruce Grove home for the WCBL season.

Hosting a player is a rewarding experience that benefits both the athlete and the Host Family. There is no specific requirement for what a Host Family should look like, whether you have young children, older children, no children, pets, or a pet-free home, all are welcome. In return for your generosity, you'll gain a memorable summer experience and, more often than not, a lasting friendship that extends well beyond the season. For more information please visit: <https://energycitycactusrats.com/uploads/9717/files/Billeting-Doc.pdf> and refer to the brochure at the end of this week's memo.



City of Spruce Grove Go Girl Program - Go Girl, is an exciting one-day event for girls ages 11-18! This regional collaboration aims to encourage teen girls to get active, have fun, and try something new in a supportive and energetic environment.

Event Highlights: Go Girl offers a variety of fun and energetic activities, including yoga, gymnastics, taekwondo, and football. Whether they're trying something new or already love being active, this is a chance to build confidence, make new friends, and establish healthy habits for life. Lunch and snacks will be provided, all you need to bring is comfy clothes & a water bottle! We will also have Taylor McPherson and Katie Mulkay, winners of *Amazing Race Canada* Season 10, in attendance. They will conclude the day with a talk on leadership, teamwork, and strength. Program Details:

- Date: Friday, May 16 
- Ages: 11-18
- Location: Border Paving Athletic Centre, #100 - 9 Tri Leisure Way, Spruce Grove 
- Time: 9 a.m. - 4:30 p.m. 
- Program Fee: \$5  (If the fee is a barrier, please reach out to our team for subsidy options)

To register visit: [Go Girl - City of Spruce Grove](#) Don't miss out on this amazing opportunity to get active, connect with others, and have fun!

PLC Fundraising Foundation - Blizzard Day and Hot Lunch Updates: *Blizzard Day* is coming up on Monday, April 14, and hot lunch this week is Pizza Hut on Wednesday, April 16. Orders for both are now closed.

You can still place orders for the next *Blizzard Day* on May 9 and for all remaining hot lunches. Don't miss out—log in to [Healthy Hunger](#) to place your orders.

Pretzel Day: Mark your calendars—Pretzel Day is happening on Thursday, April 25! We're bringing back The Pretzel Shack because pretzels were such a hit last year. Orders can be placed on Healthy Hunger, so don't miss out on this tasty treat.

Volunteers Needed: We are always looking for volunteers to help make these events successful. If you have availability, please sign up here: [Hot Lunch Volunteer Sign-Up Sheet](#). Your help is greatly appreciated!



Cookbook Recipe Submissions: Keep those recipes coming! The deadline for submissions is April 30, 2025. Share your family's favorite dishes by submitting them online here: [Recipe Submission Link](#). Be sure to use the Jane D., Grade # format for the Contributor name.




DID YOU KNOW . . . ?

PLCFF purchased a grill for the school. Thanks to the wonderful Mr. Shaw (and his helpers) who put this together, it will be used throughout the school years for various events.

This is another GREAT addition for the school thanks to all of our PLC families, staff and volunteers through their support of our fundraisers.

In fact, we were able to offer hotdogs  this year at the concession that PLCFF put on at track and field - and they were a **HUGE** hit with the kiddos 

Thank you to all the volunteers who helped out at track and field . . . and let's not forget those ALWAYS popular Freezie Fridays the PLCFF volunteers put on as well 



Previously Shared Information

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 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!

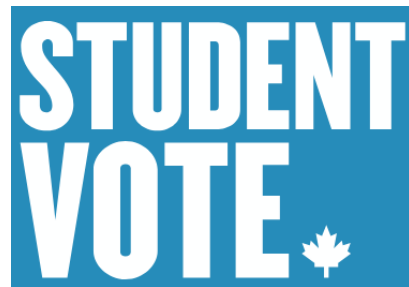
This short survey includes pictures of the proposed space, for those who were unable to attend our in-person engagement sessions. Please feel free to share it with families, youth, and colleagues you work with. This is a great opportunity to have your say in shaping the future of the Kickstand hub!



Survey link:

<https://forms.gle/RGipwbXrJYWkPkgC8>

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.



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.

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

Final Thoughts - Final Thoughts - I'll close this week by reiterating a few opportunities for parents and guardians. A reminder that we have the Fundraising Foundation Meeting this Wednesday at 6:30. As a follow up from my message last week, I strongly encourage you to join Cst. Dyson and Cst. Hinman on the 23rd for their presentation regarding online safety for students. Finally, we have our PowWow practice on Friday, April 25th. It is a great event open to all, I hope to have my grandkids join us again this year. Last year's events were fantastic, and this year promised to be a great family event.

Be sure to sign up for Parent/Teacher Interviews using the link I included above. With Good Friday and Easter Monday, next weekend is extra-long. The Memo is going to take next Sunday off. Expect it in your inbox next Monday at noon. 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

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Have a great week. Chris



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



SKYDANCER
INDIGENOUS
CULTURAL
CENTRE

PRESCOTT
PUMAS

WHY CONSIDER?

BECOME A BILLETING FAMILY



HOST FAMILIES RECEIVE:

- **COMPLIMENTARY SEASON TICKETS**
- **MONTHLY STIPEND**
- **LOCAL BUSINESS DISCOUNTS**
- **LIFELONG FRIENDSHIPS AND CONNECTIONS!**

**SO JOIN OUR BASEBALL FAMILY AND MAKE
A MEANINGFUL IMPACT ON A YOUNG ATHLETE'S JOURNEY!**

billeting@energycitycactusrats.com

WHAT'S IT LIKE? BECOME A BILLETING FAMILY



... "I LOVE BILLETING BECAUSE OF THE RELATIONSHIP WE GAIN WITH THE BOYS!"

-JOC (10-YEAR-OLD BILLET "SISTER")

... "BILLETING HAS ALLOWED ME TO HAVE A BILLET MOM NAG ON ME LIKE MY REAL MOM!"

-RYAN (PLAYER WHO KNOWS HOME IS WHERE THE NAGGING IS 😂)

... "BILLETING HAS FOSTERED A SENSE OF COMMUNITY IN OUR HOME, ALONG WITH CREATING LASTING MEMORIES AND TRADITIONS WITH THE BOYS WE HAVE HAD STAY WITH US."

-AMANDA (BILLET MOM)

billeting@energycitycactusrats.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



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.

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
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 5-630PM)
 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