



Prescott Weekend Update

Apr. 21st, 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:

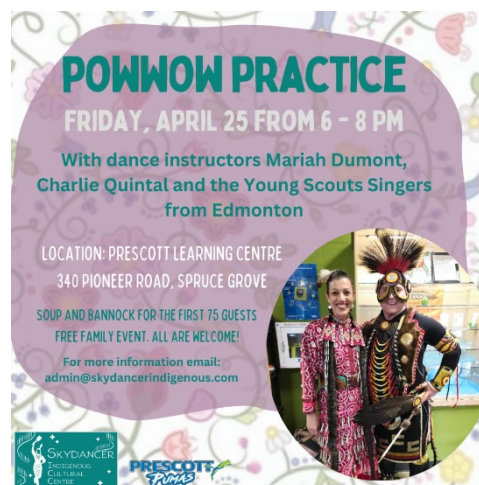
<https://www.facebook.com/PrescottPSD>

I hope you had a great extra-long weekend. It's a short week, but a busy week at PLC. Here is what you need to know: On Weds. RCMP Cst Brody Dyson will be at the school Wednesday evening for a discussion about online safety. I have included details below in the New and Updated Information Section. A few weeks ago, I shared an RCMP bulletin regarding how the 'Com' or 'Community' has been coercing and exploiting our kids into doing some horrible acts. Cst. Dyson will be discussing this, and other online concerns including warning signs about sexploitation and drug use. He will also be available to address your questions. Whether your child is in Kindergarten of Grade Nine, it will be well worth your time to attend. The presentation starts at 6:30, and will be over with plenty of time to watch the Oilers at 8:00. No RSVP required, Please take the time to join us this Wednesday.

Then on Friday is our third PowWow practice running from 6:00 to 8:00 pm. Whether you have been fortunate enough to have been to a PowWow in the past or are looking for a new experience, this is an open event and all are invited to attend. The only cost is to come with a learning mindset and with the anticipation to have a lot of fun. Mariah and

Charlie, the dance instructors, are nothing short of amazing and have the patience (and kindness) to teach even a rhythm challenged principal the proper dance steps. The singers (drummers) alone are well worth coming for. There will be soup and bannock for the first 75 guests. And again, you'll be home in plenty of time for Game 3. I look forward to seeing you there.

Next Tuesday the 29th (in-person) and Wednesday the 30th (virtual) are our rescheduled Parent/Teacher Interviews. These interviews are by appointment only, please use the link I have provided below to book your slot. If you have any questions or trouble booking a spot, please contact the office.



Finally, while you're at the school at any one of these events, please take a moment to have a look at our lost and found. I am a very frugal (cheap?!?!) individual. It pains me to watch all these items donated to a local thrift store. After PTIs on the 30th, we will be bagging and donating the items. So, while you're at the school for any of the events I mentioned above, please take a moment to get those missing Air Jordan's back home. And with that out of the way, here's what else is happening at our fine school this week:

Important Events This 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	Smudging Hot Lunch: Lunch Lady Kinder Photos Evacuation Drill Block 5	Monday Schedule Student Votes PLCFF Pretzel Day PowWow Practice @ 6:00 pm
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 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 1 st	Friday 2 nd
Election Day Volunteer Appreciation Week Smudging Cancelled	Parent/Teacher Interviews In-Person 3:30 – 6:30 Gr. 6 Immunizations Round II Visual Arts Celebration @ Broxton Park	Parent/Teacher Interviews Virtual 4:00 – 7:00 Hot Lunch: Edo Japan PLCFF Cookbook Recipes Due Visual Arts Celebration @ Broxton Park	May!	Monday Schedule

Athletics/Badminton Dates This Week*	
Monday	Easter Monday (No School)
Tuesday	Sr Badminton Practice @ Noon Golf Club Info Meeting @ Noon Sr Badminton Game @ Copperhaven 3:30 pm
Wednesday	Jr B Badminton Practice @ Noon Jr Badminton Game vs. Copperhaven @ PLC 3:00 - 4:30 pm Co-Ed Soccer Practice @ 3:15 – 4:30
Thursday	Jr B Badminton Practice @ Noon Jr Badminton Tournament @ Woodhaven Sr Badminton Practice @ 3:00 - 4:30 pm
Friday	Jr 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

25 - 26 Classroom Placement Requests - Parents and guardians are invited to submit classroom placement requests for the 25 - 26 school year. If you have any additional information about your child(ren) that would help us with an appropriate classroom placement for your child, please click this link [Parent Class Request](#) 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.

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

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 at 6:30 pm**, 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.



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>

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.



Ruby Osborne: The Honouring Spirit: Indigenous Student Award Winner - The Alberta School Boards Association (ASBA) recognizes First Nations, Métis or Inuit students (Kindergarten – Grade 12) who attend a school in Alberta, who model strength and commitment in the pursuit of their personal education paths. Last Monday, April 14th, PLC's own Ruby Osborne was one 12 recipients out of 300 nominees who received the award at a ceremony at the Queen Elizabeth II Centre in Edmonton.



After attending a Water Ceremony, she was inspired to create a piece of art for an in-house logo to acknowledge the contributions of Indigenous culture at school. She created a stylized turtle and medicine wheel (which you can see in our display case in the main floor common area) inscribed with Every Child Matters which she then gifted to the school. Ruby secured a small grant to bring a practice powwow to PLC, aiming to celebrate and share Indigenous culture and traditions with her classmates. To help fund the event, she began selling T-shirts featuring her original design. Her initiative soon caught the attention of Women Building Futures, who purchased 100 shirts and generously sponsored the practice powwow. Congratulations Ruby, you've done everyone proud!



Evacuation Drill This Thursday am (Weather Permitting) - With the warmer weather it's time to resume our regularly scheduled evacuation drills. The next drill, an evacuation drill, originally scheduled for the morning blocks 3 & 4 has been moved to block 5 right after lunch this Thursday.



Association of Professional Engineers and Geoscientists of Alberta Science Olympics - Parents, led by Jenna Huesing were chaperones as PLC students participated in the APEGA Science Olympics on Saturday April 5th at the Butterdome. Our Grade 1 and Grade 3 teams each earned Gold!



The teams consisted of Ila, Eleanore, Emmaline from Mrs. Dauhsman's, and Ayla from Mrs. Marchand's Grade One

classes. Congratulations to all of our participants and many thanks to our parent organizers. Emily, Adeline, and Kenna from Mrs. Montgomery's Grade Three class.

Athletics This Week Co-ed Soccer and Golf (!) Team Tryouts - The next Grade Seven to Nine Co-ed Soccer tryouts will be Wednesday at 3:15. We are still looking for a few more female players to round out the roster. If your daughter is on the fence, please encourage her to come out.

And in some exciting news, there will be an information meeting for Grade Seven through Nine students this Tuesday at lunch in the large gym interested in participating in our first ever golf team. Reach out to Mr. McNaughton at carson.mcnaughton@psd.ca for more information.

Hot Lunch and Pretzel Day Updates: *Hot lunch* this week is The Lunch Lady on Thursday, April 24, and The Pretzel Shack will be serving up pretzels on Friday, April 25. Don't miss these delicious treats—order now on [Healthy Hunger](#) if you haven't already! Here are our upcoming dates:

Thurs., April 24, Lunch Lady
Weds., May 14, Pizza Hut
Thurs., June 5, Dairy Queen

Weds., April 30, Edo Japan
Thurs., May 22, Lunch Lady
Weds., June 11, Pizza Hut

Thurs., May 8, Dairy Queen
Weds., May 28, Edo Japan
Thurs., June 19, Lunch Lady

DO YOU LIKE ART AND EATING?

★★★★★

The Prescott Pantry

Due: April 25, 2025
Prizes awarded for designs chosen!

and

Prescott Learning Centre Fundraising
PLCF

need YOUR help to design cover pages for the school's recipe book!

INGREDIENTS

- 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.)

DIRECTIONS

- Page size must be 5.5" x 8.5" (vertical orientation only).
- Original artwork only (no copyrighted characters or images).
- Use **bold, vibrant colors** and ensure your design is clear and legible.
- Include the name of the cookbook: **The Prescott Pantry** and the year **2025** on the cover page.
- Divider pages should match the assigned category for your grade (see above "ingredients").
- Submit your designs to your teacher or send them with your child.

Recipe Submissions Needed: We really need more recipes for our cookbook, so please submit as many as you'd like! Teachers and school staff are also encouraged to contribute. Share your favorite dishes here: [Recipe Submission Link](#). The deadline is April 30, 2025, so let's fill this cookbook with Prescott pride! **We also need your imagination in creating artwork for the cookbook cover pages! See the details, below.**

Blizzard Day: Our next Blizzard Day is coming up on Friday, May 9. Place your orders through [Healthy Hunger](#) and treat yourself to a delicious DQ Blizzard!

Track and Field Concession Stand: We are excited to host the Concession Stand at the Track and Field event for Grades 4-9 on Tuesday, May 13, with a rainout day on Thursday, May 15. We need volunteers to help with both the concession and cooking/serving hot dogs. If you can assist, please sign up here: [Track and Field Volunteer Sign-Up Sheet](#). Concession volunteers do not need to commit to the entire shift—

any amount of time you can spare is greatly appreciated. Your support makes these events possible, and we truly appreciate it! Thank you for supporting Prescott Learning Centre! Your involvement helps us create an amazing school community.



Previously Shared 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

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:

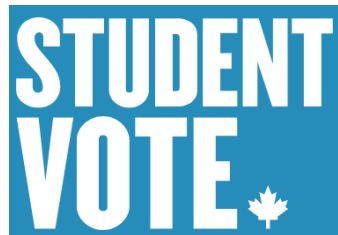
- Date: Friday, May 16 
- Ages: 11-18
- Location: Border Paving Athletic Centre, #100 - 9 Tri Leisure Way, Spruce Grove 
- Time: 9 a.m. - 4:30 p.m. 
- Program Fee: \$5  (If the fee is a barrier, please reach out to our team for subsidy options)

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!

Smudging this Thursday - After a hiatus due to the labour action, we are happy to announce that smudging will be on Thursday this week 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!

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 - This Wednesday, the 23rd, is not only William Shakespeare's Birthday, it is also Administrative Professionals Appreciation Day (Coincidence? Well...yeah. Probably a coincidence). Never-the-less, if you've ever been fortunate to spend any time in the office with Mrs. Bradford, Ms. Warkentin, or Mrs. Woods, then you've had a front row seat to the incredible work they do, day in and day out, for our school and your children. However, it's what you don't see that makes you appreciate how well they do their jobs. It is said that integrity is doing the right thing, even when no one is watching. Over the course of the day as I dart in and out of my office I am a secret witness to their countless acts of care and compassion. They are on the frontline of scraps, cuts, and even the odd broken heart. Enough tissue goes through the office to fell a small forest.

Their skills range from ice-packs for kindergarten students to moms and dads trying to access PowerSchool, and everything in between. When PSD office staff come to the school they repeatedly remind me that we have some of the nicest and most welcoming office staff in the school division. I agree. They are as skilled as they are kind, hardworking as they are caring. And they are a wonderful group of talented individuals that are quick to share a laugh. Val? Shelby? Rae? Thank you for everything you do, we'd be absolutely lost without you. If you get a chance on Wednesday, or any other day this week, please be sure to join us in sharing your gratitude for the gals at the front.

Any questions or concerns? Please reach out to me at the school. And if you want an even quicker response, please be sure to include my very capable assistant principals. Chris

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca



PARKLAND
SCHOOL DIVISION



TO ALL OF OUR
ADMINISTRATIVE
PROFESSIONALS,

**THANK
YOU!**

Administrative Professionals Day | April 23

Thank
You
VOLUNTEERS



PARKLAND
SCHOOL DIVISION



Volunteer Week | April 28 - May 2

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



DO YOU LIKE ART AND EATING?



The Prescott Pantry



Due: April 25, 2025



Prizes awarded
for designs
chosen!

and



INGREDIENTS

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