



Prescott Weekend Update

May 4th, 2025

Good Afternoon PLC Families & May the Fourth Be with You:

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>

As the warm weather brightens the days our thoughts at PLC turn to...exams!?!? May and June mean Provincial Achievement Tests (PATs) for Grade Six and Nine Students. The PATs are written by all Grade Six and Nine students across the province and examine students in English Language Arts (ELA), Math, and Social Studies. While the Grade Nines will also write Science, the Grade Sixes will be exempt from writing Science* this year due to new curriculum implementation. For Grade Six students, the PAT results will constitute 10% of their final grade of their Math, Science and ELA final grade. For Grade Nines, the PATs will make up 20% of each of their four-core course final grades.

There has always (and in all likelihood will continue to be) conversations questioning the value of high stakes, standardized testing. While there are pros and cons on either side of the debate, the PATs (and diploma exams in Grade Twelve) offer the opportunity for students to see how they measure up against students from across the province. They are also invaluable in PLC's continued work in literacy and numeracy outcomes. Teaching teams take apart the data to identify areas of strength and growth in our instructional practice. And while the numbers aren't the be all and end all in terms of learning, I am quite proud to share that PLC's results continue to trend upward over previous years.

As a result of a privacy breach a few years ago, like the diploma exams, Alberta Education has set specific dates for the PATs to be administered. I'll ask that if your child is in Grade Six or Nine that you block off these dates in your calendar:

Weds. May 28th - Grade Six English Language Arts Part A
(Written) 9:00 am - 11:00 am

Thurs. May 29th - Grade Nine English Language Arts Part A
(Written) 9:00 am - 11:00 am

Thurs. June 12th - Grade Six & Nine English Language Arts Part B (Multiple Choice) 9:00 am - 10:15 am

Fri. June 13th - Grade Six & Nine Math Part A (Long Answer) 9:00 - 9:30 am

Tues. June 17th - Grade Six & Nine Math Part B (Multiple Choice) 9:00 - 10:20 am

Weds. June 18th - Grade Six & Nine Social Studies 9:00 - 10:20 am

Thurs. June 19th - Grade Nine Science* 9:00 - 10:25 am

I will have more information in upcoming memos including information on test taking skills and test anxiety from our school psychologist Mrs. Wilkinson. You can see sample tests or take a practice test at <https://abed.vretta.com/#/en/public-practice>. For more information please visit <https://www.alberta.ca/provincial-achievement-tests>. Here's what else is happening at PLC this week:

Important Events This Week				
Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
Bus Driver Appreciation Day Jr. & Sr. Badminton Finals (All Week)	Gr.6 Field Trip Horizon Stage	Hats On! For Mental Health Day Fit 4Life Field Trip Tri-Leisure Centre Emergency Broadcast Test School Council @ 6:30	Hot Lunch: Dairy Queen Gr. Nine Skills Canada Field Trip	Tuesday Schedule Gr. Four Field Trip: Horizon Stage Blizzard Day
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 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
	Gr. 4 - 9 Track Meet Gr. 3 Field Trip Winspear Centre	Hot Lunch: Pizza Hut PLCFF Meeting @ 6:30	Track Meet (Rain Out) Moose Hide Campaign Day	Professional Development Day (No Students Attend)

Athletics/Badminton Dates This Week*	
Monday	Jr & Sr Badminton Finals – Times and Locations TBD
Tuesday	Jr & Sr Badminton Finals – Times and Locations TBD
Wednesday	Jr & Sr Badminton Finals – Times and Locations TBD Co-Ed Soccer Game vs. High Park @ Greystone 4:15
Thursday	Jr & Sr Badminton Finals – Times and Locations TBD
Friday	Jr & Sr Badminton Finals – Times and Locations TBD
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

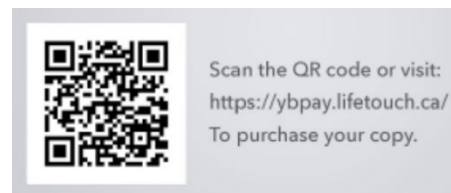
May School Council Meeting Wednesday Evening - This Wednesday at 6:30 pm, we will be holding our May School Council meeting. All PLC community members are invited to attend. Agenda Items include a School Board report from a PSD Trustee, a discussion on the 2025 -

2026 Student Fee Schedule, and a conversation regarding PLC development/Goal Plan for next year.

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. I hope to see you on Wednesday

Hats On! for Mental Health - May 5th to 9th is Mental Week. Each year the Canadian Mental Health Association CMHA dedicates a week in May to raise awareness of good mental health. Hats On! for Mental Health Day will take place on May 7. PLC students are encouraged to join school staff in wearing a hat to raise awareness of the importance of good mental health.

Yearbook Purchases - Work is continuing on our 24 - 25 PLC yearbook. You can purchase a yearbook online using the QR code or by visiting the LifeTouch website. The cost is \$30. For more information please refer to the flyer at the end of this memo or by contacting Mrs. Bradford in the office or via email at valerie.bradford@psd.ca



Summer School Opportunity for Grades 1-7 -Parkland School Division is excited to offer a Summer School program at Connections for Learning Stony Campus (4300 43rd Street, Stony Plain) from June 30 to July 11 (excluding July 1st & weekends). This program combines enriching literacy and numeracy activities in the mornings with engaging health and wellness activities in the afternoons.

For students entering Grades 1-7 in the 2025-2026 school year, the cost is \$375 for the nine-day program, running daily from 8:30 AM to 3:00 PM.

French Immersion Summer School Opportunity for Grades 1-7!

Parkland School Division is excited to offer a Summer School program at CFL Stony Campus (4300 43rd Street, Stony Plain) from June 30 to July 11 (excluding July 1st & weekends). This program combines a rich oral French language component with a secondary focus on literacy and numeracy in the mornings with engaging health and wellness activities in the afternoons. For students entering Grades 1-7 in the 2025-2026 school year, the cost is \$375 for the nine-day program, running daily from 8:30 AM to 3:00 PM.

To learn more about our criteria and considerations for both of these programs, please visit the CFL [website](#). For questions, email Sheryl Bridgeman at sheryl.bridgeman@psd.ca. We look forward to an exciting summer of learning!

Social Skills Summer Camp - Corinne Eckert Child Psychology offers a unique summer camp with a goal of helping children enhance their ability to understand social interactions and build skills and confidence in interacting with others successfully and comfortably. If your child has difficulties with social interactions this may be of interest - registration is open now. <https://www.eckertchildpsych.ca/summer-interactive-skills-sessions>

Student Votes Update - The Friday before the federal election, 466 PLC Grade Three through Nine students cast their ballots for the federal Student Votes Election. On the left are the PLC results with the actual federal results from Parkland County on the right. In parenthesis are the vote percentages:

Prescott Learning Centre

Federal Election Results

200 (42.9)	Dane Lloyd — Conservative Party of Canada	53 339 (75.08)
119 (25.5)	Ashley Fearnall — Liberal Party of Canada	12 667 (17.84)
69 (14.8)	Keri Goad — New Democratic Party	2943 (4.14)
53 (11.3)	Daniel Birrell — Green Party of Canada	531 (.75)
15 (0.3)	Jason Lavigne — People's Party of Canada	1 066 (1.5)
6 (0.1)	Wade Klassen — United Party of Canada (UP)	291 (.41)
4 (<0.1)	Kevin Schulte's — Christian Heritage Party of Canada	200 (.28)

There were 10 rejected/spoiled ballots in total. Across the country there were more than 900,000 student votes from 5,900 schools, with results from all 343 electoral districts. Using the CIVIX online results platform, you can view the national summary nation-wide results, results by electoral district, and results by school: <https://studentvote.ca/results/canada2025>

A thank you to Mrs. Haggarty and her (now former) student teacher Ms. Nichols, all of the student volunteers who manned the polls, to all of the students who took the time to learn about the voting process and take the time to vote, and finally, a shout out to all of our local candidates for stepping up to represent their respective political parties.

Badminton Finals This Week - Good luck to our junior and senior badminton teams that are playing in the country championship next week. This tournament is played at 6 different schools from Monday-Thursday, so players need to double check with their coaches where they are playing and when.

Gr. 4 -6 Spring League Basketball - Prescott is once again excited to offer a spring league basketball opportunity! This developmental program is for grades 4-6 students and will focus on teaching young students the game of basketball. We will be developing fundamental basketball skills and knowledge through drills and games. All skill levels are welcome! This year's spring league will include a 2-day camp with instruction from our very own Prescott basketball coaches and players, followed by a team based mini-tournament where kids will get lots of game-play experience.

2-Day Camp:

- **Dates: Tuesday, May 20th and Wednesday, May 21st**
- **Times: 3:15 pm - 4:30 pm**

Mini-Tournament Games:

- **Dates: Tuesdays and Wednesdays: May 27th & 28th, June 3rd & 4th**
- **Times: 3:15 pm - 4:30 pm**

Registration is \$40.00, including a Spring League Team T-shirt and other Prizes!

The Deadline for Spring League Basketball forms to be in the office is this Wednesday, May 7th!

Emergency Broadcast Test Weds. May 7th - On Wednesday, May 7, 2025, at 1:55 p.m., the National Public Alerting System will send a test alert across Alberta to all broadcast platforms. During the test, an alert will sound, followed by a text message letting cellphone users know the sound is part of a test and there is no need for concern.

PLC Fundraising Foundation - Hot Lunch and Blizzard Day Updates: Hot lunch this week is Dairy Queen on Thursday, May 8. Don't forget, our last Blizzard Day is Friday, May 9.

Hot Lunch: Here are our upcoming dates:

Thurs., May 8, Dairy Queen

Weds., May 14, Pizza Hut

Thurs., May 22, Lunch Lady

Weds., May 28, Edo Japan

Thurs., June 5, Dairy Queen

Weds., June 11, Pizza Hut

Thurs., June 19, Lunch Lady



We are always looking for volunteers to help with these events. If you're available, please sign up here: [Hot Lunch and Blizzard Day Volunteer Sign-Up Sheet](#). Your help is greatly appreciated!

Recipe Submissions Deadline: Last call for cookbook recipes! The deadline has come and gone but we are offering one last chance to submit online using this link: [Recipe Submission Link](#), or email your recipes to president@plcff.com. Let's make our cookbook memorable by sharing as many family favorites as possible!

DO YOU LIKE ART AND EATING?

★★★★★

The Prescott Pantry

Due: April 25, 2025

Prizes awarded for designs chosen!

and

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.

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

Track and Field Concession Stand: We are excited to host the Track and Field Concession Stand on Tuesday, May 13 (rainout date: Thursday, May 15). Duties include:

- Sales and restocking
- Cooking and serving hotdogs
- Setup and cleanup

We need volunteers to help with all of it, whether you're available for the full day or just part of it. Sign up here: [Track and Field Volunteer Sign-Up Sheet](#), or email president@plcff.com. Your support is what makes these events possible—thank you!

Freezie Fridays Are Back! Get ready.

Freezie Fridays are starting soon! Keep an eye on our Facebook page for updates. As always, Freezies will be \$1 for half and \$2 for a whole one. This is another great opportunity to volunteer—we need five people weekly to help run Freezie Fridays. A sign-up sheet will be posted soon. Stay tuned!

Thank you for supporting Prescott Learning Centre! Your involvement helps us create an amazing school community.

Previously Shared 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](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.

New Visitor Sign in Procedure - 2025 seems to be the year of change at Prescott and we appreciate you all moving right along with us! Having said that, we have one more coming your way. For all visitors and parents, we now have a digital sign in/out system.

On the counter as you enter the office there are two Chromebooks. One is for registration and school fee payments. And now we have a second one. Located in the same spot as our handy dandy sign in clipboard (which is no longer a thing!) When you open it, you will see three tabs at the top. One is for visitors to sign in, one is for parents to sign students in and out, and the third is for all of our substitute teachers and EAs who enter our building on a daily basis. It is a simple Google form which will ask you some basic questions and you're done. Easy peasy.

We know it will take a bit to get used to but we wanted to get a head start so next year you will all be pros! If you have any questions please ask one of the lovely secretaries and they will be happy to help you out. As a side note, we will be teaching older students how to complete the sign out so they can sign in when late and sign out when parents are waiting outside. Thank you for your cooperation and patience and we make this important, time saving, tree saving change to our office procedures. Mrs. Bradford

2024 - 2025 Final School Fee Payment Deadline- The deadline for 2024 - 2025 school fees is Friday May 30th. Please have your fees paid prior to this date. Fees can be paid in person to Mrs. Bradford or online via the parent portal on PowerSchool. If you have any questions, are having a technical issue or would like to explore a payment plan to cover your fees, please reach out to Mrs. Bradford at the school at valerie.bradford@psd.ca.



May Stronger Together Newsletter - Each month, Parkland School Division's Student Services team compiles the Stronger Together Newsletter for parents and guardians of students. This month's newsletter is

all about Spring. 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 youth and social media, anxiety workshops, and other events in and around the Parkland area. Click <https://www.psd.ca/download/508545> for this month's edition.

Memorial Composite High School 75th Anniversary Celebration - MCHS is holding its 75th Anniversary celebration on Thursday, May 15th. There will be tours, a meet and greet and formal ceremony starting at 5:30 pm. Please see the flyer at the end of this memo for more information.

Memfest 2025 - Memorial Composite High School Anime Convention - Memorial Comp's annual anime convention, Memfest 2025 is happening on May 10, 2025, Saturday, from 11:00 am until 4:00 pm. The entry fee is \$5.00 and the entrance will be through the Phys Ed doors beside the main entrance. This is designed to be an event for Parkland School Division and surrounding area schools so it's a small event but there's a lot of fun things to do! It's a nice safe environment to explore and play games and watch Anime. Lots of cosplay and things for purchase! All students, staff, and parents are invited to attend! All of the vendors, artists, panelists and performers are either current or former students or staff of Memorial, as well as all of the supervisors and organizers. This is largely a student run event. It is always a good time! Watch out for a full schedule in upcoming weekend memos.



Memfest is an annual anime convention put together by the MCHS Anime Club. It is held in order to promote Japanese culture and art in the form of events, and anime. All proceeds are going towards helping out the MCHS Anime Club and charitable donations that the school supports. This is their eleventh year of running this convention and we hope that everyone that participates enjoys themselves and helps to promote the success of this convention.



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 - Tomorrow (Monday) is Bus Driver's Appreciation Day. At times, being a driver can be a tough gig. As a school, we are fortunate to have drivers that know and care about their passengers. I hope you'll join me in expressing our appreciation and gratitude for all they do.

As well, the registration for the PSD Try-Me Try-Athlon opens tomorrow (May 6th). This is a great event open to PSD students aged five and up scheduled to run on Friday, June 6th in Stony Plain. For more information please check out the banner below (and if you look closely you might notice a few familiar PLC faces!) or visit:

<https://www.psd.ca/division/student-wellness/try-me-try-athlon>

As always if you have 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 in your emails

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Thanks for taking the time to read this week's memo. Chris



Prescott Learning Center YEARBOOK

ybpay.ca

Order Deadline:

May 19th, 2024

Price:

\$30.00

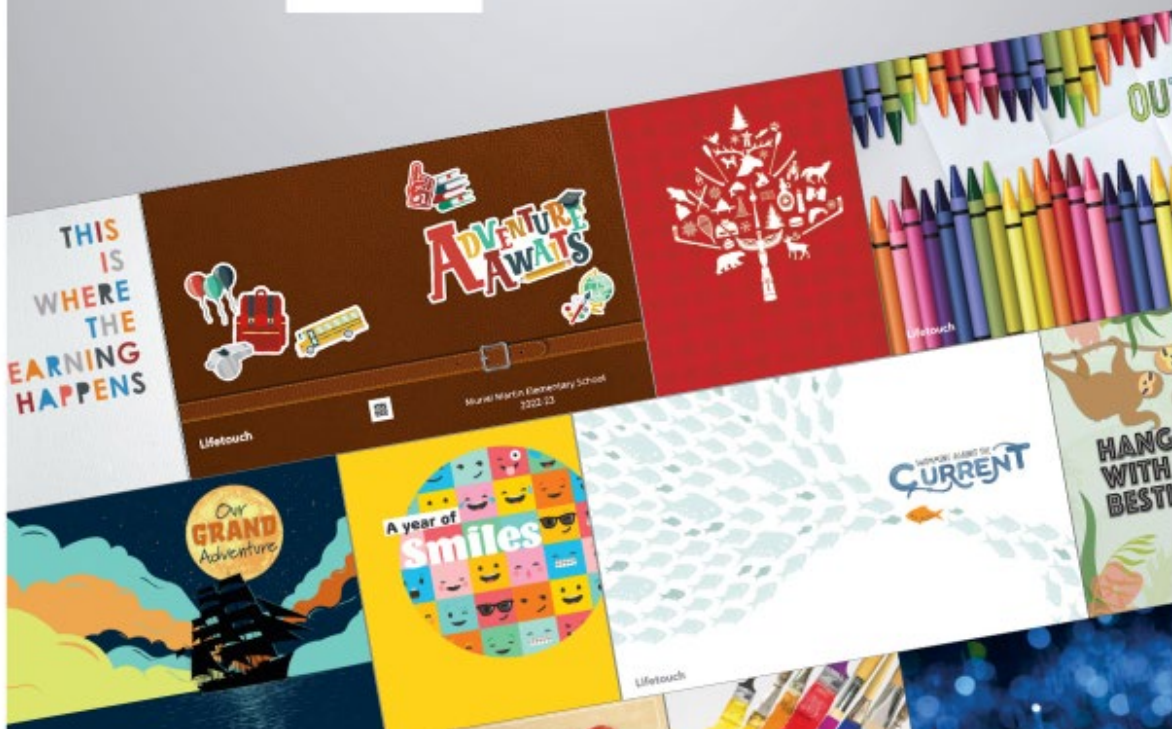
Yearbook ID Code:

14357425

Don't miss out!
Order your yearbook today!



Scan the QR code or visit:
<https://ybpay.lifetouch.ca/>
To purchase your copy.



Please join us as we celebrate



MAY 15, 2025

5:30–8:00 PM

50 Westerra Centre
Stony Plain

5:30 – formal presentation

6:00 – school tours

7:00 – MCHS staff meet & greet

Refreshments, photo ops, yearbook purchases and more will be available.

MemFest May 10th 2025

11 am - 4 pm

How to play:

50 Westerra Centre Memorial Composite High School

- ♥ Anime Viewing
- ♥ Artists and Vendors
- ♥ Contests + More
 - ♥ Super Smash Bros tournaments
 - ♥ Cosplay Contest (Hosted by Adventure + guest)
 - ♥ Into the HoyoVerse (Adventure + guest)
 - ♥ Drawing + Coloring Contests



Insta: MemAnime Club



\$5 entry fee
\$1 Ramen eating contest
and other contests
\$ Raffles!



Art by Star James R77

SUICIDE PREVENTION SERIES

April
29
6-7:30pm



Community Conversation

This event aims to foster open discussions on mental health and suicide prevention for parents and caregivers.

Featuring experts from **Dochas Psychological Services, WestView Primary Care Network, Canadian Mental Health Association Alberta Division, and Centre for Suicide Prevention.**

Age: 18+

Location: Virtual, via Zoom

Register: [//calendar.stonyplain.com](https://calendar.stonyplain.com)

780-963-2151

May
12
5-8:30pm



SafeTALK

A 3.5 hour workshop to equip you to be more alert to someone thinking of suicide and better able to connect them with further help.

Dinner provided for participants.

Age: 16+

Location: 414 King Street, Spruce Grove

Cost: \$20, reimbursed upon completion

Register: [//sprucegrove.org/CSDPrograms](https://sprucegrove.org/CSDPrograms)

780-962-2611

June
5 & 6
8am-4:30pm



Applied Suicide Intervention Skills Training (ASIST)

A two-day training to help identify someone at risk of suicide and provide them with the skills needed to make a life-saving intervention. It focuses on teaching suicide first-aid to help a person at risk stay safe and seek further help. **Age:** 18+.

Location: 9 Tri Leisure Way, Spruce Grove (Border Paving Athletic Centre)

Cost: \$50, reimbursed upon completion

Register: [//sprucegrove.org/CSDPrograms](https://sprucegrove.org/CSDPrograms)

780-962-2611



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The Prescott Pantry



Due: April 25, 2025



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- Submit your designs to your teacher or send them with your child.





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.

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 5-630PM)
 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