



Prescott Weekend Update

May 11th, 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>

To start off this week, Happy Mother's Day to all of the great mothers out there. I hope your day is filled with hugs, pampering, and much, much, well deserved being spoiled. Now, track and field season is on the horizon with the school meet scheduled for this Tuesday the 13th (with a rain out day set for Thursday), and that means it's time for our annual traffic disruptions. First a bit about the school meet this Tuesday. Each grade Four Through Nine student picks three events to compete in throughout the day. This will be an all-day event, but please remember that this is still a regular school day. Students will need to check in with their homeroom teachers at the beginning, throughout, and at the end of day for attendance; any students leaving will need to be signed out as per usual. Grade seven through nine students who are top four finishers in their respective events move on to participate at the Zone 3 meet on Thursday, May 22 at Westview School. And top finishers at Zones compete at the Division Championships, also at Westview, on Friday, May 30th. Grade Four through Six students who are top finishers in multiple events, will participate in the Division Elementary Track Meet on Wednesday, June 4th. (The Grade One through Three Field Day will take place on Monday June 11th, please mark your calendars if you are able to volunteer for this event).

As for traffic disruptions, because we do not have enough space in our back field, we need to track events in our front parking lot. As a result, on **Tuesday morning, the parking lot will be drop off only; there will be no parking permitted.** After morning drop off, **the parking lot will be closed all day on Tuesday** (or Thursday depending on the weather). Our goal is to have the parking lot open after 3:00 pm. I do recall that thanks to your patience and understanding, the snarl last year wasn't nearly as bad as I thought it would be. Thanks for that. Please give yourself plenty of extra time for drop off and pick up, or if possible, please consider a different pick up or drop off location. The best solution? It's track and field day! If possible, consider walking to school. Above all, track and field day or not, it's always a good time to slow down. Doing so leaves you plenty of time to stop in the event as impulsive little one attempts to bolt between cars. And there is nothing more important than keeping everyone safe. I will send you an email reminder Monday evening. Thanks for your patience and cooperation.

Our fabulous volunteers from the PLC Fundraising Foundation will be hosting a concession with drinks, snacks and hotdogs. All the profits generated go right back into school events and equipment. We are watching the weather for Tuesday and right now it does not look good. We will let you know via email this Monday night if we are going to cancel and go to our rain out day on Thursday instead. Regardless, whether it's a track meet or a field trip, it's always a sound plan to send along appropriate footwear, a hat, water bottle, sunglasses, and high SPF sunblock in your child(ren)'s knapsack. And a reminder, kids are encouraged to bring a blanket for sitting at the track meet. Unfortunately, while umbrellas and open-ended canopies are permitted (and encouraged) in order to keep supervision manageable, tents are not permitted; please keep these at home.

A couple of other reminders: as Tuesday is a regular school day, we would like to remind everyone that ***skip-the-dishes or food deliveries to the school are not permitted***. With students participating in various events at various times food would likely end up cold on the office counter. Instead, consider supporting the PLCFF through the concession stand. Finally, we encourage family spectators to cheer on our athletes. However, I will ask that all guests please sign in at the office and grab a visitor sticker. I look forward to seeing you on Tuesday. Again, Happy Mother's Day!

Important Events This Week				
Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
Smudging	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 MCHS 75 th Anniversary Celebration	Professional Development Day (No Students Attend)
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 19 th	Tuesday 20 th	Wednesday 21 st	Thursday 22 nd	Friday 23 rd
Victoria Day: No School	Spring League BBall 3:15- 4:30	CTF Kindness Project Field Trip Fenwyck Sr. Centre Kinder Field Trip to Safety City Spring League BBall 3:15- 4:30	Smudging Gr.9 Math Field Test Kinder Field Trip to Safety City Hot Lunch: Lunch Lady	Monday Schedule

Athletics: Track/Soccer/Golf Dates This Week*	
Monday	Co-Ed Soccer Game vs. JPll @ Greystone 4:15
Tuesday	Gr. 4-9 Track Meet @ PLC
Wednesday	Co-Ed Soccer Practice @ Greystone 3:15 Golf Team Driving Range Session 3:30-4:30 @ South Century driving range
Thursday	Gr. 4-9 Track Meet (Rain Out Date) @ PLC

Friday	
Saturday	

*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

New and Updated Information

May PLC Fundraising Meeting Wednesday Evening - This Wednesday at 6:30 pm, we will be holding our May PLC Fundraising foundation meeting. All PLC community members are invited to attend. 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.



DID YOU KNOW . . . ? Last year the PLCFF facilitated the purchase and installation of our amazing and much needed scoreboard which was installed in the large gym. 🏀🏈

How **AWESOME** is this ? ! Nearly \$11 000 was raised through the Read A Thon and other PLCFF fundraising events and activities. Of course, this is all **THANKS TO YOU** for your fundraising efforts!

Come on out on Wednesday to find out the many ways we all can support the students in our school!

Athletics Update: *Badminton, Co-Ed Soccer, Golf, Spring League Basketball, Try-Me-Try-Athlon*

Junior & Senior Badminton Playoffs took place last week. Prescott had representatives moving forward to semifinals in almost every category. In the end, PLC had two singles players going for gold. Jazlyn had a solid victory over the opponent from Graminia to win gold, and Warner played an exceptional set of games against the opponent from Woodhaven to win silver. Thank you to all the players who represented Prescott so well. I would also like to extend my appreciation to our Sr. Badminton Coaches Mrs. Schumm, Mystery Shaw, Miya Matsuba, and Tomiko Matsuba, and to Mrs. Briscoe and Mr. Adams for coaching both our Jr. A and Jr. B Badminton Teams. Great work, great season.



The **Co-Ed Soccer team** came to a 4 - 4 draw last week against High Park. This week the team has a game against SJPII on Monday, May 12 at Greystone field. They also practice this Wednesday at Greystone starting at 3:15 pm. Our **Golf Team** has a driving range session 3:30-4:30 at South Century driving range on Wednesday, May 14.

Gr. 4 -6 Spring League Basketball Deadline Extended - 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. We have nearly 60 participants. Space is limited so please get your registration in by the end of the day tomorrow (Monday),.

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!

Registration is open for the Try-Me Try-Athlon!

The Try-Me Try-Athlon is a division-wide event celebrating physical literacy in children and youth through swimming, bicycling and running. It encourages students to train in school and at home, allowing them to build their skills and work toward feeling competent and confident

in multiple environments. The event is designed to offer youth the opportunity to experience the sport of triathlon in a positive environment that offers age-appropriate distance levels.

Date: **Friday, June 6, 2025**

Time: **Race starts at 10:30am (9:15-10am check-in/race kit drop-off, 10am course walk-through/warm-up)**

Location: **Stony Plain Outdoor Pool and surrounding area ([5210 55th Ave, Stony Plain](#))**

Fee: **\$35** (or \$15 each person on a 3-person individual leg team—one swimmer, one biker, one runner. Teams also have the option to select one or two events. (i.e. the swimming, cycling, or running leg of the Try-Athlon). Participants would then pay an entry fee of \$15 for one event or \$25 for 2 events.)

Children age 5 and up are welcome to register for this event with the support of their classroom or school-based teacher, and with a responsible adult available to attend the entire event.

For Event Details & Registration please visit:

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





PLC Fundraising Foundation - Hot Lunch Update: Hot lunch this week is Pizza Hut on Wednesday, May 14. Don't miss out on this delicious mid-week treat! Upcoming dates and vendors include:

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

Freezie Fridays Are Back! Starting Friday, May 23, Freezie Fridays are here to cool you down! Full jumbo freezies will be \$2, and half-sized freezies will be \$1.

- K-2 Students: Give your money to your teacher on Friday morning, and the freezies will be delivered to your classrooms.
- Grades 3-9 Students: Freezies will be available for purchase on the playground during the lunch hour.

We are looking for volunteers to help run Freezie Fridays. If you're available, please email president@plcff.com. A sign-up sheet will also be posted on our Facebook page soon and shared in the next weekly memo.

Track and Field Concession: The Track and Field Concession Stand will be open to Grade 4-9 students on Tuesday, May 13, from 9:00 AM to 2:00 PM. What's on the menu?

- Hotdogs, chips, chocolate bars, and candy—all items are \$1 or \$2.

A price list will be posted on our Facebook page, so stay tuned!

National Donut Day – June 6: Mark your calendars for Friday, June 6, because it's National Donut Day! We'll be selling donuts at lunch to celebrate. Keep an eye on our Facebook page for all the sweet details.

Thank you for supporting Prescott Learning Centre! Your involvement helps us create a connected, vibrant school community.

And now, a random photo that warms my heart (thanks for the pic Mrs. Harach):



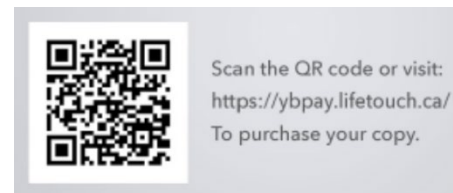
Previously Shared Information

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.

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.

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.

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.



PLCFF 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 - Last Monday we learned that Mrs. Cherie Lovsund, currently the principal of Duffield school, will be assuming the principalship here at PLC next year. Ms. Huisman, Mrs. van Beek, and I have been fortunate to get to know Cherie over the past few years at various division meetings and functions and we're big fans of hers. I know she will be a great addition to lead our school moving forward. I will have introductions for Mrs. Lovsund and the transition process over the next few memos.



A reminder that this Friday and Monday are a professional development day and Victoria Day respectively. There is no school for students on Friday and Monday. As a result, expect the PLC Weekend Memo to be in your inbox on Monday rather than Sunday. I hope you have a great long weekend.

I worry you may be getting sick of hearing it, but 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

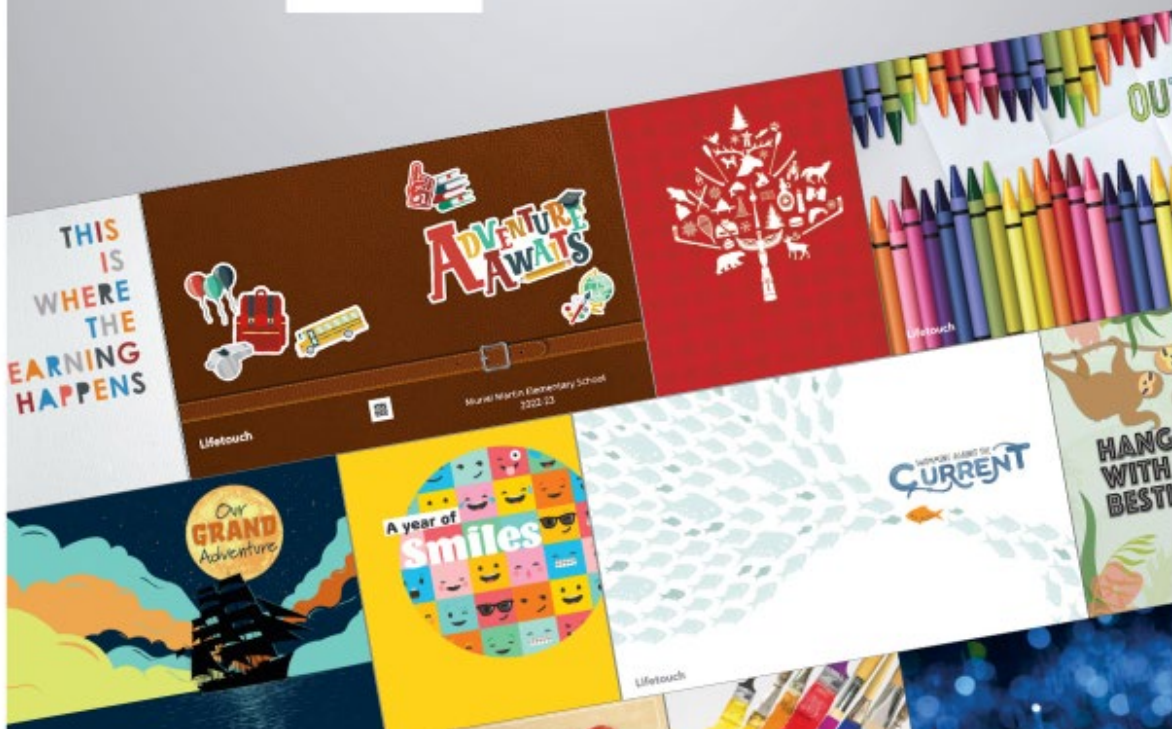
Yearbook ID Code:

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.

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





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