



Prescott Weekend Update

May 19th, 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>

In addition to regularly scheduled staff meetings, my admin team and I meet monthly with our Kindergarten to Grade Six 'grade level' teams, and subject specific Literacy and Numeracy teams in Junior High. These monthly 'Collaborative Team Meetings' (CTMs), allow for face to face opportunities to connect in a smaller group setting in order to share solutions to issues and concerns that teachers are facing in the classroom. Often a solution that comes out of one grade level meeting gets shared with other grade levels teams, allowing us to build capacity across the entire school. Inversely, sometimes, like this past month, a similar concern appears across all grade levels.

What emerged from the May meetings was how restless and dysregulated many students have been since the return from Spring Break. A lot of the discussion was centered on trying to establish why an ever-increasing number of students were struggling in class. When we dug deeper we soon realized that with more daylight, more activities, and yes, more distractions, that students' routines, particularly sleep routines, were much less consistent than in the fall and winter. Compared with the [Canadian Paediatric Society's guidelines](#) of 9-12 hours for students in Grades One through Six and 8-10 hours for Grades Six through Nine students, we learned that the amount of sleep kids were getting was far below these recommendations.

Digging deeper, we learned that activities and events after school contributed to later bedtimes. Being unable to stay awake much later than the third period myself, I was a bit shocked by how many of our students, particularly in the younger grades, were permitted to watch entire Oilers playoff games (and even overtime in the first couple rounds).

But the biggest culprit robbing students of sleep was clearly technology. And not just cell phones; in conversations many students admitted that they had televisions, tablets, and game consoles in their bedrooms. The dark side of this conversation was the alarming number of students who acknowledged talking to complete strangers online after bedtime on seemingly harmless platforms such as Fortnite, Roblox, and Minecraft (phone calls home ensued). And while we are all very concerned with the immediate danger of strangers in our neighborhood, after what we learned at the RCMP Online Safety session at the school on April 23rd, we all need to recognize that

in some circumstances, we also need to worry about the strangers our kids are talking with under our own respective roofs.

Returning to our May CTMs, as a staff we dug into the research in order to help you support students in their sleep routines. The recommendations are, in no particular order:

- Establish a bedtime routine and stick to it. For example, before bedtime, consider a bath. Not only is it calming and relaxing, it also helps wash away the day's dirt and sunblock. Take the time to incorporate downtime activities such as reading before bedtime or laying out clothes for the next day. (Sidebar: As educators, we are just as guilty as anyone else in letting bedtime slip. One teacher commented that they have programmed the bedtime routine into their Google Home: "...15 minutes until bedtime..." Ingenious)
- In terms of good sleep hygiene, ensure the blinds are closed and that the bedroom is as dark as possible. Try to ensure your child(ren) has at least 30 minutes of 'non-sunshine' before bed. And it goes without saying, no caffeinated/energy drinks before bed (preferably, no caffeinated/energy drinks: period).
- Experts recommend that access to all forms of technology, TVs, cell phones, tablets, gaming consoles, be cut off 30 minutes prior to bedtime. Perhaps even more significantly, it is strongly recommended that all electronics need to be removed and charged overnight outside of the bedroom, preferably under parent/guardian supervision. We all want to be able to trust our kids, especially with technology, but we need to realize that the self-regulation skills required to manage technology takes years, even decades to master. We all have an adult friend or family member who struggles to put down their phones. Is it realistic for us to expect a kid to know when to put the TV remote/cell phone/tablet/game controller down without our oversight?
- As much as possible, after you have determined the recommended hours of sleep for your child(ren), ensure that their bedtimes, as much as humanly possible, are consistent and that the time allows kids to get the recommended hours of required sleep.

The other side of bedtime routines are morning routines. Like bedtime, a consistent wake up time goes a long way to avoid morning drama when kids feel rushed. Routines should consider breakfast, teeth brushing, hair, even little chores prior to heading out for the day. And also consider the importance of incorporating your child's medication in their morning routine.

And remember, all morning routines go out the window when a child doesn't fall asleep at the appropriate time. These routines may seem simple and even obvious, but with the longer days filled with lots of activities, establishing and honouring these routines will go a long way to ensuring a better day of learning for your child(ren).

And here is what is happening at PLC as we head into the last two weeks of May:

Important Events This 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 Spring League BBall 3:15- 4:30	Smudging Gr.9 Math Field Test Hot Lunch: Lunch Lady	Monday Schedule Puma Pride Socks & Crocs Day! Freezie Friday
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 26 th	Tuesday 27 th	Wednesday 28 th	Thursday 29 th	Friday 30 th
Smudging Gr. 8 Field Trip to Camp Yowochas	Spring League BBall 3:15- 4:30	Gr. 6 ELA PAT Hot Lunch: Edo Japan Spring League BBall 3:15- 4:30	Gr. 9 ELA PAT Gr. 2 Field Trip Grain Elevator	Wednesday Schedule Kinder Play Day Division Track Meet

Athletics: Track/Soccer/Golf/Spring League Dates This Week*	
Monday	
Tuesday	Co-Ed Soccer Game @ Brookwood vs. CFL 4:00 pm Spring League BBall Mini Camp Day 1 3:15 – 4:30 pm
Wednesday	Spring League BBall Mini Camp Day 2 3:15 – 4:30 pm
Thursday	Zone 3 Track Meet @ Westview 8:30 am – 3:00 pm
Friday	Golf Team @ Glacier Greens 3:30 pm
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

Grade 1-3-Field Day: June 11th - We are very excited to announce that Prescott Learning Centre will be having our THIRD annual Field Day for grades 1-3 students. Field Day will be on Wednesday, June 11th at PLC for the whole day! (Our rain out day will be scheduled for Friday, June 16th if needed.) Last year, our Puma families really stepped up and made our day a huge success by volunteering to help in all areas. Please see below on how you can help out this year's Volunteer Opportunities:

- There will be 20 events and we are looking for 40 parent volunteers to work in pairs at each station! Parent volunteers will be asked to arrive at 8:15 and meet in the large gym where you will get your station number and supplies. The stations will end in the afternoon at approximately 2:20. Supplies will be returned to the gym at that time. If you are interested in volunteering for this day, please email dana.vasileff@psd.ca to get your name added to the list. If you have a friend or family member that you would like to volunteer with, please note that in the email! Thank you in advance for helping make this event a success.

Field Day Correction - Field Day will take place on **Wednesday June 11th, NOT on Monday June not on 11th** as I reported in last week's memo, my apologies for the confusion.

Jordan's Principle Funding Changes- The Government of Canada has recently announced changes to the eligibility criteria for Jordan's Principle funding. Moving forward, Indigenous Services Canada will no longer be approving any school-related Jordan's Principle requests for students attending provincial schools. Jordan's Principle is a federally funded program. The program "...is a Canadian human rights principle aimed at ensuring First Nations children have equitable access to government funded services." First Nations children who attend on-reserve schools will continue to be able to apply for and access Jordan's Principle funding. More information regarding these changes can be found in this [Government of Canada Operational Bulletin](#) and on the [Government of Canada Jordan's Principle website](#). However this decision will have an effect on nearly all PSD schools. Information regarding these changes and the impact on the school division can be found at:

<https://www.psd.ca/division/news/post/jordans-principle-funding-changes>

PLC School Council 25 -26 Planning - The PLC School Council has begun the process of planning topics for meetings in 2025 - 2026. In order to have conversations at next year's council meetings that are relevant and timely, over the next four weeks they are asking for your participation in a series of Facebook Survey questions on the topics of onboarding/registration, student assessment, student discipline, and yes, even the parking lot and school grounds. This week's question is:

- PLC Onboarding - What information would you like to have known going into the registration process at PLC? What questions do you have about student onboarding?

We invite you to ask your questions and offer your insights in the comments section on our PLC Facebook. With your input it is the council's goal to tailor next year's meeting topics meaningful to you and your family.

Socks and Crocs Day... Friday May 23! - Bring on the Puma Pride by wearing your favourite socks with your stylish Crocs. Whether it's purple socks with pink Crocs, or polka dots with tie dye, show your spirit by joining In. The classes with the most participants will enjoy a pizza lunch courtesy of the PLC Fundraising Foundation. To participate, students;

- must wear socks / sockettes / nylons / tights / foot gloves
- must wear footwear not typically worn with socks as per highly stereotypical social constructs. Footwear includes: Crocs, slides, flip flops, Birkenstocks, and sandals.

The class in each respective division (K-3, 4-6, & 7-9) with the highest participation will earn the pizza lunch for their class.

Yearbook Purchases Deadline May 30th- 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 **The deadline for purchasing yearbooks is May 30.**



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

New SafeArrival Absence System - Beginning this week PSD is rolling out the SafeArrival absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. Absences can be reported in advance:

- 24 hours/day
- 7 days a week
- For any school day in the school term
- Up to the cut-off time on the day of the absence (this may vary by school).

Whenever an absence is reported or updated, you will receive a confirmation notice by email and/or text message (assuming you have provided your contact information to the school). If you don't report your child's absence in advance, the automated notification system will try to contact you (using your communication preferences if you have set them up in the SchoolMessenger Home app). This may include push notifications to the app, email, SMS text messages, or phone calls. You will be asked to provide the reason for your child's absence immediately. You may do so using the phone line, website or mobile app. If you haven't received any information, soon the school division will be forwarding you information about this updated reporting system. I will have more details in upcoming memos.

Indigenous Games Tuesday June 3rd - We're excited to welcome Lyndon Suntjens and students from Maskekosak Kiskinomatowikamik (formerly Kitaskinaw) in Enoch Cree Nation to Prescott! During their visit, they will be sharing their knowledge and teachings with us, including:

- A detailed explanation of cultural protocols
- Guidance on responsible collecting and harvesting practices
- Instruction on traditional games, as well as other Indigenous and Northern games

Some of the games we'll have the opportunity to learn and play include: ***Double Ball, Hoop and Arrow, Run and Scream, Hand Games, Ring the Stick, Make the Stick Jump, and Kick Ball.*** This will be a meaningful learning experience for all, and we look forward to their visit with gratitude and respect. Mr. Suntjens will be at the school on Tuesday June 3rd and he will be working a variety of classes from Kindergarten through Grade Nine.

Gr. 4 -6 Spring League Basketball Starts This Week- Spring League Basketball for Grade 4-6 students starts this week. All students who have signed up will be participating in the 2 Day Camp tomorrow (Tuesday) and Wednesday. The tournaments will start on Mini-Tournament Games will run on:

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

Times for the 2-day camp and games are from 3:15 pm - 4:30 pm

Online Safety Webinar - Heading into summer, your child will probably spend even more time on their phone. The Family Centre (see attachment at the end of this memo) is offering a free one-hour webinar to help parents learn about:



- Popular apps
- How to keep your children safe online
- Signs and symptoms of cyberbullying in a free webinar offered.

Sign Up:



The webinar will take place on Wednesday, June 19th from 6:00 - 7:00 pm. You can sign up using the QR code or can use the QR code to watch the webinar at a later date. For more

information please visit the familycentre.org or refer to the brochure at the end of this week's memo.

PLC Fundraising Foundation - Hot Lunch Update: The Lunch Lady is Back this Thursday May 22nd. Don't miss out on this delicious mid-week treat! Upcoming dates and vendors include:

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 \$1.

- Kindergarten to Grade 2: Students can give their money to their teacher, who will send the orders to us. Freezies will be delivered directly to classrooms.
- Grade 3 to Grade 9: Students can buy freezies during their lunch recess on the tarmac.

We're looking for helpers to make Freezie Fridays a success! The commitment is just 1.5 hours with some flexibility. Sign up here: [Volunteer Sign-Up Link](#) If the sign up link doesn't work, please email president@plcff.com.

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.

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](#) 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.

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>



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.

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>

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.



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 was a day of mixed feelings for my admin team and I. On the one hand we learned that Mrs. van Beek's nine year run as a teacher and school administrator at Prescott Learning Centre was coming to an end. It was announced that next year she would be moving to Woodhaven Middle School in the role of Assistant Principal. Esther is a great

educator and a fantastic colleague whose skills and talents have done more than most will know in our school's growth and development. I know she will do the same at Woodhaven.

On the other hand, we were excited to learn that Mrs. Erin Craig, currently an Assistant Principal at our Connections for Learning alternative education site, will be joining Ms. Huisman and our new Principal, Mrs. Lovsund, for the 25 - 26 school year. Erin has a diverse set of skills and experiences as an educator who will be able to provide a unique perspective on how the school will be able to support learners and learning as the school moves forward. Welcome Erin, we know you and your team will do great things for our school. You can find her bio and information regarding other recent administrative appointments at:



<https://www.psd.ca/division/news/post/additional-administrative-appointments-for-2025-2026>

and at:

<https://www.psd.ca/division/news/post/administrative-appointments-for-2025-2026>



Finally, on Friday's Professional Development Day, PLC staff were treated to a free soft taco lunch donated by the good folks at El Mero Mero Taqueria. Their generosity was only matched by how great the food was. Big thanks to Kate and Jose for being so thoughtful (and for being such awesome

cooks). Your gesture is greatly appreciated!

If you have any questions or concerns you can still reach out to me and my team at the school. For a 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.

As always, thanks for taking the time to read this week's memo. Chris



To our food
service staff,

**THANK
YOU!**

School Lunch Hero Day | June 2

Prescott Learning Center YEARBOOK

ybpay.ca

Order Deadline:

May 19th, 2024

Price:

\$30.00

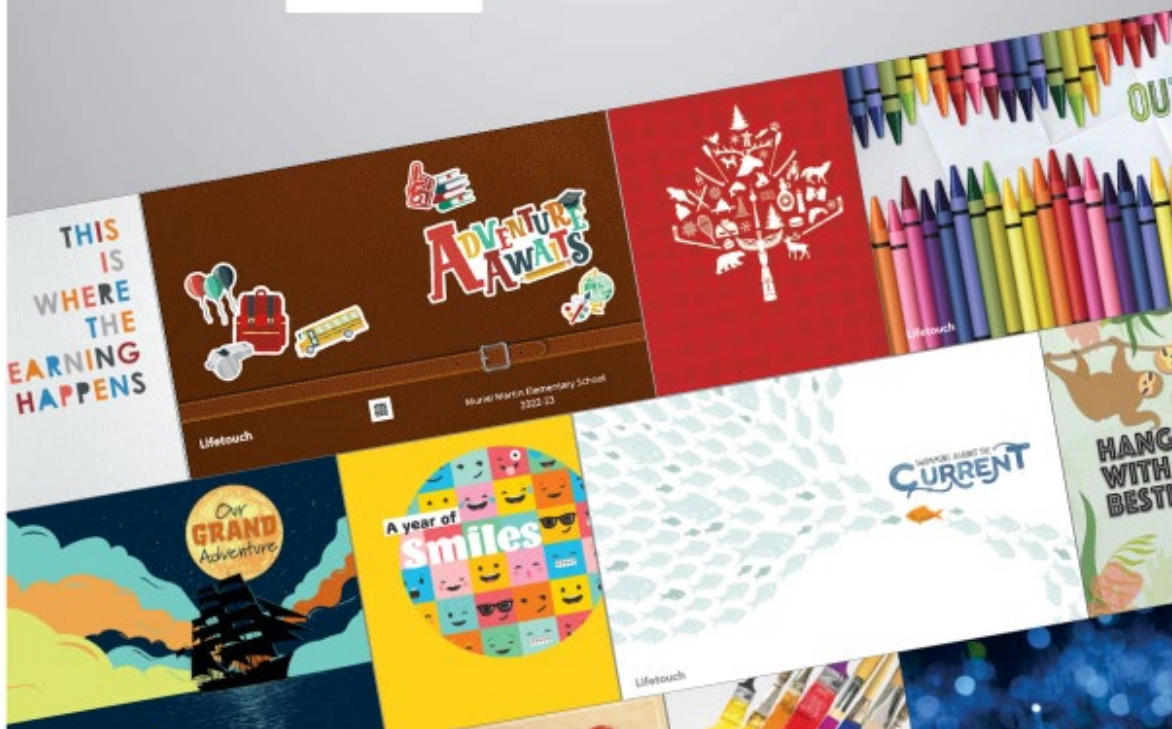
Yearbook ID Code:

14357425

Don't miss out!
Order your yearbook today!



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



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