



# Prescott Weekend Update

June 1st, 2025

Good Afternoon PLC Families:

## Prescott Learning Centre

340 Pioneer Road  
Spruce Grove, AB T7X 0T1  
Phone: 780-571-8079  
Email: [prescott@psd.ca](mailto:prescott@psd.ca)

### Principal:

Mr. Chris Shaw  
[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca)  
[@seedshaw](mailto:@seedshaw)

### Assistant Principal:

Ms. Heather Huisman  
[heather.huisman@psd.ca](mailto:heather.huisman@psd.ca)

### Assistant Principal:

Mrs. Esther van Beek  
[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

### Inclusive Education Lead:

Mrs. Nicole Blanchet  
[nicole.blanchet@psd.ca](mailto:nicole.blanchet@psd.ca)

### Head Secretary:

Valerie Bradford

### Secretaries:

Shelby Warkenten  
Rae Woods

### Website:

<https://prescott.psd.ca/>

### Facebook:

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

This week I am going to share some reminders as well as highlight a few events as we head into the month of June. Tomorrow is the last day to put in classroom placement requests for the 25 - 26 school year. If you have a special placement request for your child(ren) (i.e. classmates you would, or wouldn't, like your child to be placed with, teacher requests) please use the link below in the 'New and Update Information Section' before the end of the school day tomorrow. Please keep in mind that we will not be sharing class lists until staffing is finalized in late August.

Tuesday, we look forward to welcoming Lyndon Suntjens and students from Maskekosak Kiskinomatowikamik (formerly Kitaskinaw) in Enoch Cree Nation to Prescott. These visits are always as engaging as enlightening. I know our students are looking forward to participating.

Please note that Tuesday's Grade Four to Six Spring League Basketball tournament has been cancelled on Tuesday June 3rd and rescheduled on Thursday June 5th. The Wednesday June 4th date remains the same.

On Wednesday this week we will have our final School Council Meeting of the school year. Come on out to meet our new principal Mrs. Lovsund. The meeting starts at 6:30 pm. If you PVR the game you'll be home in time to fast forward through the commercials and enjoy the live action in the third period (...just a little pro tip from the principal!).

Thursday afternoon our Grade Seven through Nine students will be attending the Mothers Against Drunk Driving presentation in the large gym. These presentations are quite powerful and deal with sensitive topics. Unfortunately, they can be upsetting for some students. If you have any concerns about your Grade Seven through Nine student(s) attending, please reach out to your child's homeroom teacher.

This Friday (June 6th) we are looking forward to our Grade Nine Farewell. The program starts at 6:30 pm, the class photo at 7:30 pm with refreshments to follow in the main floor common area. The dance runs from 8:00 to 9:00 pm. Families are asked to bring a tray of finger foods, snacks, or desserts. Supervision and help cleaning up afterwards is always appreciated.

Finally, one of the most fun events of the year is our Grade One through Three Field Day set to happen on Weds. June 11th. We are still short of a few volunteers. Our PLC Fundraising Foundation is also looking for help with their very popular concession stand. This event creates great memories and helps promote physical literacy and active living. If you are able to help out, please have a look at the information in the 'New and Updated Information' section below.

And if the first week of the month is any indication, it is going to be a busy June indeed. And here is what else is happening as we head into the last month of the school year.

Important Events This Week				
Monday 2 <sup>nd</sup>	Tuesday 3 <sup>rd</sup>	Wednesday 4 <sup>th</sup>	Thursday 5 <sup>th</sup>	Friday 6 <sup>th</sup>
Lunch Hero Day	Indigenous Games <del>Spring League BBall 3:15-4:30</del> (Moved to Thurs.) Outdoor Education CTF Overnight Camping Trip (Tues & Weds)	Gr. 9 ELA Pt. B Field Test Gr. 3 Bird House Building CTF Kindness Project Field Trip Fenwyck Sr. Centre Gr. 4 Field Trip TWOS Kinder In-School Field Trip Creative Adventures Caravan Spring League BBall 3:15- 4:30 School Council	Smudging Gr. 9 Math Pt. B Field Test Kinder In-School Field Trip Creative Adventures Caravan Hot Lunch: Dairy Queen Gr. 7-9 MADD Presentation (pm) Spring League BBall 3:15- 4:30	Thursday Schedule PLCFF Donut Day Gr. 9 Farewell PSD Try-Me Try-Athlon
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 9 <sup>th</sup>	Tuesday 10 <sup>th</sup>	Wednesday 11 <sup>th</sup>	Thursday 12 <sup>th</sup>	Friday 13 <sup>th</sup>
June! Smudging Blizzard Day		Last Day Term III Gr. 1-3 Field Day PLCFF Meeting Hot Lunch: Pizza Hut New to SGCHS Evening	Gr. 6 & 9 ELA Pt/B PAT Gr. 2 Field Trip Inside Out Gr. 4 Field Trip YoWoChas	Monday Schedule Freezie Friday Gr. 6 & 9 Math Pt/A PAT Gr. 2 Field Trip UofA Botanical Garden

Athletics: Track/Soccer/Golf/Spring League Dates This Week*	
Monday	Golf Team @ Black Gold Golf Tournament (All Day)
Tuesday	<del>Spring League BBall Tournament 3:15 – 4:30 pm</del> Rescheduled for Thursday
Wednesday	Co-Ed Soccer Semi-Final @ 4:15 pm Opponent/location TBD Spring League BBall Tournament 3:15 – 4:30 pm
Thursday	Spring League BBall Tournament 3:15 – 4:30 pm
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

**June School Council Meeting Wednesday Evening** - This Wednesday at 6:30 pm, we will be holding our final School Council meeting of the school year. All PLC community members are invited to attend. Agenda Items include a School Board report from a PSD Trustee and a conversation with our new principal, Mrs. Lovsund.

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.

**Final Call 2024 - 2025 Final School Fee Payment Deadline**- The deadline for 2024 - 2025 school fees was Friday May 30th. If you have yet to do so, please pay your fees now. Fees can be paid in person to Mrs. Bradford or online via the parent portal on PowerSchool. Fee statements will be sent home next week. If you see any fees that should not be on your account, are having technical issues, would like to explore a payment plan to cover your fees, or have any other questions, please reach out to Mrs. Bradford at the school at [valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca).

**SGCHS New to School Evening** - Spruce Comp will be hosting a "New to High School" parent informational night on June 11th at 7 pm. Discussion will revolve around different streams, options, credits, graduation requirements, options and more. This is open to students as well, however this information was previously shared with students at the feeder school meetings earlier in the year.



**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.

**Grade 1-3-Field Day: June 11th Update** - Our THIRD annual Grade 1-3 Field Day is **NEXT WEDNESDAY!** We just want to say a special thank you to all of the parents who stepped up to volunteer their time for the day. Your support does not go unnoticed and you make our school a better place. If you would still like to volunteer, please email [dana.vasileff@psd.ca](mailto:dana.vasileff@psd.ca) PLEASE NOTE: The parking lot will be closed for the day.

**Below are a few items to note if you are signed up as a volunteer for a station:**

- Please arrive at PLC no later than 8:00 and meet in the large gym.
- Check the volunteer chart for your name to see which station you are assigned.
- Find your station along the back wall of the large gym. You will find a map, instruction card and supplies for your station.
- Use the map to find where you will head out with supplies to set up.
- At the end of the day, you will bring those supplies back to the large gym to be put away.

**If you are signed up as a classroom volunteer, please arrive with your child at 8:15.** See you on Wednesday, June 11th.

**Grade Three Candy Grams** - The grade 3 students and teachers are very proud to announce that our Candy Gram campaign was once again a huge success. A total of \$2029.25 was raised. The students in grade 3 have chosen to share these profits by making donations to three worthy charities. The funds will be donated to The Stollery Children's Hospital, The Against Malaria Fund and the Parkland Food Bank. We thank all families for supporting our students in their efforts to make a difference in our community and around the world. Prescott Pumas are the absolute best!

**June Stronger Together Newsletter** - June is Men's Mental Health Month. Parkland School Division's Student Services Team Stronger Together newsletter for parents and guardians of students includes information on a variety of activities in and around the Tri-Municipal Area as well as information on men's mental health. You can access this month's edition at <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>.



**Grade Seven through Nine Mothers Against Drunk Driving Presentation Thursday, June 5th** - "Did you know that the 2021-2022 Canadian Student Tobacco, Alcohol and Drugs Survey indicates that alcohol

remains the substance with the highest prevalence of use among students in grades 7 to 12? In the past 12 months before the survey, 39% reported consuming alcohol. On average, students reported trying their first alcoholic beverage at 13 years of age and were, on average, 14 years old when they first used cannabis. In fact, 18% of students in grades 7 to 12 reported using cannabis in the year before the survey.

MADDs trained facilitators will deliver the presentation this Thursday which includes the new film: One Last Dance. The film's fictional story illustrates the tragic consequences of driving while impaired by alcohol and/or drugs".

**Socks & Crocs Day** - Speaking of Puma Pride, Socks & Crocs Day on May 23rd was lots of fun. The class winners were:

- Div I: Mrs. Rachuk's Grade One Class with 96% participation
- Div II: Mrs. Sayana's Grade Five Class with 86% participation
- Div III: Mrs. Khondowe's Grade Eight Class with 71% participation

Students and staff are looking forward to our June Puma Pride event of the year, Dress Like a Teacher Day.

**Gr. 4 -6 Spring League Basketball Continues This Week DATE CHANGE** - The tournament this week. Please note the change of dates:

- **Dates:** ~~Tuesday June 3rd~~ and **Wednesday June 4th and Thursday June 5th.**

Times for the games are from 3:15 pm - 4:30 pm

**PLC Fundraising Foundation - Hot Lunch Update:** Get ready for a tasty treat! This week's hot lunch is **Dairy Queen**, happening on Thursday, June 5.

**Volunteers Needed – June 11** We need your help! June 11 is shaping up to be a big day with Grade 1-3 Field Day and our hot lunch team running the concession. Without a few more helping hands, we may have to cancel the hot lunch program. Let's not let that happen! If you can pitch in, please email [president@plcff.com](mailto:president@plcff.com).



**Freezie Fridays** - Cool treats for hot days! Freezie Fridays are in full swing—\$2 for a jumbo, \$1 for a half. Note: No freezies this Friday, June 6 (because...donuts!).

**National Donut Day – June 6 Donut Day is here! Celebrate with a delicious Vanilla Dip Donut with Prescott Sprinkles for just \$1 each!**

- Pre-order now at [healthyhunger.com](http://healthyhunger.com).
- Or bring your money to school and grab one at the table.

Don't miss this sweet day of joy—sprinkles and smiles guaranteed!

PLCFF Final Meeting of the Year ***It's your chance to get involved and make a difference!***  
***The Prescott Learning Centre Fundraising Foundation (PLCFF) is holding its final meeting of the year on June 11. Bring your ideas and help shape next year's plans. Everyone is welcome!***

### **Previously Shared Information**

**25 -26 Registration Reminder** - If you have not completed your 2025-26 registration through the RSVP in Parent Portal, please do so right away so we can make sure your child/children are added to next year's class lists. Should you need help logging on, please contact the office for assistance.

**Art Club Final Date** - With exams on the horizon, the last Art Club for the school year will be Monday June 9th. Big thanks to Mrs. Smith for sharing her time and considerable talents with our students.

**Library Book Round Up** - Library book circulation will wind down the week of June 3, 2024. This means all library books will be due back. Any books not returned by June 26, 2024 are subject to a PowerSchool charge at the replacement cost of the title. As always, we are happy to take a donation of a gently used book (of equal value) to replace lost books. Please help your child by encouraging them to search common places where books may be hiding. A book scavenger-hunt might include searching:

- the family vehicle      - under the bed      - in the toybox      - in the shoe closet
- under the couch cushions      - time to tidy our rooms!!

Happy book hunting, Mrs. Briscoe [hannah.briscoe@psd.ca](mailto:hannah.briscoe@psd.ca)



**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.

**Summer Camps Sessions** - (From Mrs. Wilkinson) - Summer camps are a great way to build skills and independence, while keeping kids active. There are so many awesome camps (day and overnight) available in the area. This is not a comprehensive list, but includes a wide range of activities. Some summer camps offer subsidies if finances are tight - it never hurts to ask. Check it out!

Overnight camps:

<https://campwarwa.org/>

<https://ywcayowochas.org/>

<https://campnakamun.com/>

<https://camphehoha.com/>

Day camps:

<https://www.sprucegrove.org/community/programs/summer-in-the-city/>

<https://www.trileisure.com/programs/summer-camps/>

<https://www.parklandcounty.com/en/recreation-and-community/summer-camps.aspx>

<https://www.engineeringforkids.com/stony-plain/>

<https://www.codeninjas.com/spruce-grove-ab-ca/camps>

<https://www.alliedartscouncil.com/youth-summer-classes>

<https://www.deepblueathletics.com/about-5>

<https://phoenixmartialartsclub.ca/spruce-grove-camp/>

<https://aerialsgymclub.ca/camps/>

Northern Gateway school division offers free career exposure summer camps for students who have completed Grade 9 and are moving to Grade 10. Students earn high school credits from the camps. The camps are NOT local (Whitcourt) but are open to students outside of NGPS.

<https://www.ngps.ca/download/511032>

**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 Try-Athlon 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>

### **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](https://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.

**Final Thoughts** - In my travels through the hallways last week I came across two Grade One students diligently applying a shared bottle of sunblock prior to heading out for recess. It reminded me that while this week's forecast promises cooler temperatures and partial clouds, it is always a great idea to include both sunblock and a hat in your child(ren)'s backpack. Thanks again for taking the time to read the first memo in June.

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](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca)

I hope to see you at the council meeting this Wednesday for a meet and greet with Mrs. Lovsund. Chris

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Have you heard that a travel club has been established here at Prescott? We are traveling to Montreal, Quebec City and Ottawa over spring break, 2026! **The sign-up deadline is quickly approaching.** If this opportunity interests you, please send an email to Sarah Saysana at [sarah.saysana@psd.ca](mailto:sarah.saysana@psd.ca) for further information. Thank you!



To our food  
service staff,

**THANK  
YOU!**



School Lunch Hero Day | June 2





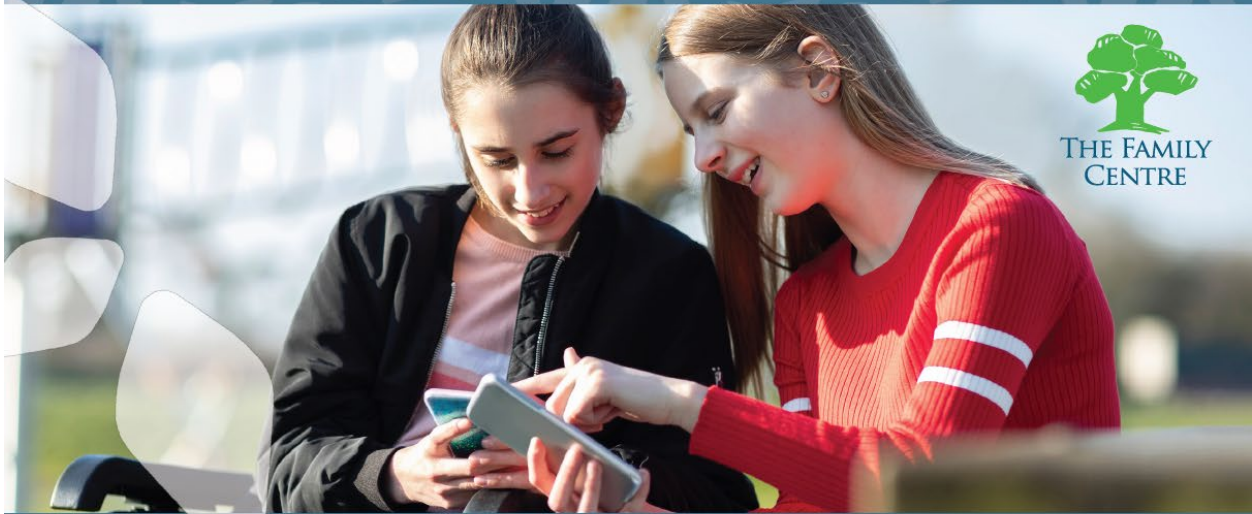
# **NEW TO HIGH SCHOOL INFO NIGHT**

**FIRST CHILD IN HIGH SCHOOL? THIS  
INFO NIGHT IS FOR YOU! COME GET  
ALL YOUR QUESTIONS ANSWERED**

**11  
JUNE**

**Start at 7:00pm**  
SGCHS Main Gym

# Protecting Your Child Online



## *Free Webinar* Thursday June 19, 6 - 7 PM

We're heading into summer, and your child will probably spend even more time on their phone.

Learn about:

- Popular apps
- How to keep your children safe online
- Signs and symptoms of cyber-bullying

**Sign Up:**



*Can't make it? Sign up today and watch the recording later.*

**familycentre.org | 780.423.2831**

# 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](mailto: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](mailto: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](http://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](https://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](mailto:connect@stonyplain.com) . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.



## Tri-Municipal Region Support Guide

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line .....	780-482-4357(HELP)
Addiction Helpline .....	1-866-332-2322
Child Mental Health (8am-11:45pm) .....	780-407-1000
Kids Help Phone .....	1-800-668-6868
Bullying Helpline .....	1-888-456-2323
BriteLine (for 2SLGBTQIA+) .....	1-844-702-7483
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line .....	310-1818
Sexual Assault Centre (9am-9pm).....	780-423-4121
First Nations & Inuit Mental Health .....	
Hope for Wellness .....	1-855-242-3310
National Indian Residential School Crisis Line .....	1-866-925-4419
MMIWG Helpline.....	1-844-413-6649

### I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance ..	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health .....	780-424-2424
Child Intervention Services .....	780-422-2001
Children's Cottage Childcare .....	780-944-2888

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) .....	811
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### I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



**www.HelpSeeker.org**  
Get the app on your phone to find local supports and resources.

## HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

**Spruce Grove FCSS**  
#105 - 505 Queen Street  
Spruce Grove, AB  
**780-962-7618**

**Town of Stony Plain**  
Community and Social Development  
#107, 4613 - 52 Avenue  
**780-963-8583**



### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) .....	780-424-8335
Women's Emergency Accommodation Centre .....	780-423-5302
Hope Mission (ages 16+, men, women)....	780-422-2018
Youth Empowerment & Support Services (YESS).....	780-468-7186
Salvation Army (Transitional Housing, \$13/day) .....	780-429-4274

### I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters 24/7 .....	1-866-331-3933
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### I NEED DETOX SUPPORT

George Spady.....	780-424-8335
AHS Detox Centre .....	780-427-4291
Youth Edmonton Detox.....	780-408-8783

### I NEED A SAFE CONSUMPTION SITE

George Spady Centre .....	780-424-8335
Boyle McCauley Health Centre....	780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health .....	780-424-2424
Youth Addiction Services .....	780-408-8783
Access Open Minds (youth 16-25).....	780-415-0048
Child and Adolescent Mental Health Services .....	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24) .....	780-960-9533

### I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland .....	780-960-9669
Community Helps Team .....	780-962-5611
Pay Forward Kindness (homeless supports).....	587-286-4663
Parkland Pregnancy Support Centre (Tue & Thurs 12-3pm).....	780-962-5505

### WHERE CAN I FIND FOOD?

Parkland Food Bank .....	780-962-4565
WeCan Food Basket.....	587-338-1101

### WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 <sup>st</sup> , 3 <sup>rd</sup> Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain .....	780-963-3110
Grace's Table (2 <sup>nd</sup> 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