



Prescott Weekend Update

June 8th, 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](https://www.facebook.com/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>

Busy, busy, busy. That's how I would describe the last three weeks of the school year. Like last week we have lots and lots going on. Here's what's happening this week. To start, last week our mighty **Co-Ed Soccer team** pulled off a comeback 7-5 victory over High Park in the Division II Semi - Finals. There was a great crowd who came out to support the team and watch them pull out the win after a tight loss in the semis last year. The Pumas will be facing Blueberry in the Div. II finals. The match is set for this Tuesday the 10th at Greystone Field 2. Kick off happens at 4:15. Come out and cheer on the Pumas!

This Wednesday we are holding our **Grade One to Three Field Day**. This is one of my favourite days of the year with our 'littles' getting outside for a full day of activities and memories. Families are invited to attend as spectators. All I'll ask is that you sign in at the office for a visitor's sticker.

As well, there are still a few spots open for volunteers. For more information, please have a look at the 'Field Day' and 'PLCFF Update' below for volunteer opportunities.

A reminder, for the safety of students and spectators, like last month's track and field day, **there will be no parking/stopping during morning drop off and the front parking lot will be closed** after buses leave at 8:30 am. We anticipate that the front parking lot will be open for pick up at the end of the day. The forecast as I write this is calling for sunshine and 23 degrees. The students will be running, jumping, throwing, even shooting pucks outside in the sunshine. Please remember to pack a hat, water bottle and sunblock for Wednesday, and pretty much every other day until the end of the school year. We are keeping an eye on the smoke through the Air Quality Health Index. If this, or any other inclement weather, interferes with the Field Day on Wednesday, we will turn to our 'rain-out' day on the 16th. If there are any changes we will let you know on social media and will email you through our School Messenger App.

Also Wednesday, we are hosting the final **PLC Fundraising Foundation Meeting** of the year (details are in the 'New and Update Information' section below). I cannot say enough about all they do for our school. These are great folks who do great things for all our kids. If you are able, whether it's a little of your time, or a bit more of your time, I invite you to join us Wednesday evening in planning rewarding opportunities for the next school year.

Finally, the next round of multiple-choice **Provincial Achievement Tests** begins this Thursday and Friday for Grades Six and Nine students closely followed by Grade Seven and Eight final exams next week. Final exams can understandably be stressful for any student, especially at the conclusion of a long school year. For hints and tips to support your child(ren), I'll invite you to (re)read our school psychologist, Mrs. Wilkinson's blurb on test anxiety and preparation from the May 25th Memo. You can access her blurb at <https://prescott.psd.ca/download/512004>. And here's what else is going on this week:

Important Events This Week				
Monday 9 th	Tuesday 10 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
Smudging Blizzard Day	Co-Ed Soccer Div II Finals @ GCMS 4:15	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. 3 Field Trip UofA Botanical Garden
(The Last) Art Club (of 24-25) 3:15 – 4:30	DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) DLR – 3:15- 4:30 DnD 3:15-5:00	BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
Gr. 7-8 ELA Final (pm)	Gr. 6 & 9 Math Pt/B PAT (am) Gr. 7-8 Math Final (pm)	Gr. 6 & 9 SS PAT (am) Gr. 7-8 SS Final (pm)	Smudging Hot Lunch: Lunch Lady Gr. 9 Science PAT Gr. 7-8 Sci Final (pm) Athletic Awards (4pm)	Tuesday Schedule Nat'l Indigenous Peoples Day (Sat)

Athletics: Track/Soccer/Golf/Spring League Dates This Week*	
Monday	PCAA Golf Finals @ 4:30 - Deer Meadows (All Day)
Tuesday	Co-Ed Soccer Div. II Final vs. Blueberry @ Greystone 4:15 pm
Wednesday	
Thursday	
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 PLC Fundraising Foundation Meeting Wednesday Evening - This Wednesday at 6:30 pm, we will be holding our final PLCFF meeting of the school year. All PLC community members are invited to attend. We will be taking time to outline our fundraising efforts for next year. 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? - PLCFF is 100% volunteer run by some **AMAZING** (and super fun) parents (some of which put in hours equivalent to a full-time job). Although we are missing several volunteers from this group shot, your children would surely recognize them from around the school and the Hot Lunch program (as well as the breakfast and forgotten lunch programs at the school). 🍕🍎🍌



Speaking of the Hot Lunch program, this is also 100% run through PLCFF and parent volunteers. This program is such a **HUGE** bonus for our school and a hit with students and parents alike. A lot of planning, running around and preparation goes into making this run as flawlessly as it does each week. From all the PLCFF members and volunteers, we wish you a summer filled with adventures and making memories with your family! ☀️ THANK YOU for your continued support.

PowerSchool Parent Portal Access Closed – Like sausages and laws, the process of report card comment creation is best left unseen. Because of this, access to the Parent and Student portals has been closed. The portal will reopen on the last day of classes on June 26th for report card access. If you have any questions or concerns regarding marks or missing assignments please reach out to your child's teacher via their respective classroom platforms or via email. Staff email addresses can be found here: <https://prescott.psd.ca/about/staff-directory>



Alberta Primary and Preventative Health Services Measles Letter to Parents and Guardians - The Interim Chief Medical Officer of Health. Dr. Sunil Sookram, has shared a

letter to school jurisdictions to be distributed to parents and guardians. The letter provides information regarding the recent measles outbreaks across the province and provides links to resources for families as well as details for protocols associated with in the event of a potential outbreak in schools. To access the letter please click <https://prescott.psd.ca/download/515390> or visit <https://www.alberta.ca/measles> for more information.

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 valerie.bradford@psd.ca.

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.

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.



Grade 1-3-Field Day: June 11th Update - Our THIRD annual Grade 1-3 Field Day is **THIS 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
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 that station pile 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.

Spring League Basketball Wrap Up - Last Thursday over sixty Grade Four through Six students, along with their Jr. High Student coaches wrapped up an awesome three weeks of basketball! The players started with a two-day minicamp in the first week and then moved to four dates of tournament play spread over the last two weeks. It was a fantastic event that not only improved the skills of the players, it was also lots and lots of fun for everyone. Many thanks to the coaches for their efforts to support their younger classmates, and to Mrs. Burgess and Mr. McNaughton for their time in planning and hosting such a great event.



Athletic Awards - On Thursday, June 19th at 4:00 pm we will be hosting our second annual Athletics Awards at the school. The awards are for students who participated in an PLC Extracurricular School Athletic Team Sr. Jr. A, Jr B; volleyball, Grade five to Nine cross-country, basketball, badminton, track and field, and soccer. Players who earn team awards including most valuable player, outstanding defensive player, rookie of the year, heart and hustle, and leadership will also receive a certificate. To cap the evening, we will also be awarding the outstanding female and male athletes of the year. All families are invited to attend, the doors open at 3:30 pm.

Library Book Round Up - Library book circulation began winding down last week. This means all library books are now 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!!

To help you with your book hunt, please enjoy this musical interlude provided by our amazing librarian, Mrs.

Briscoe. hannah.briscoe@psd.ca

You can access this gentle reminder

here: <https://www.youtube.com/watch?v=mV98Rhqp5kQ>



PLC Fundraising Foundation - So Much Happening This Week!

We're wrapping up the year with a bang! Here's what's coming up:

Hot Lunch: Pizza Hut on Wednesday, June 11.

Grade 1-3 Field Day: Hot dog lunch and a concession stand on Wednesday, June 11.

Want to help out? We'd love to have you! Reach out on Facebook or email us at executive@plcff.com.

Donut Day Was a Sweet Success! We sold 50 dozen donuts on Donut Day! Seeing all the happy, sprinkle-covered smiles reminded

us why we love organizing these events. Thanks for your support!

Coming Soon: Write-On Stationery Tired of last-minute school supply shopping? Say hello to Write-On Stationery! Order your supplies online, and they'll be delivered right to your door. Stay tuned to our Facebook page for details.

Final Hot Lunch and Freezie Fridays Freezie Fridays: June 13 and June 20. \$2 for a jumbo, \$1 for a half. The Last Hot Lunch: June 19 with The Lunch Lady.

Join Us for the PLCFF Final Meeting The final meeting of the year will be on Wednesday, June 11, at 6:30 PM in the Collaboration Centre. Child care will be provided.

Prefer to attend from home? Join us virtually! It's a great chance to connect, share ideas, and help shape next year's plans.

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.

Grade Three Candy Grams - The grade 3 students and teachers are very proud to announce that their 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>.

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.

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>



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.

Final Thoughts - It was great to see so many of you at the Gr. 9 Farewell Friday Night. I'd like to acknowledge the efforts of the student Farewell Committee, the many staff members who gave up their Friday evening to help set up, clean up, and join in the celebration, and in particular, Mrs. Haggarty for her tireless efforts this (and all the other) year, and to the families who brought so many tasty treats and gave up at least the first period of the hockey game to honour our soon to be departed Grade Nine students. For those who were in attendance, I am happy to report that no Grade Nine students will be returning to PLC next year (inside joke), on the other hand I was not terribly happy with how my PVR captured the outcome of the

game. Again, thanks to everyone for making it such a great evening for our Grade Nine students.

If you have any questions or concerns please reach out to me and my team at the school. As I mentioned at the onset of this memo, we are pretty busy here at the school. And while I pride myself in returning your calls and emails in a timely manner, unfortunately with so much going on response times will likely be longer than usual. For a quicker response, I'll ask that you include my very capable assistant principals in your emails:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

or ask to speak with an 'administrator' rather than the just principal when you call the school. I assure you in doing this you will receive a timelier response. I'm looking forward to seeing many of you at the field day Wednesday and at the PLCFF meeting Wednesday evening.

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

3



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 for further information. Thank you!



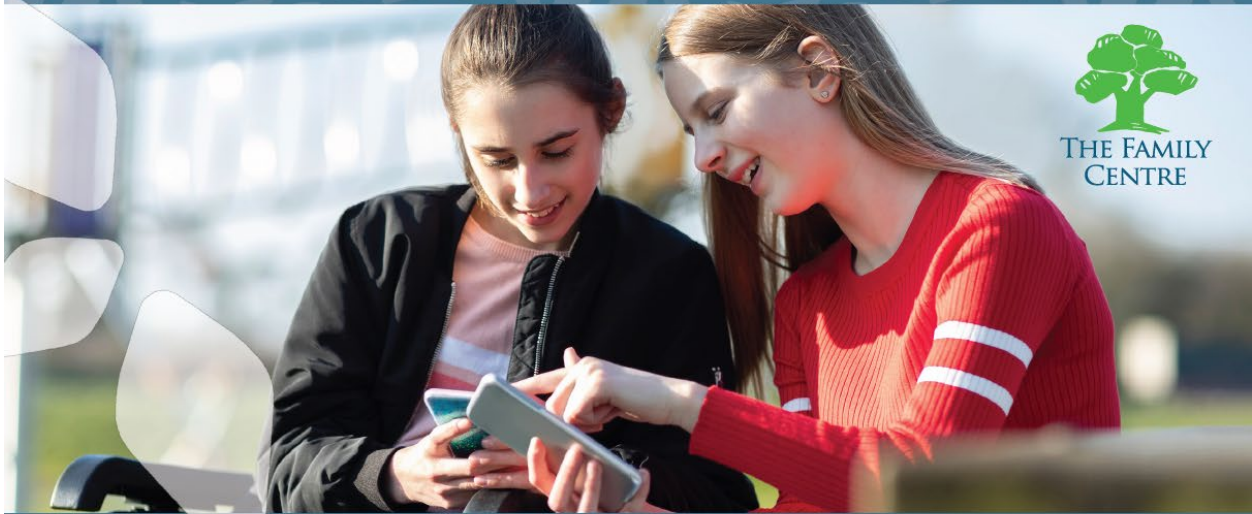
NEW TO HIGH SCHOOL INFO NIGHT

**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



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
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I DON'T EVEN KNOW WHERE TO START?



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



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

HELP FOR HARD TIMES
TRI-REGION SUPPORT GUIDE

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

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



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

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

I NEED A DOMESTIC VIOLENCE SHELTER

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

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

I NEED HELP WITH BASIC NEEDS

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

WHERE CAN I FIND FOOD?

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

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 nd Fri 5-630PM) 250 Century Road, Spruce Grove	780-962-4700
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove	780-962-5611
apfa Food Rescue Community Fridge (M-F 8:30-4PM) 5600-50 Street, Stony Plain	780-963-0549