



Prescott Weekend Update

June 15th, 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>

Before I begin this week, I'd like to wish all of the dads out there a Happy Father's Day. In preparation for the Summer Break, I've invited our school counsellor, Mrs. Wilkinson to share her insights for a safe and healthy July and August:

It can be tempting to think about summer holidays as an idyllic time in family life, and for some that may be the case. However, for many families the reality of summer holidays is quite different. Working parents may struggle to navigate balancing their jobs with the needs of their children. Families with shared parenting time may experience big and sometimes challenging transitions as their children move from home to home to spend important time with both parents. In our tough economy, many families will struggle to meet the needs of their family with decreased access to the support offered by the school.

Here are a few general ways you can support your child over the summer and help them thrive:

1. Keep a predictable routine. Children do best when they know what to expect, and families tend to run more smoothly with routines in place. Try to maintain reasonably consistent sleep and wake times, regular meal times, chores, and leisure time (let the kids be bored sometimes!). A simple visual schedule may be helpful for younger children. Children also benefit from seeing events (time with parents, vacations, summer camps, etc.) visually on a calendar or whiteboard.
2. Encourage daily reading. If possible visit the local library and allow kids to choose reading materials that interest them, whether it is a picture book, a comic or a novel. 20 minutes a day of reading will help build and maintain their literacy skills, and provide much needed time to be off-line.
3. Nurture independence. Use the summer to teach life skills such as allowing children to make some of their own meals, organize their belongings and be responsible for some household tasks. Allowing some independence can foster resilience and confidence. Author of "The Anxious Generation", Jonathan Haidt co-founded a non-profit organization called Let Grow - the website www.letgrow.org has resources for parents who are interested in helping their children to be more independent.

4. Set healthy boundaries around screen time. It is easy to slip into the habit over the summer of allowing excess time gaming or on social media. Set clear limits and offer engaging alternatives to screen time such as crafts or outdoor exploration. It may be helpful to sit down as a family and complete a media agreement before summer starts. https://www.common sense media.org/sites/default/files/featured-content/files/common_sense_family_media_agreement.pdf
5. Check in on emotional well-being. The transitions from school to summer and back again can stir up emotions. Take the time to check in with your child, validate their feelings and offer support when they seem overwhelmed.

If you or someone you know is struggling with food insecurity or need help with basic needs over the summer months here are some local resources:

https://www.stonyplain.com/en/live/resources/Documents/Food-Resource_updated-2023-08.pdf

Mental health problems do not take summer holidays. If you need support over the summer months there are a number of local options available.

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001856&serviceAtFacilityID=1131580#contentStart>

<https://www.westviewpcn.ca/youth-mental-health>

In the event of a mental health crisis:

If you or someone else is in immediate danger, **call 9-1-1** or go to the nearest hospital Emergency room.

9-8-8 Suicide Crisis Help line - available 24/7 Canada Wide

AHS Children & Adolescent Mental Health Crisis line (780) 407-1000

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

Thanks everyone, and have a safe and healthy summer.

Important Events This Week				
Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
Gr. 7-8 ELA Final (pm) Gr. 1-3 Field Day (front parking lot closed)	Gr. 6 & 9 Math Pt/B PAT (am) Gr. 7-8 Math Final (pm) Gr. 2 Spray Park	Gr. 6 & 9 SS PAT (am) Gr. 7-8 SS Final (pm) Gr. 6-8 CTF Course Selection Survey Opens	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)
Art Club 3:15-4:30	DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) DLR – 3:15- 4:30	BBall @ 7:30am (Gr. 6-9)

			DnD 3:15-5:00	
Important Events Next Week				
Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
Grade 7 Field Trip Landmark Cinema Grade 1 in school Field trip 1-3pm	Grade 2 Field Trip: Movie Theatre	Gr. 8 & 9 Field Trip WEM Waterpark	Last Day of Classes for Students Report Cards live @ 3:00pm Gr. 5 Field trip to QE Outdoor Pool & Kinsmen Sports Park	Staff Professional Development Day (No Students Attend) Summer Holidays Begin for Students

Athletics: Track/Soccer/Golf/Spring League Dates This Week*	
Monday	
Tuesday	
Wednesday	
Thursday	Athletic Awards @ PLC 4:00 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

Grade One to Three Field Day Redux - As a result of the Air Quality Health Index, last week's postponed Grade One to Three Field Day has been rescheduled for Monday (tomorrow) June 16th. Families are invited to attend as spectators. For everyone's safety, please sign in at the office for a visitor's sticker.

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 **24 degrees** with the rain arriving after dismissal. 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 tomorrow, and pretty much every other day until the end of the school year. Again, we are keeping a watchful eye on the smoke through the Air Quality Health Index. Like last week, if there are any changes we will let you know on social media and will email you through our School Messenger App. Please note that even **if Field Day is again postponed, the PLCFF will still be on hand to provide hot dogs for students who were signed up online.** I have included details from last week's memo below:

Grade 1-3-Field Day: June 14th-June 16th Update - Our THIRD annual Grade 1-3 Field Day has been rescheduled for tomorrow/Monday! 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 after morning drop off.

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 tomorrow!

Grade 6-8 CTF Student Course Request Survey - As we continue our preparations and planning for 25 - 26, this week will be sending out our Career and Technology Foundations (CTF/Option) course selections for this year's Grade Six, Seven, and Eight students. Students will choose three courses over each of the three terms of the school year. The survey will include a link to the course descriptions for next year's potential course offerings listed on the school website at <https://prescott.psd.ca/programs/options>. Students will rank their top five choices, and we will look to accommodate their top requests. The survey will be sent to Grade Six Through Eight students and families on Wednesday June 18th and will close at the end of the school day on Thursday, June 26th. Students will be placed into courses in August before the school year starts. I'll ask that you take a moment to sit with your child to work through course selections as many courses have an additional fee attached. Please contact the office if you have any questions.

Celebrating National Indigenous Peoples Day - This week, our students will take part in special activities to celebrate National Indigenous Peoples Day. This is a wonderful opportunity for students to learn about and appreciate the rich traditions and teachings of Indigenous cultures in a respectful and age-appropriate way.

Students will have the opportunity to explore topics such as the Medicine Wheel, ribbon skirts and shirts, the importance of Pow-Wows, and traditional stories about family and community. They will also have fun playing Indigenous games and enjoy a special visit from Kokum Linda who will share teachings and bannock with some classes.

Teressa Ross will be sharing her beading talents with the Grade 4 to 6 classes on the 20th as well. We are looking forward to a week of learning and connection that supports understanding, respect, and a sense of community for everyone.

Provincial Achievement Tests (PAT) 'Need to Knows' for Parents and Guardians - A reminder to Gr. Six and Nine Families, the PATs students are writing this week and last are provincially mandated government exams. Because of this there are stringent regulations that students and schools must adhere to. Unfortunately, violating these rules may result in Alberta Education rendering a student's test invalid meaning a grade of zero for the exam. Inexplicably, we had a usually high number of violations last week which led to unnecessary anxiety and frustration. Please note, students are ***not permitted*** to:

- communicate with peers after the instruction period has ended for the entire duration of the test;

- use or even be in possession of any form of technology/wearable technology including cell phones, tablets and earbuds/headphones, smart watches in the examination space even if they are stored in a backpack or purse;
- use calculators for any part of the examination for Grade Six students. Grade Nine students are permitted to use calculators for the Part B Mathematics exam on Tuesday.
- leave the exam room prior to the mandated completion times* listed below:

Tuesday, June 17th	9:00 AM - 11:30 AM* 9:00 AM - 11:40 AM *	Grade 6 Mathematics Part B Grade 9 Mathematics Part B
Wednesday, June 18th	9:00 AM - 11:00 AM* 9:00 AM - 11:40 AM*	Grade 6 Social Studies Grade 9 Social Studies
Thursday, June 19th	9:00 AM - 11:30 AM*	Grade 9 Science

* (Alberta Education permits students extra/double the recommended time to complete the tests. The times listed above reflect this additional time. Regardless of whether students finish their test prior to this time, they are still required to remain in the examination space until these times).

When a potential violation occurs, I am mandated to submit a report to Alberta Education outlining the suspected breach. The department will review the report and render a decision on whether an exam result will stand or the student will receive a grade of zero. In the past, the decisions from Alberta Education have arrived in my inbox in August making for an anxious summer. If you are the parent or guardian of a Grade Six or Nine, I'll ask that you have a conversation with your child regarding these regulations. The only thing I dislike more than filing a report is having a student who has violated the regulations in tears in my office. I appreciate your support on this.

Pride Month - This week, in honour of Pride Month, rainbow lollipops and ribbons will be available in the second-floor common area to Grade Seven through Nine Students. As well, Parkland Pride will be hosting a Youth Costume Party on Friday June 20th. For more information, please click the provided QR code



End of the Year Report Cards - Report cards will be released on your Parent Portal on June 26th at 3 PM. Please make sure you are able to log in, using a browser (NOT the app) to view them once they are released. As a result of staff compiling comments and final grades, **access to the Parent and Student portals has been closed** until the 26th. 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>.

24 - 25 Yearbook's Available - We still have a few yearbooks left for purchasing. If you missed the opportunity to order please email valerie.bradford@psd.ca and she will add the fee to your account.

25 - 26 Terry Fox 24 Hour Marathon - We are already planning ahead for our annual Terry Fox 24 Hour Marathon in September. We are looking for businesses who would be interested in

supporting our kids as they run to help find a cure for cancer. At this time, we are asking for 'swag' as incentives for students that raise a significant amount towards our school goal. If you are interested in being involved at this level, please contact myself or Mrs. Lovsund at shauna.surrendi@psd.ca & cherie.lovsund@psd.ca. Thank you! Mrs. Surrendi

Co-ed Soccer Team Division II Champions - From humble beginnings just three short years ago, I'd like to congratulate our Co-Ed Soccer team for a convincing 3 - Nil victory over Blueberry on Wednesday. The team was in control for much of the game from start to finish and put in an effort which resulted in the outcome, after the first few minutes at least, that was never in doubt. Again, congratulations to the players for representing our school so well both on and off the pitch and many thanks to Coach Dean and Mr. Lang for making it a fantastic season for everyone.



Final Call 2024 - 2025 Final School Fee Payment Deadline- Thank you to those who have paid the remainder of their school fees for this year. ***Please check your PowerSchool Parent Portal to ensure no additional fees have been added, as a result of year end field trip fees. 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.

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.

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 basketball, badminton, 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.

Homemade Goodies and End of the Year Classroom Parties- Amongst many other events, June is a big month for classroom parties. A reminder to families that while we love it when families send treats from home, due to health and safety considerations homemade food items are not permitted to be shared at classroom parties. All food or drinks brought from home must be purchased from a store or retailer. My apologies in advance and thank you for your consideration.

PLC Fundraising Foundation Update - We're Wrapping Up the Year with a Bang!

Last Hot Lunch: Our final hot lunch is The Lunch Lady on Thursday, June 19

Final Freezie Friday: Cool off one last time this year with Freezie Friday on June 20.

Grab a jumbo for \$2 or a half for \$1. Stock up while you can!

Grade 1 - 3 Field Day Rescheduled: Field Day has been moved to Monday, June 16.

Rain or shine, **hot dog lunches will still be served, even if the event is cancelled.**

Cookbook Update: We're sad to say that the cookbook project didn't quite take off as planned. But don't worry—it's not gone! We'll publish it in the fall, and in the meantime, you can still submit your favorite recipes. Let's make it amazing together!

Write-On Stationery is Back! Hate shopping for school supplies? Write-On Stationery has you covered. It's a one-stop shop that delivers everything straight to your door. Here's How to Order:

- Go to www.write-on.ca
- Click "PARENTS – Order Here"
- Select Prescott Learning Centre – SPRUCE GROVE
- Choose your grade and fill your cart.
- Hit "PLACE ORDER" and you're done!
- You'll get an email confirmation once your order is received.

Payment Options: VISA, MasterCard, AMEX, or Visa/MC Debit

Shout Out to Our Volunteers: A HUGE thank-you to all the incredible volunteers who made this year so special! From hot lunches to fundraisers, you've been the heart of it all, and we couldn't do it without you.



Previously Shared Information



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.

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.

Library Book Round Up - Library book circulation began winding down the first week of June. 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. You can access this week's new gentle reminder here:

https://www.youtube.com/watch?v=bc0piTaO690&list=RDbc0piTaO690&start_radio=1

Mrs. Briscoe hannah.briscoe@psd.ca

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.



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 (Whitecourt) but are open to students outside of NGPS. <https://www.ngps.ca/download/511032>

Final Thoughts - It's hard to believe we are down to the last two weeks of the school year. We have exams for the Grade Six through Nines this week and then we are wrapping up with field trips for everyone both this week and next. And only one more weekend memo next week to crowd out your inbox. One last reminder that there will be 'drop offs' only tomorrow morning and no parking in the front parking lot due to the Grade One to Three Field Day. Here's hoping that the weather and smoke cooperates. Don't forget hats, sunblock, and water bottles.

As I mentioned last week with so much going on, response times to your calls and emails 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'll end with some of Mr. Anderson's pics of our co-ed soccer team (Thanks Justin). And thanks to you for taking the time to read this week's memo. Have a great week everyone.



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 | 780.423.283 |



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: prescottonesmallthing@gmail.com



Open to grade 7, 8 & 9
students in the 25-26
school year

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!

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