



# Prescott Weekend Update

June 22nd, 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>

I hope you had a great National Indigenous People's Day and enjoyed the longest day of the year yesterday. With it being the last week of school heading into the Summer Break, it's time for my annual 'Summer Reminders' edition of the Weekend Memo. I have details regarding many of these reminders in the 'New and Updated Information' section of the memo. As an overview here is what you need to know:

- Please be sure to check out our often neglected lost and found box located on the first floor. We will have items spread out on the main floor common area;
- Library books are now overdue. To avoid lost book fees on PowerSchool please return any books to the Collaboration Centre as soon as possible;
- To avoid having further charges added to your PowerSchool account please return any athletic jerseys to Mr. McNaughton this week;
- Report cards will go live, and the PowerSchool Parent Portal, will be open, at 3:00 pm this Thursday;
- The main office switchboard will be closing this Friday at 3:00 pm. The office will re-open again at noon on Weds. Aug. 20th. As of the end of the day on Friday, I have directed all staff to place their emails on vacation mode until they return on Aug. 26th. If you have an emergency or urgent message over the summer I'll ask that you reach out to PSD Centre for Education at 780-963-4010. If you have a general inquiry over the summer please email the school at [prescott@psd.ca](mailto:prescott@psd.ca);
- Our school psychologist Mrs. Wilkinson provided her ideas and insights for a safe and healthy summer in last week's [June 15th Update](#). You can find some links and highlights on social-emotional wellness, and support for food insecurity from her article below. As well, you can access information and contact information for local community resources at the end of each and every Weekend Memo;
- With exams completed, field trips are in full swing this week. If your child is headed for an outdoor excursion next week please be sure to include a water bottle, hat, and sunblock in their backpack;
- Last week Grade Six, Seven, and Eight students were provided with the link to pick their choices for [Career and Technology Foundations \(CTF\) complementary \(options\) course](#)

selections for next year. The form will be completed in class. Please have a discussion with your child over potential picks for next school year. Students will be placed in their courses in August;

- Due to potential staffing changes over the summer, student classroom placements will occur when school administration returns in August. While we have already done much legwork in this area leading up to the break, including gathering your input from the Parent Classroom Placement request form as well as input from school staff, we will hold off on finalizing class lists until we return in August. Last year, we hired three new teachers in August alone. To avoid disappointment, we will hold off sharing your child(ren)'s teacher(s) and CTF selections until we return in the fall;
- Free student passes for the opening day of K-Days on July 18th will be distributed to classes on Tuesday and Wednesday this week;
- We have a few 24-25 yearbooks available for purchase. If you are interested, please reach out to Mrs. Bradford at [valerie.bradford@psd.ca](mailto:valerie.bradford@psd.ca).

And here's what's going on for the last week of school:

Important Events This Week				
Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>
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 Gr. 3 Field Trip Devonian Garden (Reschedule)	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
Art Club 3:15-4:30	<del>DLR 3:15-4:30</del>		BBall @ 7:30am (Gr. 6-9) <del>DLR 3:15-4:30</del> <del>DnD 3:15-5:00</del>	BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 30 <sup>th</sup>	Tuesday 1 <sup>st</sup>	Wednesday 2 <sup>nd</sup>	Thursday	Friday 27 <sup>th</sup>
Summer Holidays	Canada Day	Summer Holidays	Summer Holidays	Summer Holidays

### New and Updated Information

**Summer Health, Wellness, and Safety** - Here is a summary of resources shared by Mrs. Wilkinson in [last week's memo](#) to ensure your child(ren) has a safe and healthy summer.

- Keep a predictable routine.
- Encourage daily reading.
- Set healthy boundaries around screen time - Check out the [Common Sense Media website](#) for insights and ideas
- Nurture independence - The website [www.letgrow.org](http://www.letgrow.org) has resources for parents who are interested in helping their children to be more independent.
- 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](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>

**Finally, 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, and have a safe and restful summer

**Farewell Mrs. Wilkinson** - ...and speaking of Mrs. Wilkinson... It is with mixed feelings that I announce Mrs. Wilkinson, our school psychologist, will be leaving PLC at the end of this school year. Irene joined our school staff five short years ago after serving eight years as a psychologist at Alberta Health Services. She has been much more to our school than a counsellor. Not only has she done an incredible job supporting students, their families, and even staff with her insights and advice, when we have experienced a loss in the school or in our community her support has been beyond invaluable. She will be greatly missed.

I say 'mixed feelings' because while we are all sad to see her leave PLC, we are excited to announce that she will be moving on to serve the greater good in her new role as the school division psychologist for Parkland School Division. She will now oversee all of the school counsellors throughout PSD and will also support trauma response throughout the school division. PLC will be interviewing for a new school counselor over the summer months. But for now, thank you for five great years Irene, we know you are going to be incredible in your new role and will do great things for the Parkland School Division.

**Grade 6-8 CTF Student Course Request Survey** - Continuing our preparations and planning for 25 - 26, last week we provided Grade Six through Eight teachers with the link to our Career and Technology Foundations (CTF/Option) course selections for next year's Grade Seven, Eight, and Nine students. Students are in the process of choosing their courses in class both last week and next week. The survey includes 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 in August before the school year starts. I'll ask that you take a moment to sit with your child to work through potential course selections as many courses have an additional fee attached. Please contact the office if you have any questions.



**Free KDays Student Tickets** - A shout to Mrs. Bradford for securing Free KDays Student Tickets for Opening Day - July 18, 2025. We will be distributing tickets to students to individual

classes this Tuesday and Wednesday. Any extras will be available for pick up in the office on Thursday. Unfortunately, we are unable to reserve extra tickets: first come first served

**Athletic Jerseys Returns** - A reminder to return any and all athletic Jerseys to Mr. McNaughton as soon as possible. The replacement cost for missing jerseys will be added to PowerSchool accounts shortly. Please have a look to see if there are any jerseys hiding under beds or in the back of closets. If you have any questions please reach out to Mr. McNaughton at [carson.mcnaughton@psd.ca](mailto:carson.mcnaughton@psd.ca)

**Lost and Found** - The end of the school means its time to donate the lost and found items to a local non-profit charity. If you suspect there may be an article of your child(ren)'s clothing in our lost and found bin, please check out our bin by the small gym doors. Be sure to check in at the office first for a visitor's sticker. We will be bagging and shipping any remaining items out by Friday, so please check in before the end of the day on Thursday this week.



**National Indigenous Peoples Day** - While the official day was on Saturday, on Friday we welcomed Kokum Linda and Linda Ross to share their knowledge with students. Students joined Kokum Linda in the Foods Lab who shared her insights on Medicine Wheels, ribbon skirts and shirts, the importance of Pow-Wows, and traditional stories about family and community. And it wasn't just her teachings that were shared, Kokum Linda provided her delicious bannock, bannock that we know well from our previous three Powwow practices, with PLC students.

It was a full house in the Collaboration Centre as Teresa Ross shared her beading talents and associated stories and symbolism with the Grade 4 to 6 classes. A big thanks to Kokum Linda and Ms. Ross for

always finding and taking the time to share their gifts, experience, and knowledge with our students and community.

**End of the Year Report Cards** - Report cards will be released on your Parent Portal on June 26th at 3:00pm. 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** and will **re-open this Thursday at 3:00 pm** for report cards. If you have any questions or concerns regarding marks or missing assignments prior to Thursday afternoon 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>.

**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.

**Prescott Learning Centre Fundraising Foundation End-of-Year Message** What a year it's been! As we wrap up another fantastic school year, we want to give a huge shout-out to everyone who made it such a success.

**To Our Incredible Volunteers:** Parents, friends, grandparents, and community heroes—you're the real MVPs! Whether you



flipped hot dogs at Field Day, sorted freezies like a pro, or helped us pull off those epic events, we couldn't have done it without you.

**To Our Rockstar Staff:** You didn't just show up—you showed out! From hot lunch distribution to after-hours dance supervision (we saw you grooving!), and everything in between, your efforts made this year unforgettable. A special nod to the office squad, who always seem to have the answer to *everything*, and our administrators, who put in the time and then some.

**Farewell, Mr. Shaw:** We're really going to miss Mr. Shaw's quick wit and laugh-out-loud humour at our monthly meetings. Thank you for all you've done for Prescott—you've left your mark! Best of luck on your next adventure (and don't forget to visit!).

**Write-On Stationery:** Who needs the stress of back-to-school shopping? Not you! Write-On Stationery makes it easy—order online and have everything delivered to your door, complete with labels (because, let's be real, labeling *everything* is key).

**How to Order:**

1. Visit [www.write-on.ca](http://www.write-on.ca)
2. Click "PARENTS – Order Here."
3. Select **Prescott Learning Centre – SPRUCE GROVE.**
4. Choose your grade and place your order.

**A Big Thank You:** Here's to another amazing year! Your dedication, energy, and smiles have made all the difference. Have a fantastic summer—we'll see you in the fall for even more fun and adventures!

**Stay Tuned for What's Next:** We've got something big on the horizon! Make sure to follow our Facebook page to catch our next exciting fundraising goal. You won't want to miss it!

Randie Dodman, President  
Prescott Learning Centre Fundraising Foundation

### Previously Shared Information

**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](mailto: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](mailto:shauna.surrendi@psd.ca) & [cherie.lovsund@psd.ca](mailto:cherie.lovsund@psd.ca). Thank you! Mrs. Surrendi

**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](mailto:valerie.bradford@psd.ca).

**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 this Thursday, June 26, 2025, 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!!

Please note any overdue items from previous years are already on PowerSchool and won't be removed until paid for. If a student has an item from another school I cannot remove that. They will have to deal with that school.

To help you with your book hunt, please enjoy the FINAL musical interlude provided by our amazing librarian, Mrs. Briscoe. You can access the final gentle reminder here:

<https://www.youtube.com/watch?v=Zu27TqiEIDk> (it's actually quite cute and it's worth a listen)

Thanks, Mrs. Briscoe [hannah.briscoe@psd.ca](mailto:hannah.briscoe@psd.ca)

**Final Thoughts** - We hosted two events last week that have grown to become an annual tradition here at the school. It was great to see so many parent, and even grandparent, volunteers at our third annual Grade One through Three Field day on Monday. I need to extend a big thank you to Mrs. Vasileff *et al.* for their efforts in organizing and hosting such a fantastic event for our students and school.

On Thursday we recognized our student-athletes after school on Thursday at our third annual Athletics awards. While it was great to celebrate our success in athletics over the past school year, it was equally important to honour the efforts of our coaches, both parent volunteers and staff, for providing so many of our students the opportunity to participate in inter-school athletics. A debt of gratitude to Mrs. Burgess and her Phys. Ed. crew Mr. Adams and Mr. McNaughton for making it such a great evening.

And with that, thanks everyone. It has been an honour and privilege to work with you and your children for the past three years at PLC. I will miss you and your kids. I have been beyond fortunate to work with a great group of educators and support staff here at the school. I am both grateful and humbled for all we have accomplished together here at the school over the past three years.

I'll leave you with some pics from the Athletics Awards last Thursday and from the Co-Ed Soccer Championship game a couple of weeks ago. I wish nothing more than for you and your family than a safe, fun, and restful summer.

Again, thanks everyone and take care. Chris











# SING WITH US!

## REHEARSALS START SEPTEMBER 9

Edmonton Young Voices is now in St. Albert! Offering choral programs for K-Grade 6. No experience necessary!

Learn more or register:  
[edmontonyoungvoices.ca](http://edmontonyoungvoices.ca)  
or contact [manager@eyv.ca](mailto:manager@eyv.ca)



### JUNIOR CHOIR (K-GRADE 3):

Tuesdays at Red Willow  
Community Church  
(15 Corriveau Ave)  
5:00 PM – 6:00 PM

### CHILDREN'S CHOIR (GRADES 4-6)

Tuesdays at Red Willow  
Community Church  
(15 Corriveau Ave)  
6:00 PM – 7:30 PM

### ABOUT US

Our choral program is uniquely designed to provide children and youth with their first introduction to the exciting art of choral singing and, as they learn and grow, a comprehensive choral and vocal education that challenges and inspires them.



Edmonton  
Young Voices  
St. Albert



*\*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](mailto: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](mailto: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](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