



PARKLAND
SCHOOL DIVISION

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

January 2025

What's Inside

- Stonger Families-Transition to Adulthood- Part 1 1
- Winter clothing community 2
- Alberta Parenting for the Future 3
- Parkland County Support Groups 4
- Primary Care Network-Westview Find a Doctor 5
- Things to do in Parkland County 6-7
- Parkland County cold weather and snow removal support 8
- Tri Region Food Resource and Support Guide 9-10

Stronger Families- Transition to Adulthood Part 1

Click images for link

WHEN:
Tuesday January 14th 2025 6:00 PM - 7:30 PM MST

WHERE:
Parkland School Division - Division Office

Contact Us

Fristy Thomas
Family Support Coordinator
e: Fristy.thomas@psd.ca
p: 780-963-8412

Tracy Power
Family Support Coordinator
e: tracy.power@psd.ca
p: 780-963-8412

To Register:
<https://www.eventbrite.ca/e/strong-families-transition-to-adulthood-part-1-tickets-1037012250557?aff=ebdssbdestsearch>



January 2025 Happy New Year

Happy New Year

“ January is the perfect balance between winter’s stillness and the new year’s potential ”
-Unknown

Winter clothing for children, families, and adults: coats, mitts, toques, scarves, snow pants, winter boots including adult insulated work boots.

Monday - Friday 9:00 a.m. - 4:00 p.m.

Located at the Family Connection Centre (FCC) 5600-50 Street, Stony Plain.

Call 780-963-0549 or visit www.apfa.ca for more information.




Coats for Kids & Families

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

ITEMS ACCEPTED

- Winter coats
- Infant winter wear
- Toques, mitts, and scarves
- Snow pants (all sizes)
- Winter boots
- Insulated work wear - men's and women's
- Insulated work boots

Keeping our community warm.

If you're in need of winter wear call or text 211

Collecting items **October to February**

DO LOCAL GOOD
For more information or to donate online, please visit coatsforkidsandfamilies.ca

Thanks to our sponsors:




January 2025



Alberta Parenting for the Future Association



CONNECT PARENT GROUP

Tuesdays, Jan 14 - Mar 18
6 - 8pm
Family Connection Centre

Pre-registration is required. Please scan QR code to register.

Connect is a 10 week program to support parents of pre-teens and teens with difficult behavioural and emotional struggles.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development.

Join us for **Sibshops**

Saturday, January 25th and March 15th, 2025
10:00am - 12:30pm
Family Connection Centre
5600 50th Street, Stony Plain

Scan QR code to register for the date of your choice

If you are between the ages of 6 -14 and have a sibling with a disability, neurodiversity, special health, or a developmental concern, come to Sibshop for fun, games, and support from others who "get it". Lunch is provided.

Funded by: **Parkland County Family and Community Support Services**

Parkland Village Youth Group

For youth in grades 4 through 7

besties

Parkland Village Community Centre
60 Parkland Gate Rd

Each week the group will cook together and participate in fun and engaging physical activities meant to support lifelong health!

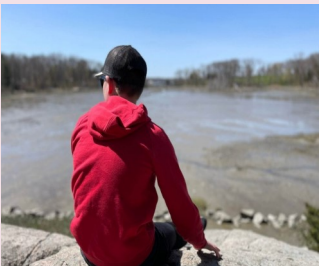
Join at any time throughout the year by scanning the QR code.

Wednesdays
4:30 - 6 PM
Beginning Sept. 11

Parkland County Support Groups



Skills for safer living
[Suicide prevention program for youth and their caregivers](#)



[BILY-Because I Love You](#)
BILY is a group of parents and youth who have been through crisis situations and are now helping others through similar situations. Peers support one another by giving, sharing, listening, creating a safe environment, and providing practical resources
For more information, contact 587-588-8633.



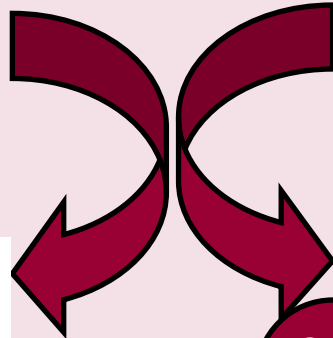
Youth Suicide Grief Support
Grieving a loss to suicide can seem overwhelming, but the support and understanding of others can be a powerful source of strength. The Youth Suicide Grief Support Groups are designed for and by youth with a tailored curriculum for 12 to 17 year olds and 18 to 25 year olds.
For more information, call 780-732-6654 or visit the website [Youth Suicide Grief Support Services - CMHA Edmonton](#)

[Caregiver Connections](#)
Caregiver Connections is a peer support group to help parents, partners, and caregivers of those with a mental health concern and/or addiction to support one another. This program is offered **ONLINE** through the Canadian Mental Health Association on **Thursday evenings from 6:30PM – 8:00PM.**





Click on images for link



WestView PCN Community Health Navigation Program
THE HIVE-WINTER SOCIALS FOR ALL

The PCN is creating a safe space for social interaction and networking. Here is what to expect:

Break isolation, learn something new, have fun, and enjoy some snacks!

WestView Primary Care Network
 205-505 Queen St, Spruce Grove
 1-3 PM

Nov. 19, Dec. 17, Jan. 21, Feb. 18, March 18
 3rd Tuesday of the month

If interested, contact our Community Health Navigation Team:
780-220-2036 or **780-220-0286**

Transportation can be provided on a need basis.

Getting Started with Healthy Eating

Healthy eating shouldn't be complicated. But with so much conflicting nutrition information out there it can be difficult to know where to start. Join our registered dietitians as they break down healthy eating into bite-sized pieces that you can understand, apply and most importantly - enjoy! Topics include: balancing meals, key nutrients for health, meal and snack patterning, reading nutrition labels, mindful eating and goal setting.

Length: 90 Minutes

Virtual Class delivered via Zoom OR In-Person at WVPCN Main Office

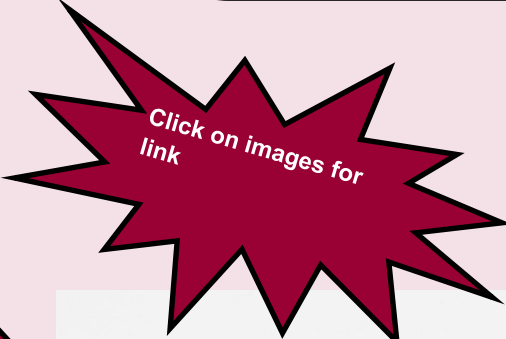
Next Class: Wednesday, January 15th, 10:00 – 11:30 am (in-person or virtual)

In-person at WVPCN main office: space limited to 10 participants

Find a Doctor :

Primary Care Network-Westview

"Research shows people who have a family doctor and visit regularly stay healthier as they age, catch problems early before they become serious, visit the emergency department less, and live longer."



Click on images for link



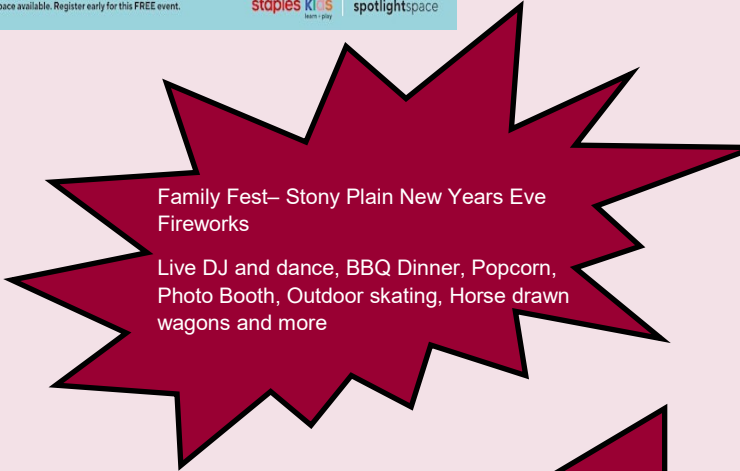
Things to do in Parkland County



Crayola "Create It Yourself" Penguin Paper Plate Staples Spruce Grove 243

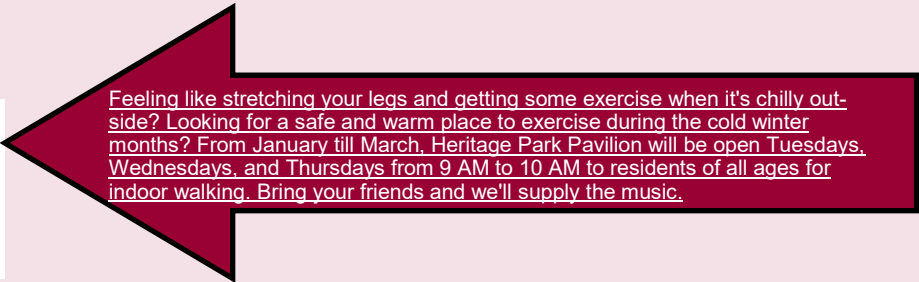
Register via [evenbrite.ca](https://www.eventbrite.ca)

<https://www.eventbrite.ca/e/crayola-create-it-yourself-penguin-paper-plate-staples-spruce-grove-243-tickets-1098914756619?aff=ebdssbdestsearch>



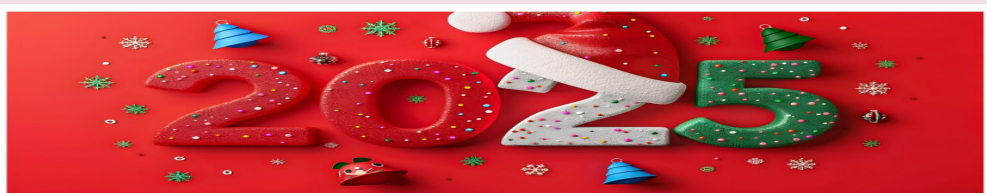
Family Fest– Stony Plain New Years Eve Fireworks

Live DJ and dance, BBQ Dinner, Popcorn, Photo Booth, Outdoor skating, Horse drawn wagons and more



Feeling like stretching your legs and getting some exercise when it's chilly outside? Looking for a safe and warm place to exercise during the cold winter months? From January till March, Heritage Park Pavilion will be open Tuesdays, Wednesdays, and Thursdays from 9 AM to 10 AM to residents of all ages for indoor walking. Bring your friends and we'll supply the music.

Happy New Year 2025



Happy New Years! Family Dance

Concession will be available for purchase, debit and credit accepted

December 31st | 6 PM - 1 AM

PARKLAND VILLAGE COMMUNITY CENTER

Karaoke
6 pm - 9 pm
DJ
9 pm - 1 am



DOOR PRIZES & GAMES!
Get your tickets here, scan the QR code!



Snacks & Late Lunch provided

ONLINE TICKETS ONLY
\$20 per person
Everyone Welcome





Winter Solstice Celebration

On the shortest, and maybe the coldest day of the year, we gather together to tell stories that we can only tell once the snow has fallen.

Cookies and hot chocolate will be provided after the story time.



Saturday, December 21, 2024 –Spruce Grove Public Library. 6:30 pm—8:00 pm

Click on images for link

Under The Mane
Helping Humans through Horses



Located in Parkland County and help people while also showing the love for horses

Under the Mane provides lessons in Horsemanship and personal development coaching for all ages



Play your Way

APFA-Alberta Parenting for the Future Association

Family Connection Centre Stony Plain

Space and supplies available for parents and tots to explore and play through fun activity centers designed to enhance learning and build skills

January 6th 2025 9:30 am—10:45 am

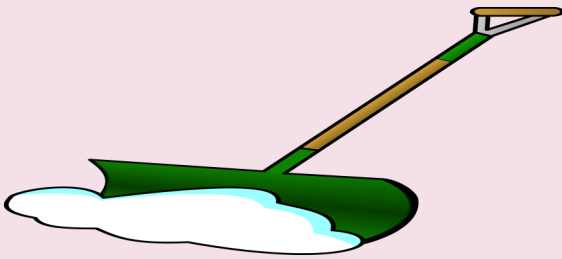


Click on images for link

Snow Removal Subsidy Program

Parkland County has funding support available to residents with disabilities for snow removal from their private driveways. More information and application available on line

Parkland County
Snow Removal Subsidy Program
 c/o Parks, Recreation & Culture
 53109A HWY 779, Parkland
 County, AB T7Z 1R1



PARKLAND COUNTY COLD WEATHER SUPPORT

Stay Warm

When the temperature drops, there is a serious risk of harm. Please seek out warm spaces.



Warm Up Locations

<p>Westview Health Centre 4405 S Park Drive, Stony Plain 8PM - 9AM (Nightly) <i>*Please register with security</i></p>	<p>Stony Plain Public Library 5216-50 Street, Stony Plain 9AM - 8PM (Monday-Friday) 11AM-4PM (Saturday)</p>
<p>St. Matthew Lutheran Church 5021-52 Avenue, Stony Plain 9AM - 3PM (Monday - Thursday)</p>	

Call 911 to access Emergency Services





Stony Plain Community and Social Development,
 #107, 4613-52 Ave, Stony Plain AB T7Z 1E7
www.stonyplain.com/csd 780-963-8583

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



COMMUNITY HOMELESS WINTER EMERGENCY RESPONSE

The **Community Homeless Winter Emergency Response** is a joint effort between the City and several community partners to provide a place for unsheltered people to escape the cold winter weather.

The Winter Emergency Response (WER) is a temporary, emergency cold weather response intended to mitigate risk for unsheltered people who are vulnerable to serious, critical, or potentially fatal health impacts as a result of cold weather exposure. It runs annually from November 1 to March 31 and is a collaboration between several Tri Region partner organizations, including the City

Community Supports



TRI REGION FOOD RESOURCES

FOOD HAMPERS

PARKLAND FOOD BANK

105 MADISON CRESCENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

WECAN FOOD BASKET

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

587-338-1101

Order by first Friday, pickup on third

Thursday of Month

Monday - Friday, 9AM-4PM

COMMUNITY MEALS

AUGGIE'S CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

FOOD FOR THE SOUL

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

GRACE'S TABLE

250 CENTURY ROAD, SPRUCE GROVE

Meal to Go

Second Friday of Month 5PM-6:30PM

www.sgac.net/eventregistration

or call 780-962-4700

COMMUNITY TABLE

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at:

www.sgconline.breezechms.com/form/communitytable

or call 780-962-5611

BASIC NEEDS HELP

COMMUNITY HELPS TEAM

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

Serving Spruce Grove, Stony Plain and Parkland County

www.neighbourlinkparkland.ca

neighbourlink.parkland@telus.net

Tri-Municipal Region Support Guide

I NEED TO TALK TO SOMEONE NOW (24H)

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

I NEED IMMEDIATE HELP **Call 911**

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

I NEED HEALTH INFORMATION

- Health Link Alberta (24/7) 811

I DON’T EVEN KNOW WHERE TO START?



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



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

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

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



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

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

I NEED A DOMESTIC VIOLENCE SHELTER

- Alberta Council of Women’s Shelters
24/7 1-866-331-3933

I NEED DETOX SUPPORT

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

I NEED HELP WITH BASIC NEEDS

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

WHERE CAN I FIND FOOD?

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

WHERE CAN I FIND A COMMUNITY MEAL?

- Auggies Café (Take out, Tues 11AM-1PM)
131 Church Rd, Spruce Grove..... 780-962-5131
- Food for the Soul (1st, 3rd Sat 10AM-1PM)
49 Boulder Blvd., Stony Plain 780-963-3110
- Grace’s Table (2nd Fri 5-6:30PM)
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