



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

**April 2025**

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## Embracing the Fresh Start of Spring!

As the days grow longer and the air fills with the promise of warmer weather, spring reminds us that change is not only natural but necessary. It's a season of renewal—a time to refresh our minds, set new goals, and embrace growth in all its forms. Whether it's watching the first buds bloom, feeling the warmth of the sun after a long winter, or taking on new challenges with a fresh perspective, this season is all about possibility. Let's step forward with energy, optimism, and a renewed commitment to learning, connection, and personal growth!

### Our Upcoming Session: Transition to Adulthood Part 2



## 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

Transition to Adulthood Part 2 of 2 will give parents and caregivers an opportunity to ask questions about the transition from FSCD to PDD, RDSP and DTC, guardianship and AISH.

### Explore the RDSP Program in Depth

Looking to understand the Registered Disability Savings Plan (RDSP)? We will take a detailed look at how the program works, including key financial rules like the 10-year rule and withdrawal guidelines.

We know that conversations about finances can be challenging, especially when it involves planning for your or a loved one's future. This is a supportive space to explore whether the RDSP is right for you.

Presenter: Sheldon Pickering, graduate of Mount Royal University  
 There will also be time for Q & A. Click on the image for more details!

## **Stir It Up!**



This program follows the Healthy Together evidence-based program, and the wisdom derived from Community Kitchens as natural gathering spaces to add protective factors for youth and their families. Click on the image to reserve a spot! Each week youth will participate in an activity of their choice, a group discussion, and a food component. Monthly the food component breakdown is:

- Week 1 a fun youth inspired meal.
- Week 2 a community kitchen.
- Week 3 the preparation of meals for the community fridge.
- Week 4 preparing and hosting a family meal.

**For youth in grades 6 - 12**

**Location:** Family Connection Centre  
5600 50 Street Stony Plain, AB T7Z 1P8

**Date and Time:** Thu, Apr 3, 2025—May 29, 2025 (4:00 PM - 6:00 PM )



**ANYONE  
CAN  
VOLUNTEER**



## **SELfie (Grades 4 - 6)**



SELfie is a social-emotional, interactive program that aims to assist children and adolescents with increasing their confidence within social-emotional skills including communication and conflict resolution, resiliency, healthy relationships and boundaries, stress management, strengths and values, and growth mindset.

This program will also include an exploration of different emotions including where we feel emotions in our body, the impact of emotions on our thoughts and behaviours, and how to manage emotions in a healthy way. In partnership with Family Life Psychology and Wellness and The City of Spruce Grove. Click on the image for details!

**Drop off is 3:00-3:30pm and pick up is 4:30-5:00pm**

**Wed, Apr 9, 2025 to Wed, May 21, 2025**

**Location: Cantiro Community Centre  
344 Pioneer Road Spruce Grove**

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## **Parkland Village Youth Group**



**The group is for youth in Grades 4 through 7.**

Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a physical activity and a cooking activity meant to support lifelong health. **Pre-registration is required. You may register at anytime throughout the year.** In partnership with Parkland County and funded by Parkland County FCSS.

**Location: Parkland Village Community Centre**  
53222 Range Road 272 #60 Spruce Grove.

**Date and Time: Jan 8, 2025 to Mar 26, 2025 (6:00 PM 4:30 PM)**

Click on the images for details!

## **The ADHD Adventure: A Fun-Filled Family Workshop**



This interactive, fun, and supportive workshop is designed to bring together parents and children (aged 10 and older) who are navigating life with ADHD. Participants will gain valuable tools to enhance their understanding of ADHD, strengthen connections within their families, and create actionable plans tailored to the child's unique strengths and challenges.



Counselling Program - Spruce Grove's Community Social Development (CSD) supports the emotional and mental well-being of Spruce Grove and Parkland County Residents aged 16+ through counselling supports. The City of Spruce Grove employs a Community Counsellor who provides free single-session counselling which is a time-limited model focused on addressing specific issues or goals within a relatively brief period. Services are provided primarily through appointments within the Spruce Grove CSD office, but walk-in services may be available depending on counsellor availability. Call 780-962-7618 for more details !!

## **Healthy Together - Spring Break Day Camp (Gr. 4 - 6)**



This program helps children develop lifelong healthy eating habits through enjoyable meal preparation and fun physical activities. They learn essential cooking skills like chopping, measuring, and mixing in a safe environment, while also making new friends and gaining valuable life skills.

The cost is \$10 per child (to cover the cost of food) and includes a snack and lunch that they will prepare themselves. Click on the image below to register!

**Location:** Family Connection Centre, 5600 50 Street Stony Plain, AB

**Date and Time:** Thu, Apr 3, 2025 9:00 AM - 3:00 PM MDT

Join us for a FREE 3 part workshop series on:

# Supporting Newcomers



By 2035, about 1 in 3 people in Canada will be an immigrant-- including in smaller communities without as much history of immigration. In light of these changing population demographics, social and community services will become a singularly important hub for supporting Canada's diverse linguistic and cultural communities. How can communities adapt to support these new families and their unique needs-- and understand how best to connect with them?" Reserve your spot today!

## **APRIL 9: UNDERSTANDING NEW CANADIANS**

3:30 - 5:00 PM  
SPRUCE GROVE COMMUNITY SOCIAL DEVELOPMENT.  
414 KING STREET, SPRUCE GROVE



**SCAN TO REGISTER**

## **MAY 1: SUPPORTING AND ACCESSING SERVICES FOR NEWCOMER FAMILIES**

3:30 - 5:00 PM  
FAMILY CONNECTION CENTRE.  
5600-50 ST, STONY PLAIN



**SCAN TO REGISTER**

## **MAY 21: TEMPORARY FOREIGN WORKERS: LABOUR RIGHTS, SUPPORTS AND KEY INFORMATION**

3:30 - 5:00 PM  
FAMILY CONNECTION CENTRE.  
5600-50 ST, STONY PLAIN



**SCAN TO REGISTER**

**For more information please email: [info@apfa.ca](mailto:info@apfa.ca)**

**SCAN THE QR CODES TO REGISTER!**





**sagesse.**  
REAL LEARN. GROW.

**TOWN OF STONY PLAIN**

**parkland county**

**The City of SPRUCE GROVE**

**Questions:**  
csd@sprucegrove.org  
780-962-7618

## FINDING OUR VOICES

Focus on self-esteem, communication, shame, compassion, and healthy relationships.

**TO REGISTER:**  
[sprucegrove.org/CSDPrograms](http://sprucegrove.org/CSDPrograms)



**FREE 6-Week Healthy Relationships Women Peer Support Group**

**When: Tuesday evenings, 5:30PM-7:00PM**

**Next starting date: April 22, 2025**

**Where: In-person, Spruce Grove**

**Childcare and transportation supports available!**

This workshop is for anyone interested in learning more about mental health in the workplace.

# Leading with Mental Health in Mind Workshop



**APRIL 9, 2025**  
9:00 - 12:00 PM

STONY PLAIN COMMUNITY AND SOCIAL DEVELOPMENT  
#107 4613-52 AVENUE

**Cost: \$65.00**  
**To register: 780-963-8583**



By the end of the training, participants will:

- Understand how the 13 Factors that Impact Mental Health at work can apply to their workplace
- Understand the role of the manager/leader in mental health at work and how it differs from the role of individual contributors
- Have tools and strategies to address some of the major factors in their workplace
- Have a starting point for what to do and what to say when someone talks about their mental health
- Have strategies to support your own mental health in the workplace

Subsidy available upon request



### IT'S ALL ABOUT...

## Neighbours helping neighbours.

Everyone is valuable and has something to offer in your neighbourhood. The discovery of your neighbours' skills, abilities, and needs leads to a stronger, more engaged, connected and supportive neighbourhood.

### Our neighbours are our greatest assets!

If every resident was to reach out to three to six neighbours and offer support, our community could ensure that there are no isolated, or unsupported residents in our community.

Together we can ensure our neighbourhoods are strong, healthy and connected - A neighbourhood where neighbours care about neighbour and celebrate Stony Plain as a great place to call home.



**TOWN OF STONY PLAIN**

# BE EMPOWERED 365



**SCAN HERE**

[linktr.ee/beempoweredalberta](https://linktr.ee/beempoweredalberta)

**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 (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



Updated: August 2023

## FOOD HAMPERS

### Parkland Food Bank

105 Madison Crescent, Spruce Grove  
Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 9AM-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)  
Mini food pantry of non-perishable items. Hours 11AM-8PM.

## BASIC NEEDS HELP

### Community Helps Team

180 Century Road, Spruce Grove  
780-962-5611 / 789-306-1955  
[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto: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  
(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  
Dine-in or take-out options  
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)  
780-306-1955