



Stronger Together

Parkland School Division Family Supports Newsletter June 3, 2021

Be proud of how you've been handling these past months. The silent battles you fought, the moments you had to humble yourself, wiped your own tears and pat yourself on the back. Celebrate your strength.

Unknown

Dear parents and caregivers,

Doing things together as a family strengthens family relationships. It is important to establish some family traditions and to build great memories together. Simple things like family movie nights, special family recipes you cook together or even a special holiday tradition create strong bonds and a sense of security for your kids. Enjoy this summer with your family, maybe you will create some new family traditions together.

Take care,

Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



Family Tips for Summer with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Summer – Planning for Success

Summer is a great time to connect as a family and strength relational bonds. Summer is a great time to unwind and relax. However, especially with the pandemic over the past couple of years, parents need to be creative to help their children stay occupied over the summer months.


Creating a successful summer begins with intentional planning. Children thrive on structure. While it's important to let our kids relax and unwind, it's equally important to maintain some consistency in waking, sleeping, and eating times. Working with our children to write out a visual schedule for free time, access to technology, and other routines helps set healthy expectations and ensures everyone is on the same page. Developing structure at home minimizes behavioral difficulties and allows parents to spend more time focusing on connecting and having fun with our children.

A little bit of planning can go a long way to make summer more fun too. Vision unites individuals to work towards a common purpose. The clearer the vision, the more individuals will be united together to work as a team. Winning sports teams all have one thing in common. All the players have bought into the game plan and are working together as a team to achieve a common goal. Consider using the following activity to create a vision for summer fun together as a family team.

Link for planning summer activities together: <https://lollyjane.com/summer-boredom-buster-popsicle-sticks/>





Another great way to build connection over the summer is to learn more about your child's love languages. Consider taking this quiz together with your child and learn how you can grow in intentionally expressing love towards them.


Let's make the most of the time we have together with our children this summer. Start small by working with your children to develop routine and structure for the summer months. Take time each day to pick an activity for family fun. Finally, plan some small ways to express care to your children based on their unique love languages. Have a great summer and make the most of every moment.



**Stony Plain
Public
Library**

5216 50 Street
Stony Plain, Alberta T7Z 0N5
Phone - 780-963-5440

mysppl.ca    




WE'RE OPEN!


- Curbside service only until further notice.
- Place holds online through mysppl.ca
- Request objects for 3D Printing
- Call us at 780-963-5440
- Use any of our [eResources](#) that are available 24/7!
- 24 hour book return at the back door of the library.






Weekly [Craft and Caboodle Curbside Kits](#)

Free, Fun, Family craft kits available that are appropriate for children ages 0-12. It's a fun surprise every week! Get yours today while supplies last! One kit per child. Stop by the library and use Curbside Service.




[ACT Social Lab Digital Literacy Outreach](#)


Parkland County, Stony Plain & Spruce Grove is providing FREE computer literacy training. Virtual classes will be offered including Introduction to Email Basics, Your Calendar, Resumes, LinkedIn and more. For information on programs contact Leanne Knapp or visit mysppl.ca
cell: (780) 264-1145
 The Community Compass and Stony Plain Public Library
email: info.actcompclasses@gmail.com




With funding from




We will be partnering with Leading Edge Physiotherapy RunWild for 2021!
Please follow the link below to learn more about their charitable event!
www.runwild.ca



MYSTERY SEED CHALLENGE!
The [Multicultural Heritage Centre](#) in partnership with the Stony Plain Public Library encourages you to join the challenge!



Grow our mystery seed package in your garden to compete for Top Gardener prizes, to be awarded in Fall 2021! Your seed package and contest instructions will be available via curbside pickup at the library May 17-21 10 am to 8 pm. Note that quantities are limited.





The Virtual YC continues to offer weekly games, challenges and learning opportunities. YC staff look forward to adding some outdoor programming once the weather warms up and we are safe to do so.

Comfort Kits and Hygiene or Period Packs are always available. Private message and let us know what you need.

Follow us on Instagram, Facebook or Snapchat or visit our [website](#) to stay in the loop!

June is shaping up to be a busy month filled with so many important causes, and we want to honour and celebrate them all! Here is the breakdown of our focus:

June 7th-11th: **Senior's Week**

June 14th-18th: **PRIDE**

June 21st-25th: **Indigenous Peoples Day & History**

Each week will offer activities, information and give youth the chance to engage virtually. SPYC will be collaborating with Parkland County to offer 'Participation Packs' that will be available for curbside pick-up. Each week will feature a different pack that coordinates with the theme. There are limited quantities available, so reserve yours [here](#).

EMAIL - kibsen@stonyplain.com

Check out other programs offered by the Youth Centre on social media or <https://www.stonyplain.com/en/live/youth-centre.aspx#>



The Full Moon Indigenous Learning Series is an extension of the Bare Îcêbi - Gathering Together. An opportunity to come together and strengthen our community in a safe space without judgement. A place to listen, learn, and explore our wonders. This is a monthly learning event and are supportive of the Truth and Reconciliation Commission 94 Calls to Action.

This series is supported by: Parkland School Division 70, Change Health and Connecting with Indigenous Neighbours Group

For information: **Miss TJ**

tjskalski@psd70.ab.ca



Stony Plain FCSS is a proud supporter of our communities Pride in the Park activities. The goal of Pride in the Park is to foster a positive, friendly and safe experience for all, while bringing awareness and support to the LGBTQ2+ community.

To stay up to date on the virtual activities follow [PRIDEinthePARK](#)

@PRIDEinthePARKStonyAB

email: pitpstonyab@gmail.com

Free ideas to try:

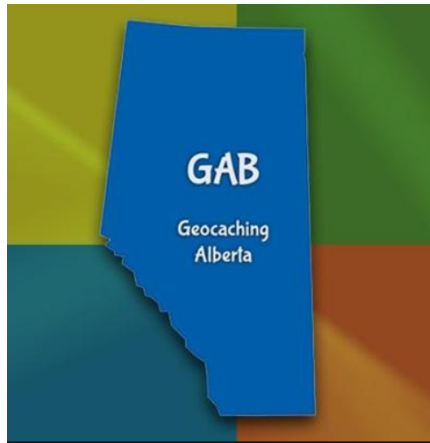


[Family-Strengthening Activities](#)



[100 Fun Summer Ideas for Kids and Parents](#)

Very well family has some great ideas for families to do together in the summer on their website. You are probably doing lots of them already, but there may be some new ones for you to put in your tool box.



Try geocaching as a family. Who doesn't like a treasure hunt? Geocaching is an inexpensive way for your family to explore together, all you need is your phone.


Alberta Parks - [What is geocaching?](#)

In geocaching, you use a GPS (Global Positioning System) receiver- you can now use your phone - to navigate to a "geocache" a hidden object or natural feature. Started in 2000, geocaching is a growing outdoor recreational activity that combines physical activity, technology, the outdoors and the thrill of exploration. It's an intergenerational, low impact, healthy activity that promotes natural heritage learning. Check [Geocaching.com](https://geocaching.com) for more information.

<https://www.familyfuncanada.com/edmonton/walking-loop-trails-for-families/>

5 Great Loop Walking Trails for Families





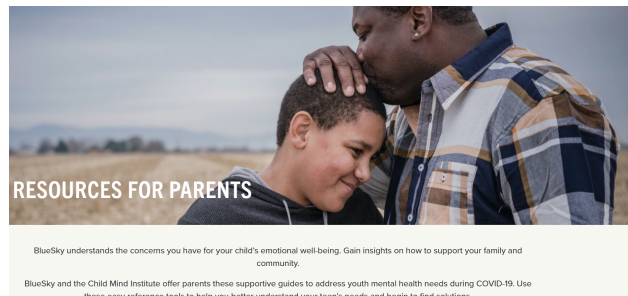
Filling Your Child's Cup

@seed.and.sew

<p>"I love being your parent."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"You're an important part of our family."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"I'm proud of who you are."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"I like it when you share your ideas with me."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"I'm thankful for you."</p> <hr style="border: 1px solid #f9e79f;"/>	<p>"I enjoy being around you."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"Nothing would ever change my love for you."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"You matter to me."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"I appreciate your help."</p> <hr style="border: 1px solid #f9e79f;"/> <p>"I love laughing with you."</p> <hr style="border: 1px solid #f9e79f;"/>
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Resources for Parents

- Angry Teen? Teens and Anger - Rae Jacobson - <https://childmind.org/article/teens-and-anger/>
- Learn more about supporting your child - <https://bluesky.blueshieldca.com/our-community/parents>





Pride – 2021 Spruce Grove

You Be You!

Four Weeks of PRIDE!

Feed the Food Bank with Pride! – Saturday, June 5th

Pride Safe Spaces! – Saturday, June 12th

YOU are PRIDE! – Saturday, June 19th

Pride your Ride! – Saturday, June 26th

Bonus Pride Crosswalk Photo entry! - Running all June 2021

Celebrate PRIDE with Spruce Grove!

Prizes every weekend in June for Pride!

Upload photos on our event page through Facebook, or email photos to sprucegrovegasa@gmail.com

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory.
Traditional lands of First Nations and Métis people*

sprucegrovegassociety.org

facebook.com/sprucegrovegasa/
sprucegrovegasa@gmail.com

Instagram @sprucegrovegasa



**LGBTQ2S
youth & allies
welcome!
Ages 12-24**

You Be You!

We are STILL open!!!

Our GSA has absolutely looked different in 2020/2021.
But we are rolling with the changes!

The Spruce Grove GSA will be following the recommendations
of AHS and all levels of government.
GSA will still be on **the 2nd and 4th Friday** of each month.

We will be running two GSA hours each Friday.

One GSA begins at 7pm to 8pm.

The 2nd GSA begins at 8pm to 9pm.

Please pre book for one of two spots by email,
or through our social media direct messages.

We will be outdoors. We are limited, currently, to 5 people per GSA.
Please wear a mask, follow Covid precautions,
physically distance, and use the hand sanitizer provided.

Upcoming Dates Friday

May 14th & 28th

June 11th & 25th

July 9th & 23rd

August 13th & 27th

**7:00pm – 8:00pm
Or
8:00pm – 9:00pm**

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sprucegrovegassociety.org

facebook.com/sprucegrovegasa/

Instagram @sprucegrovegasa

1A Fieldstone Drive, Spruce Grove (across from the high school)

You Be You!

*Just in time for PRIDE!!!
Show your pride all year long
with our double Rainbow masks!*



Our masks are hand made locally in the Tri-Region!

They are 100% cotton and double sided.

One side is a mix of Rainbow colours and the reverse is vibrant rainbow dots.

They come in two sizes.

Regular - \$10.00 each - 8.5 inches horizontally and 5.5 inches vertically.

Large - \$11.00 each - 9.5 inches horizontally and 6.5 inches vertically.
(large reverse is black)

They can be ordered and picked up / delivered in Spruce Grove.

Please direct message or email for more information or payment arrangements.

Masks come pre-sealed in a plastic bag with washing instructions.
All sales are final.

All proceeds go to supporting our 2SLGBTQ+ youth and our local community!



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sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa
1A Fieldstone Drive, Spruce Grove (across from the high school)

You Be You!

GSA (Gender Sexuality Alliance)

**2nd & 4th Friday
Every month**



Dates or location
are subject to
change!

Check our Website
and Social Media!

May 14th & 28th

July 9th & 23rd

September 10th & 24th

November 12th & 26th

January 14th & 28th

June 11th & 25th

August 13th & 27th

October 8th & 22nd

December 10th


February 11th & 25th

**LGBTQ2S+
youth & allies
are welcome!
Ages 12 – 24**

7:00pm – 9:00pm

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sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa
1A Fieldstone Drive, Spruce Grove (across from the high school)



Exciting Health & Wellness News

Our board member Kaye, is an L.P.N of 27 years. Kaye has provided care for many youth and adults alike. She is now offering her expertise to our GSA and our transgender youth ages 18 or older.

Kaye can provide advice, education and instruction on administering hormone injections, recommendations on where to purchase supplies and the type of supplies required.

The Spruce Grove GSA Society can assist with the purchase of supplies, not hormones, for our transgender GSA youth ages 18 – 24.

These purchases will be funded by the Spruce Grove GSA Society through the generous donations in our community.

For information email: sprucegrovegasa@gmail.com

Our board member Sara is a doula with Risen Health in Spruce Grove.

Sara can provide emotional, physical, and educational support to our 2SLGBTQ+ parents who are expecting, experiencing labour, or have given birth, as well as others who require support.

Connect with Sara: sara@risenhealth.ca

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sprucegrovegassociety.org facebook.com/sprucegrovegasa/ Instagram @sprucegrovegasa
1A Fieldstone Drive, Spruce Grove (across from the high school)



TRIREGION 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

Garments of Praise - new to you clothing - check them out on facebook



<https://linktr.ee/triregionbunch>

Check out what's going on this summer for youth!

[Parkland Pickleheads](#)

[Parkland Shotokan Karate Association](#)

[Mystical Stone Yoga Studio & Metaphysics](#)

[Wellness Umbrella](#)

[Stony Plain FCSS](#)

[Deep Blue Athletics Kids Summer Camps](#)

[Northern Lights Twirl Summer Camp](#)

[Change Adventure Camp & My Path Learning Program](#)

[TransAlsta Tri Leisure Centre Community Better Challenge](#)

[Alexis Nakota Sioux Nation Social Dev Youth Hub](#)

[Alberta Parenting for the Future Association](#)

[Stony Plain Youth Centre](#)

[Parkland County FCSS Recreation Programs](#)

[Spruce Grove Public Library Summer Reading Club](#)

[Parkland County Libraries Summer Programs](#)

Apply for funding to support activities: <https://kidsportcanada.ca/alberta/parkland/>

LD Association of Edmonton - Check out their summer programming - <https://ldedmonton.com/> (look under programs)

- Roblox Social Skills Group
- Virtual Summer Camps - Science, Arts and Crafts and more

The Spruce Grove Westview PCN Walk-in counseling is open on June 11th.

WestView Primary Care Network

Youth Mental Health Clinic

The Youth Mental Health Clinic (YMHC) is a referral based specialty clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist and Community Connectors.

The main focus of the clinic is diagnosing and managing ADHD, anxiety, and depression.

Walk-In Service is available to children/youth aged 11-24 years old. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

Walk-In Service

Youth Mental Health walk-in clinic is available between 10am - 2pm, with the last appointment starting at 1pm.

Please call Clinic between 9am and 12pm to ensure there is space available that day.

Appointments are available in-person or virtually.

780-960-9533 Ext.221

101, 505 Queen St. Spruce Grove, AB T7X 2V2





YMHC Services

- Initial Assessment/Consultation
- Medication Consultation
- Social Work Services
- Therapy
- Navigation of Mental Health & Community Supports/Services

Other Related Services

The WestView PCN offers a number of services related to mental health, such as:

Adult Community Connector
Adult Mental Health
Community Connectors for Youth
Youth Mental Health Clinic

Check our website for more info:
www.westviewpcn.ca

WestView Primary Care Network

Referral Criteria

- Must be between the ages of 11-25, and
- Must be connected to a WestView PCN Family Physician or living in the Tri-Region area.

How to Refer

Referrals can be made by local family physicians, schools, or community agencies. Please ensure referral criteria has been met. Complete referral form and fax to the WestView Primary Care Network. Referrals can also be made directly to Community Connectors. Please get in touch with us if you have any questions about the referrals.

Placeholder Title...

Placeholder text...

Parent Testimony

I found the team at the Youth Mental Health Clinic (YMHC) supportive and friendly. My son's anxiety was so severe he was refusing to go to school.

After working with the YMHC team, my son's anxiety has improved and he is once again going out and playing with his friends.



Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater Parkland area 780-217-8701
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549
Adult Crisis Response - 780-342-7777
Support Network Distress Line - 780-482-4357
Adult Mental Health Referral and Treatment - 780-424-2424
Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422

Online Resources

www.kidshelpphone.ca

Teenmentalhealth.org

www.kidshealth.org

www.mindyourmind.ca

www.parenthelpline.ca

www.yoomagazine.net

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
Addiction Helpline 1-866-332-2322
Child Mental Health (8am-11:30pm) 780-427-4491
Kids Help Phone 1-800-668-6868
Bullying Helpline 1-888-456-2323
Seniors Abuse Helpline 780-454-8888
Family Violence Info Line 310-1818
Sexual Assault Center (9am-9pm) 780-423-4121
First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance 780-644-5135
Access 24/7 (Adults) 780-424-2424
Addictions & Mental Health 780-968-3600
Westview Health Centre 780-422-2001
Child Intervention Services 780-944-2888
Kids Cottage Crisis Childcare 825-220-2000
Parkland RCMP 1-800-332-1414
Poison Control 780-960-9669
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm 587-286-4663
Pay Forward Kindness (homeless supports)

I DON'T EVEN KNOW WHERE TO START?



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



or download **HelpSeeker**, onto your phone to find local supports and resources.

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, \$12/day) 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters 1-866-331-3933

I NEED DETOX SUPPORT

George Spady 780-424-8335
AHS Detox Centre 780-427-4291
Youth Edmonton Detox 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106
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 Addictions and Mental Health (adults) 780-424-2424
Youth Addiction Services 780-422-7383
Access Open Minds (youth 16-25) ... 780-415-0048
Child and Adolescent Mental Health Services 780-342-2701
Westview PCN Youth Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

Parkland Food Bank
105 Madison Cres, Spruce Grove 780-962-4565
Auggies Café (Tuesday Free Lunch)
131 Church Rd, Spruce Grove 780-962-5131

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

Stony Plain FCSS
#107, 4813 - 52 Avenue, Stony Plain, AB
780-963-8583

