

Dear parents and caregivers,

Welcome to another Stronger Together newsletter. We hope your children have had a good start to the school year. They certainly spent a lot of time in their homes, out of school and community activities last year and as a result some may be having some difficulties getting along with other children or their siblings. This newsletter is packed with ideas to support your children's social skills. Be sure to check out the upcoming Strong Families sessions offered free and virtually to all of you. Register early to get a spot!

Please note that Triple P parenting is being offered by Alberta Parenting for the Future. The next session begins on September 28th and is a great way to sharpen up your parenting skills and connect with other parents. The sessions are free and virtual. See the link in the newsletter to register.

We wish you and your families every success this year. Happy Fall!

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



### Family Tips for supporting social skills with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

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

Developing social and emotional skills is essential to help our children succeed both in school and in life. Developing emotional awareness helps children better understand and respond to social situations. As parents, we can help our children grow in emotional awareness skills

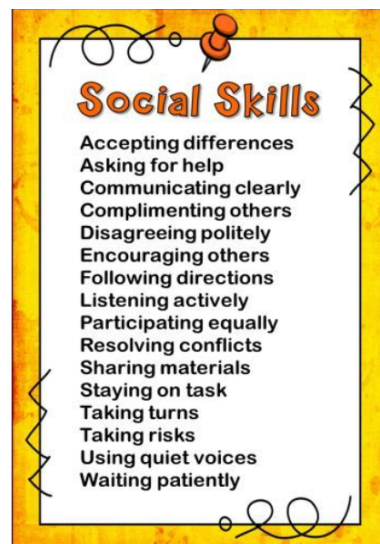
by incorporating emotions into everyday life. We can use the colors of Zones of Regulation or a feelings wheel to complete an emotional check-in with our children after school. Discussing various types of emotions on a daily basis helps children grow in insight to understand their feelings and their responses to difficult situations.

Helping children develop insight into their emotions fosters the ability to grow in empathy. The more children understand their own emotions, the more they can recognize how their words and actions impact others. Understanding the emotions of others and how a child's actions impact others are two foundational components of effectively interacting with others.

Daily reviewing emotions – both in how our children feel and how their actions make others feel – help children grow in communication skills. Learning how to express feelings in words is another important tool in the social skill toolkit. Additionally, daily practicing reading expressions of others and interacting socially helps children appropriately modify their behavior to adapt to the present context. For children who are significantly struggling with social skills, consider contacting your school to identify friendship or social skills group within the community that provide targeted intervention within this domain.

As parents, building our toolbox with the ideas above can be a great place to start to help our children grow in social skills at home. Consider building your toolbox with the steps outlined in this month's article.

1. Identify visuals or other resources to help your child learn more about emotions.
2. Set aside ten minutes after school or at dinner time to review various emotions each family member experienced throughout the day.
3. When experiencing difficult situations or sibling conflict at home, label emotion and encourage your children to try to label their emotions. If your child is significantly dysregulated, provide appropriate regulation time before discussing emotions.
4. Plan social interactions with other adults or children. After the social interaction, review with your child the moments they experienced different emotions and have them guess the emotions the other individual experienced as well.
5. Incorporate social and emotional literacy into your daily life by talking about emotions characters are likely experiencing in books or movies you watch.



From lauracandler.com

**October 6, 2021**

APFA in partnership with Parkland School Division presents

**Social Skills - with Joel Pukalo - Family Life Psychology**

**Virtual Session - 6:30 - 8:00**

**Register here: <https://www.eventbrite.ca/e/social-skills-registration-172999344697>**

Developing social and emotional skills is essential to help our children succeed both in school and in life. Developing emotional awareness helps children better understand and respond to social situations. Join this session on social skills to build a parenting toolbox to help children improve their social skills.

Tools we will explore in this session include:

1. Identifying visual or other resources to help your child learn more about emotions.
2. Developing a routine to set aside time each day to review various emotions each family member experienced throughout the day.
3. Turning difficult situations or sibling conflicts at home into learning experiences for children to label emotions and identify the emotions of others.
4. Planning social interactions with other adults or children. After the social interaction, review with your child the moments they experienced different emotions and have them guess the emotions the other individual experienced as well.
5. Incorporating social and emotional literacy into your daily life by talking about emotions characters are likely experiencing in books or movies.



**Check out this article on “Teaching Social Skills at Home” from the Child Mind Institute.**

“The truth is that teaching kids social skills can be challenging for parents because these are skills most people pick up on their own. We usually don't even know how we learned them, says [Stephanie Lee](#), PsyD, a clinical psychologist at the Child Mind Institute. “Parents with children who have social skills deficits need to remember that even if something seems obvious, it may not be obvious for their kids.””  
<https://childmind.org/article/teaching-social-skills-at-home/>

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### Games and more games...

One way families can practice social skills is by having a family game night. Children learn valuable social skills by playing games. It brings families together and is a fun way to connect with each other. This month try and choose one night as your family game night, put away all technology, make some snacks and have fun as a family.



## Truth and Reconciliation

As we move forward in the Tri Region we are mindful of why Truth and Reconciliation matters. In doing so we are creating opportunities for family and community members to come together to learn and share lived experiences.

For more information contact - Miss TJ, Parkland School Division - Indigenous Education Facilitator - 780-963-8460, 780-293-2171  
(T shirts are 25.00 and proceeds go to supporting Indigenous Education in Parkland School Division.)

### Orange Shirt Day and Beyond - Empowering the Spirit

**Pipe Ceremony @ 9:00am Sep 29, 2021** The link to stream live is coming soon.

To honor the day of our Indigenous community members, residential school survivors, and our brothers and sisters whom never made it home from residential school, we will start our day in ceremony with elders [Violet Poitras](#) and [Emil Durocher](#). Together we will learn from our Elders about the significance of National Truth and Reconciliation Day, Sep 30, 2021

**Oct 20, 2021** Learn from Phyllis Webstad, founder of Orange Shirt Day, along with members of her family as they share truths of their Residential School experiences through their new book, Beyond the Orange Shirt Story.

- Beyond the Orange Shirt Story is a unique collection of truths from six generations of Phyllis's family that gives readers an up-close look at what life was like before, during, and after their Residential School experiences.
- Recommended for ages 12+
  - Livestream will take place on this event, on our social media and at this link: <https://medicinewheel.education/pages/btoss>
  - You can also pre-order Beyond the Orange Shirt Story at this same link.

### Full Moon Teaching with Felice Galdue - Oct 21, 2021

An evening full of Metis teachings with an exhibit, jigging and so much fun.

Check out her facebook page for opportunities to bring to your classrooms [Metis Alive](#)

### Community Sweat - Oct 22, 2021

### National Day of Truth & Reconciliation



**PROJECT OF HEART**

The Project of Heart is a hands-on, collaborative, inter-generational, artistic journey of seeking truth about the history of Aboriginal people in Canada. Everyone is invited to join the Project of Heart and create their own piece of art.

Bring your art as a gesture of reconciliation to display at the Stony Plain Youth Centre on **September 30**.

Join the Native Counselling Services of Alberta for facilitated discussions on this project to learn more:  
**Day:** Thursdays - September 2, 9, 16, 23  
**Time:** 6:30 - 8:00 PM  
**Location:** [Stony Plain Library](#)

Youth Sessions will be held every Thursday as well:  
**Day:** Thursdays - September 2, 9, 16, 23  
**Time:** 4:30 - 6:00 PM  
**Locations:** [Stony Plain Youth Centre](#)

**Complete Learnings with Project of Heart**

## PROJECT OF HEART

Youth are invited to join local Elders throughout the month for discussions on reconciliation and healing.

**September 2, 9, 16, and 23**  
**4:30PM - 6PM**  
**Stony Plain Youth Centre**

THU. SEP 2 AT 3:30 PM UNK AND 3 MORE

**Project of Heart**  
Stony Plain Youth Centre · Stony Plain



# CHANGE Health Clinic

Fostering youth wellness through the promotion of nutrition, physical activity, mental health and social connections.

## What is the CHANGE Health Clinic?

The CHANGE Health Clinic is a youth-focused team of doctors, educators, psychologists and Community Connectors who support Parkland School Division (PSD) youth ages 11 to 24 years old and their families.



This clinic fosters wellness through the promotion of nutrition, physical activity, mental health and social connection with our community. The clinic team works with schools and the community to address the environmental and behavioural challenges facing youth and families.

## How do families access the clinic?

Families are welcome to make a direct referral to the CHANGE Health team by contacting their regional Community Connector (who will work to return any phone calls within 24 hours).

After a referral has been made, youth will receive an assessment and care plan including direct connections to community programs, youth clubs and resources. This plan may include the support of physicians, psychologists or other health specialists.

### For students and families

Please contact the Community Connector for your area.

#### SPRUCE GROVE

Prab Gill

**p:** 780-217-8701

**e:** [prab.gill@westviewpcn.ca](mailto:prab.gill@westviewpcn.ca)

#### STONY PLAIN

Simonne Massner

**p:** 780-217-4146

**e:** [simonne.massner@westviewpcn.ca](mailto:simonne.massner@westviewpcn.ca)


#### RURAL AREAS

Lauren Wetmore

**p:** 780-385-8019

**e:** [lauren.wetmore98@gmail.com](mailto:lauren.wetmore98@gmail.com)






**No one should go hungry**

Sometimes you might need a snack,  
a quick breakfast,  
or just something extra  
to make it through the day.

Thanks to generous donations from  
The Rotary Club Spruce Grove  
and our Spruce Grove GSA Society,  
we are proud to begin  
our food hamper for youth!



If you would like snacks dropped off,  
connect with us privately  
through email or social media.  
Requests are confidential. Items may change.

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

sprucegrovesasociety.org   facebook.com/sprucegrovesa/   Instagram @sprucegrovesa  
sprucegrovesa@gmail.com   1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



Effective immediately our GSA will be meeting outside St. Andrew's United Church.

Requirements to attend Spruce Grove GSA:

- Proof of Covid vaccination
- Pre-registration by email or text
- Covid health checks before attending
- Masking
- Physical distancing
- Hand sanitizing

To our wonderful community, Our community GSA thrives because of you. St. Andrew's United Church welcomed our Spruce Grove GSA February 2018. We have laughed and cried, we have made friend's and found family. I know how much you love being indoors there. The music and laughter bounces off the walls! After many phone calls, emails, and much discussion, the safest recommendation is that we continue our GSA meetings outside St. Andrew's United Church.



**GSA Friday!**  
**September 24<sup>th</sup> 7-8 pm**

Button Making Contest!  
Bring your button designs!

**2SLGBTQ+ youth & allies welcome!**  
**Ages 12-24**

**Time change!**  
Friday's 7-8 pm  
September 24<sup>th</sup>  
October 8<sup>th</sup>  
October 22<sup>nd</sup>

**Pre-book for GSA by text or email!**

Pop & Snack will be provided  
Bring a reusable water bottle

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

Please ensure you are healthy before attending GSA.  
(no coughing, sneezing, runny nose, sore throat, fever)

GSA may be postponed due to weather.  
Please check our social media for updates.

*You Be You!*

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

sprucegrovesasociety.org   facebook.com/sprucegrovesa/   Instagram @sprucegrovesa   sprucegrovesa@gmail.com  
1A Fieldstone Drive, Spruce Grove   (St. Andrew's United Church)

We must put the health and safety of our entire community first. I want to personally thank the board of St. Andrew's United Church for every allowance they have made for us. I would also like to thank every single youth and adult who has supported our Spruce Grove GSA over the years, and especially the past eighteen months.

On Friday September 24<sup>th</sup> it's time to showcase your artwork with our button making contest! For the past few months, you have been creating designs that are completely you! We will have someone special joining us

to pick 5 button designs and there will be prizes to be won! We will also be making your artwork into buttons for you to take home that evening. Our guest is a teacher & Vice Principal with Parkland School Division, and a councillor with the City of Spruce Grove. Bring questions for Mr. Dave Oldham about Spruce Grove, and the fun of working with youth!

Please remember to pre-register for GSA through email, text, or our social media accounts.

### **Spruce Grove GSA Website**

[sprucegrovesasociety.org](https://sprucegrovesasociety.org)

On our website you can find information such as dates of our GSA, tips on Safe Spaces, health, recognizing abuse and resources. Find us on [Facebook](#) and [Instagram](#)

### ***Spruce Grove Public Library has a list of events and fun, happening all month long!***

The Spruce Grove Public Library has been selected as a celebration site for Alberta Culture Days 2021. They will be partnering with the [Allied Arts Council](#) to bring our community a variety of special events from Friday September 24 to Sunday September 26, 2021.

<https://sgpl.ca/programs/fall-programs>

<https://sgpl.ca/programs/alberta-culture-days-2021>

### ***Participate in [Alberta Culture Days](#) in Stony Plain***

Celebrate arts, heritage, diversity and community spirit. Follow this link for the event schedule! September 24-26, 2021.

<https://www.stonyplain.com/en/play/alberta-culture-days.aspx>

### **Stony Plain Library FREE after school programs**

Take a look at the great FREE community involvement activities that you might want to take advantage of, all at your local Stony Plain Public Library 😊

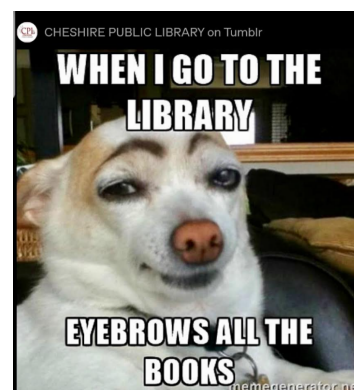
Be ready to register for our programs when we offer them on our website in a couple of weeks at [www.mysppl.ca](http://www.mysppl.ca).

Every after school program requires registration for the children and the space is limited, so register as soon as our website listings go LIVE.

The older adults of our community who are interested in dropping in to join the youth Tuesdays, Wednesdays, Thursdays and Fridays, do not need to register, just drop in when it is convenient for you! We would love to have you join in the fun anytime! Do you have a talent or interest to share... come in and share that too!

We are eager to connect the generations for our programs this year and welcome all to come play board games, share their talents, do some art, try your hand at 3D printing and more. Check out the different offerings and mark your calendars. We look forward to seeing you at the library!

See the schedule below.



Program Name	Day	Time	Description	Ages and where?	Partnership
Drama Club	Mondays (weekly) Sept 20- Dec 13 and Jan 10- June 13 (No program Oct 11, Nov 8,15, Jan 31, Feb 21, Mar 21,28, Apr 18, May 23)	4:00pm-5:00 pm	Create, act, film, design your own plays! BYO afterschool snack.	6-12 Registered Max 15 participants Program Room and Multicultural Centre.	Multi-cultural Centre
Entertainment Engineers	Tuesdays (weekly) Sept 21- Dec 14 and Jan 11- June 14 (No Program Nov 9, and Mar 22)	4:00pm-5:00 pm	Design, play and build your own games using the 3D printer! BYO afterschool snack.	6-12 Registered Max 10 participants Program Room and Creative Space Older adults drop in!	Darythe
Wong Style Tai Chi and relaxation exercises for mental health	1 <sup>st</sup> Wed of every Month Nov 3, Dec 8, Feb 2, Mar 2 and April 6	3:30pm-4:15 pm	Take some time to just breathe! Stretch, relax and learn some Tai Chi.	55+ Registered Max 10  Meet by the front desk of the library at 3:15pm	Trudy and Erin from the Three Robins

Big, Little Tale of Two Cities- Book Club with St. Thomas Public Library in Ontario	3 <sup>rd</sup> Wed of every month Oct 20, Nov 17, Jan 19, Feb 16, Mar 16, Apr 20, May 18, and June 15	4:00pm-5:00 pm	Connect with your adult and our favourite sister library in St. Thomas, Ontario Be prepared to share your love of reading!	9-12 Registered Max 5 families Program Room Older adults join in!	Sister Library St Thomas Darlene
Kids Can Cook – LIVE Virtual Program	2 <sup>nd</sup> and 4 <sup>th</sup> Wed of every month Oct 13, 27, Nov 24, Jan 12, 26, Feb 9, 23, Mar 9, April 13, 27, May 11, 25 and June 8, 22	4:15pm-5:00 pm	Virtual cooking fun in your own kitchen! Fun and easy after school snack recipes!	Ages 6-12 Google meets event Registered Max 10	none
Insightful Innovations!	Thursdays (weekly) Oct 15- Dec 16 Jan 13- June 16 (No Program on Nov 11, Feb 10, Mar 24)	4:00pm-5:00 pm	Drop-in and inspire!! Crafts, technology, art, books and more! Bring your friends and creative ideas to the library. Exciting discoveries will be made!	6-12 Families and friends invited too Drop-In and meet at the Creative Space. Older adults drop in!	none
Game Generation My PATH Students and Older Adults that are young at heart	Every Friday September 3 – June 24 Noprogram on Stat holidays.	1:00pm-2:30 pm	Older Adults can drop-in and play, design, and discover games. Get active with Ping Pong or play your favourite board game as you connect with another generation.	Older Adults drop in and play games with the My PATH students  Library Program Room, Meeting Room, and Creative Space.	My PATH (PSD)



### LD Edmonton - Roblox Social Group 7+ is starting again in October!

Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and specifically designed to help children improve skills such as organization, time management, planning, flexibility, self-awareness, and focus. Both fun and educational, The purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together. Group starts Wednesday October 6, 2021 from 4:30pm-6:00pm for a 6 week session

For more information, please contact [info@ldedmonton.com](mailto:info@ldedmonton.com), call our office at 780-466-1011

**Because I Love You**  
Parent and Youth  
Support Groups

**B.I.L.Y.  
TRI REGION**

**Family  
In  
Crisis?**

**We Can Help!**

**Weekly Support Group  
MEETINGS**

We are a group of parents who understand.  
We offer creative solutions that can help and tools to improve communication.  
Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.

**Meetings are  
Free of Charge!**  
**Tuesdays at 7 PM**  
**Call Today for Location**  
**587-588-8633**

**Parents.....**  
**Are you dealing with**

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?


**Is your child between the age of 2 and 52?**  
**Can you relate to any or all of these issues?**  
**This parent support group is for you!**

**B.I.L.Y. TRI REGION**  
[bilytriregion@gmail.com](mailto:bilytriregion@gmail.com)  
587.588.8633

**Community Supporting Us**  
100 Women Who Care Tri Region  
Tri Region Guidance Thru Crisis Society

**B.I.L.Y.** offers a **youth group** designed to work specifically with youth whose parents attend and participate in the parent group. To find out more call 587-588-8633.

## Parkland Village Youth Group

 September 29 @ 4:30 pm – 6:00 pm




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.

This group is for youth in grades 5, 6, 7, & 8.

Registration is required. Please register here.

<https://www.eventbrite.ca/e/parkland-village-youth-group-registration-166186116147>

## Triple P Group

 September 28 @ 8:00 pm – 10:00 pm | Recurring Event (See all)



Triple P Group provides opportunities for parents to learn through observation, discussion, practice and feedback. The benefits of group sessions include support, friendship and constructive feedback from other parents as well as opportunities for parents to normalize their parenting experience through peer interactions.

Parents will be given a take-home workbook with simple exercises and information to help try new strategies at home.

This group is for parents of children 2-12 years old.

<https://www.eventbrite.ca/x/triple-p-group-registration-166081808159>

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## Nourishing Your ADHD Child's Full Potential Presented by: Chantal Jackson, Registered Psychologist

This workshop allows parents and caregivers of people with ADHD to explore the potential behind the struggles. In setting the stage for potential to shine, we will explore strategies for areas of difficulty, such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotion regulation and so on. Participants are encouraged to prepare for the workshop by noting areas of potential that they see in their child along with obstacles that prevent these potentials from shining through. **We are diving into social skills with 3 main outcomes** - 1. Friendship and social cues, 2. Managing emotions, 3. Strategies to support social situations including staying on task, organizational skills as well as maintaining focus & attention.

**Presenter:** Joel Pukalo, Family Life Psychology

**Register at:** <https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-registration-173868524437>

**Date and time:** Sat, October 2, 2021 9:00 AM – 12:00 PM MDT



If you are interested in the sessions below please register early to ensure the link is available



### Adolescent Brain Development and Navigating Parent-Teen Relationships

1:00 PM - 3:00 PM

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.



Register here: <http://community.hmhc.ca/sessions/?p=webex>



### A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself (Covid-19 edition)

6:30 PM - 8:00 PM

The COVID-19 pandemic has been tough on all of us and as we begin to recover it's important to work on lingering stress, anxiety, and low mood. Cognitive-behavioural therapy is a well-established way of reducing these issues in adolescents and adults. In this workshop, you'll learn how to implement practical CBT strategies to support your children and teens in managing their thoughts, feelings, and behaviours. Tools to support parent well-being will also be included as well as examples of how these strategies can be used in everyday life and how they can be used to support families as we begin to recover from the pandemic. By the end you should feel you have strategies that will help you help your kids!



Register here: <http://community.hmhc.ca/sessions/?p=webex>



## Coats for Kids & Families

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### Fall Early Bird Coat Give-Away (and mini garage sale)

Don't be caught cold in the snow!

Friday October 1 & Saturday October 2

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10:00 am - 3:00 pm  
Family Connection Centre  
5600 50 Street  
Stony Plain





### Say it isn't so - it's about to snow!

You may bring your clean, gently used outerwear to donate.



We will have a small amount of furnishings, fixtures, housewares and toys for sale



Alberta Parenting for the Future Association

# Caregiver Education Team Newsletter

September 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Drop-In Series

### **Understanding Anxiety**

**Part 1: An Introduction**  
Wednesday, September 15  
6:00 – 7:30 pm

**Part 2: Calming Our Bodies**  
Wednesday, September 22  
6:00 – 7:30 pm

**Part 3: Settling Our Minds**  
Wednesday, September 29  
6:00 – 7:30 pm

### **Mental Health and Resiliency**

**Settling Into Routines**  
Thursday, September 16, 2021  
6:00 – 7:30 pm

**Giving Time and Attention to Our Big Needs**  
Thursday, September 23, 2021  
6:00 – 7:30 pm

**Strengthening Connections with Ourselves, Our Kids, and Our Communities**  
Thursday, September 30, 2021  
6:00 – 7:30 pm

## Sessions at a Glance

### Lunch & Learn Webinars

#### **Sleep and Your Family's Mental Health**

**Part 1:**  
Wednesday, September 15  
12:00 – 1:00 pm

**Part 2:**  
Wednesday, September 22  
12:00 – 1:00 pm

**More than Just a Bad Day: Understanding Depression in Adolescents**  
Tuesday, September 28  
12:00 – 1:00 pm

### Caregiver Education Sessions

**Building Executive Functioning Skills: Promoting Success in Learning**  
Tuesday, September 14  
6:00 – 7:30 pm

**Technology and the Teenage Brain: Digital Wellness for Families**  
Monday, September 27  
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families  
Addiction & Mental Health

Register at <https://www.cyfcaregivereducation.ca/>

## 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 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



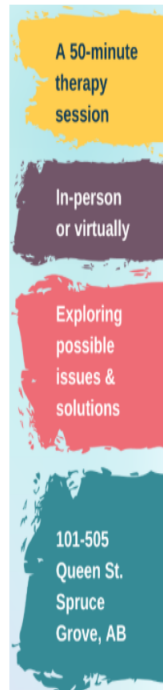
### Youth Substance Use Services

**Counselling services are free and confidential**

We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent capable and promote the positive mental health of youth, families and communities.

**Meet in-person**   **Telephone**   **Video Call (Zoom)**

**Lisa Kimmerly**  
Substance Use Therapist  
Spruce Grove/Stony Plain and Area  
780-868-1895 (text or call)



A 50-minute therapy session

In-person or virtually

Exploring possible issues & solutions

101-505 Queen St. Spruce Grove, AB

## Youth Mental Health Clinic

### Walk in Service

Available to Youth 11-17

Fridays only: 10AM -2PM  
First come, first serve.

Book by phone:  
**Day:** Fridays  
**Time:** 9AM-12PM  
**Phone:** 780-960-9533 Ext. 221  
**Location:** 101, 505 Queen St., Spruce Grove

[www.westviewpcn.ca](http://www.westviewpcn.ca)

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

### 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 16-29) ... 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**

