

Dear parents and caregivers,

The holiday season is coming quickly.

For many families it is a stressful time. We may be missing loved ones, we may be struggling financially, or struggling in relationships. This month's newsletter is all about gratitude...being grateful for what we do have instead of what we are lacking in our lives.

In this winter season, we hope you will be able to find some small things to be grateful for every day. It's not necessarily the big things that we need to pay attention to. Just little everyday mini miracles that can help us feel a sense of gratitude and thankfulness.

Wishing you little pockets of happiness and joy every day.

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



Family Tips for Gratitude & Mentally Healthy Holiday Habits with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

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

Gratitude is an important aspect of mental health. Although the holiday season can bring challenges and busyness, I appreciate this time of year because it's an opportunity to focus on the good in the world and take practical steps to help others. As a parent, I want to be intentional about instilling gratitude and helping others as integral parts of our family

holiday traditions. Let's explore a few practical ways to do this with our children.

Gratitude

Advent Calendar – Giving children a small treat each day can be a special and memorable way to celebrate each day of December. A practical way to incorporate gratitude is to talk about one thing each member of the family is grateful for before opening their treat for the day.

Gratitude Christmas Cards – Involve your children in writing digital or paper Christmas cards. Ask your children to write or dictate thankful messages to members of the family such as "Thanks Grandma for baking such great cookies" or "Thanks Teacher for helping me learn to draw".

Gratitude Baking – Plan a family day to bake cookies for your neighbors. Have your children draw or write encouraging words to send with each package of cookies.

****Given the current concerns with the pandemic, please remember to follow health guidelines to stay safe this holiday season.*

Helping Others

There are many activities your family can participate in to help others during the holiday season. Consider contacting local charity groups for volunteer opportunities to help others in the community. During the pandemic there are some limitations in community activities so it may be helpful to consider some practical ways to help others close to home.

Family Helping Challenge – Start at home by planning a family meeting and deciding how each family member can help each other this holiday season. In the same manner as picking names to purchase gifts, plan a family raffle where each family member picks the name of someone to help during each week of December. Provide your children with some practical examples of ways to help each other such as doing chores, writing a kind note, purchasing a small gift, letting others take turns first with tech time, and older children helping younger children learn a new skill. Rotate names each week so every person in the home has at least one turn doing something kind for each family member.

Friend Helping Challenge – Identify a neighbor or friend in need this holiday season. Work with your children to assemble a care package of food, gifts, or practical time donated to help this individual. Make it a family project where each person in the family contributes ideas on how to support this individual.

Neighbor Helping Challenge – Plan a way to spread happy holiday vibes to your neighbors by shoveling their walkways or organizing a caroling evening. Work with your children to try to think of unique ways to help your neighbors.

Operation Christmas Child Gift Box – Learn about the less fortunate in other parts of the world by preparing an operation Christmas child gift box. Take time to explore with your children how to be mindful and aware of the needs in our world.

Make the most of this holiday season by teaching your children about how to give back and live in a state of gratitude. My Mom always used to remind us growing up to remember the reason for the holiday season. I believe focusing on counting our blessings and giving back to others are two of the most important themes to teach our children to reflect on in this special season. Happy holidays and enjoy your time with family this Christmas season!

An Attitude of Gratitude

(From Greater Good Magazine -

https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)

Do you know that gratitude can actually change your brain and it can help your mental health?

1. Gratitude unshackles us from toxic emotions
2. Gratitude helps even if you don't share it
3. Gratitude's benefits take time
4. Gratitude has lasting effects on the brain

Looking for some free fun over the holidays?



Stony Plain

Be sure to visit:

- Downtown Christmas Tree (51 Avenue and 50 Street), Rotary Park Lights (4815-44 Avenue) Santa on the roof of the Fire Hall (4000-49 Avenue)
- Old Fashioned Christmas at the Multicultural Heritage Centre in Stony Plain. Join us on December 11, 11am-4pm for ornament making, caroling in the Art Gallery, Christmas stories in the Oppertshauser House with hot apple

cider and photos with Santa's elves as they visit from the North Pole.

- **Fireworks:** Join us on New Year's Eve for fireworks at Heritage Park.

Check out 11 Family Friendly Toboggan Hills in Edmonton + Area

<https://justanotheredmontonmommy.com/2016/12/friendly-toboggan-hills-edmonton-vegkids/>





How about free family skating?

(check out free sports equipment for kids at <https://www.sportcentral.org/>)

→ Stony Plain has five outdoor rinks for free skating and casual shinny every day of the week during the winter (weather dependent) – check the outdoor rink schedules here.

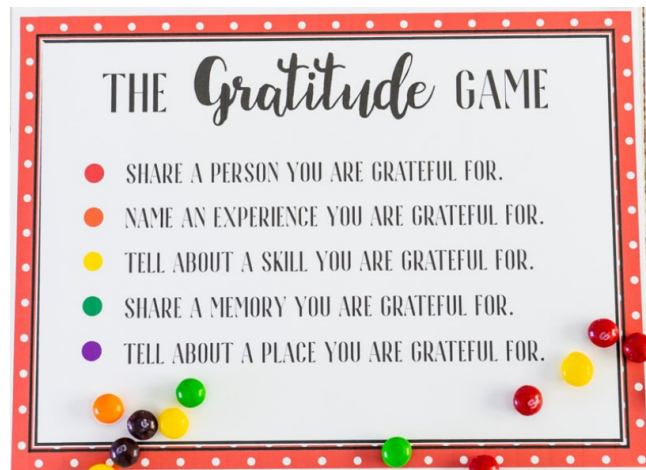
→ Check out outdoor rinks in Spruce Grove

<https://www.sprucegrove.org/community/sports-recreation/ice-surfaces-outdoor/>

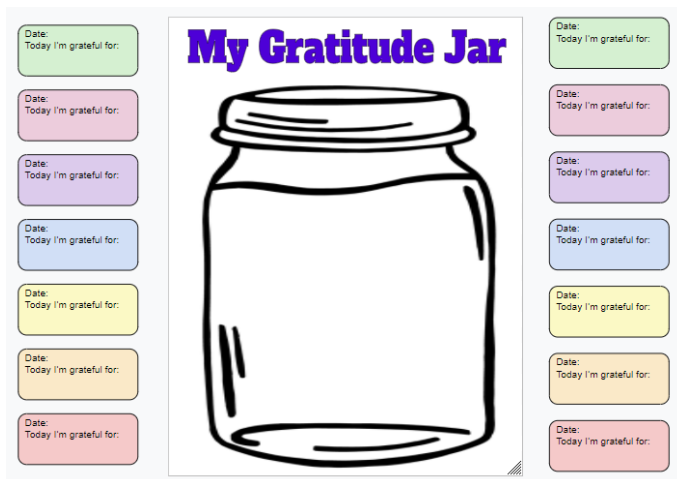
→ If you want to go somewhere different take a look at the best free outdoor skating trails around Edmonton

<https://www.todocanada.ca/15-of-the-best-outdoor-skating-trails-in-and-around-edmonton/>

This Gratitude Skittles game is a fun way to get people talking about what they're grateful for! Whether you're looking for gratitude games for students or gratitude games for a holiday dinner, this works for all ages and all sizes!



<https://www.playpartyplan.com/gratitude-skittles-game/>



A great little video for younger kids about gratitude:

My Attitude Of Gratitude | Kids Book...

Try creating a family or individual gratitude jar - have your kids decorate it and add to it each day.

<https://blog.tcea.org/teach-gratitude/>

Community Education Service Improving emotional health and well being. This is a **FREE** online event

December 13, 2021 - 1:00-3:00

Supporting Children & Youth through Grief & Loss Allison Salazar MA School Counsellor Stephanie Sands BSc. Psychology .

To watch a child grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. The pandemic has added even more reasons, with children grieving the loss of normalcy and a sense of safety. This session is to help adults counter the false idea of "not feeling bad" and to empower children with positive, effective methods of dealing with loss. We will look at guidelines for helping children develop a lifelong, healthy response to loss and how you can support them through these tough times.

Register here:

<https://communityeducationservice.webex.com/communityeducationservice/j.php?RGID=r4d06884db6f8b180272a29303f901888>

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services CES@ahs.ca & RVS, MHCB Stepping Stones to Mental Health <http://community.hmhc.ca/> 403 955 4730 .

Caregiver Education Series



Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Registration

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.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca



SGPL Winter Spring 2022 program line up is now up online!

Programs start third week of January.

Registration opens Tuesday 14 December

<https://sgpl.ca/programs/winter-spring-programs-kids-and-teens>

<https://sgpl.ca/programs/winter-spring-programs-all-ages-and-special-events>

Program Highlights:

Conversational Cree NEW

A one hour program dedicated to Nehiyawewin (Cree language) resurgence and revitalization. We want to share the Cree language with everyone by creating the opportunity for non-Cree speaking people to begin to learn.

This program will start on Wednesday January 19, 2022 and end on Wednesday March 9, 2022 (8 week session).

Youth Class (ages 13-17) from 6:00pm-7:00pm

Adult Class (ages 18+) from

7:00pm-8:00pm

Online via Zoom, registered.

Board Game Night NEW

Enjoy playing some of your favorite board games and tabletop games with family and friends. We will highlight games that are a part of our expansive library collection (*snacks provided*).

You can even borrow the games you like with your library card and play them at home!
Monthly, 1st Friday of the month

February-June

4:00-5:00pm

4 Feb, 4 March, 1 April, 6 May, 3 June

All Ages (10+ recommended)

In-person, registered.

Dungeons & Dragons Club NEW

Join in on the action and adventure as we campaign our way through the world of Dungeons and Dragons. No previous gaming experience required. All levels of expertise are welcome.

Monthly, last Saturday of the month

January-May

2:00pm-3:00pm

29 January, 26 February, 26 March, 30 April, 28 May

13+

In-person, registered.

January 2022						
35 Fifth Avenue Spruce Grove, AB T7X 2C5 780-962-4423 • library@sgpl.ca • www.sgpl.ca SpruceGroveLibrary sg_library SGPL Library SpruceGroveLibrary						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Community Craft (while supplies last)	5	6	7	8
9	10	11	12	13	14	15 Minecraft Mania! 1-3pm** Dungeons & Dragons Workshop 2-3:30pm**
16	17	18 Family Storytime: Tales Through Time & Space 10:30-11am Coffee & Cards 1-3pm Cyber Tales: Storytime for Tots 7pm*	19 Conversational Cree** Youth Class: 6-7pm Adult Class: 7-8pm	20	21 Cyber Tales: Storytime for Big Kids 4pm*	22
23	24	25 Family Storytime: Tales Through Time & Space 10:30-11am Coffee & Cards 1-3pm Cyber Tales: Storytime for Tots 7pm*	26 Conversational Cree** Youth Class: 6-7pm Adult Class: 7-8pm	27 Taste the World Club 7-8pm** Talking Circle 5:30-9:00pm	28 NERF Battle Royale 6:30- 7:30pm*	29 Dungeons & Dragons Club 2-3pm*
30	31			Come & Visit the Tech Bowl New hours in effect		* = Registered/ In-person program ** = Registered/Online program * = Online program



Fall events are wrapping up before the holidays! Winter/Spring events will be ready to register within the near future. Watch our social media or visit our web page for updates. Events will be virtual or limited numbers as they were in the Fall. All programs will have registration, no drop ins at this time.

Read Play Explore Ages 1-6

Thursday, 1:30pm-2:15pm Registration required: Listen to engaging stories, sing action songs, make a craft and take part in fun stretches.

Insightful Innovations Ages 6-12 online Thursday, 4:15pm-5:00pm Registration required Crafts, technology, art, books and more! Bring your creative ideas to the library. Exciting discoveries will be made!

Entertainment Engineers Ages 6-12 online Tuesdays, 4:15pm-5:00pm Registration required Design, play and build your own games using the 3D printer!



In a year filled with challenges, we're grateful for your support. Wishing you happiness & health in 2022. From the Staff @ Stony Plain Library!

Story Time Ages 2-5 Registration required Friday, 10:05-10:35am

10:40-11:10am

11:15-11:45am

To accommodate COVID restrictions we are restructuring our Teddy and Preschool story times into 30 minute time slots. Children/families will enjoy lively action rhymes, songs and a story. Each child will take a craft they can do at home.

Drama Club Ages 6-12 online

Mondays, 4:15pm-5:00pm Registration required Create, act, design your own plays!

Big Little Tale of Two Cities Ages 9-12 online Registration required

Join us for the "best of times" as we hang out and talk books with friends from our sister library, St Thomas

Public Library in Ontario!

Kids Can Cook Ages 6-12 online

Wednesday, 4:00pm-5:00pm Registration required Virtual cooking fun in your own kitchen! Fun and easy after school snack recipes!

Kids without Limits

Saturday, January 22

Saturday, March 26

Saturday, May 28

1:30pm – 3:00pm Registration required A once a month gathering of parents and caregivers with a FREE inclusive program for children and youth.

ACT Social Lab Digital Literacy Outreach

No School Day Events Ages 6-12 online 1:30pm-4:30pm Registration required

Monday, January 31 - **Games Galore!**

Thursday, February 10 - **Super Science Spectacular!**

Tuesday, March 22 and Wednesday, March 23 **Spring Break Camp The Unbelievably Amazing Race!**

Monday, March 28 - **Crack the Codes!**

Thursday, May 19 - **What a Wonderful World**

Parkland County, Stony Plain & Spruce Grove are providing FREE computer literacy training. For information on programs contact Leanne Knapp or visit mysppl.ca cell: (780) 264-1145 email: info.actcompclasses@gmail.com



The Community Compass and Stony Plain Public Library





For more information contact info@ldedmonton.com, call our office at 780-466-1011

Does your child struggle with friendships and social cues?
 Do they have difficulty with organizational skills?
 Trouble paying attention or staying on task?
 Do they have trouble managing their emotions?

Roblox Social Group 7+

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.

Sunday's starting

January 9, 2022

1:00pm – 2:30pm

6 week session

Wednesday's starting

January 12, 2022

4:30pm-6:00pm

6 week session

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
587.588.8633

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

FACT
FAMILY AND COMMUNITY ACTION TEAM

Rotary
Club of Stony Plain

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.

**Stretch your food hamper through our
free - Community Kitchen**

- learn food preparation tips and safety
- select budget friendly healthy options
- prepare 3 family portion meals to take home
- sign up at www.apfa.ca for any of the dates available or call 780-963-0549 to arrange a time convenient for you
- call if you require transportation or childcare assistance
- 5600 50 Street Stony Plain

**Family
CONNECTION
CENTRE**

apfa Alberta Parenting
for the
Future Association

United Way
Alberta Capital Region



Check out the Lighthouse Church **free** clothing store - Garments of Praise and Community Outreach Days on FB.







Healthy Together

- grades 4,5,6
- free
- January 4th, 5th, 6th
- 9:30 - 11:30 am

Take the Lead

- grades 1,2,3
- free
- January 4th, 5th, 6th
- 1:30 - 3:30 pm

Triple P Parenting Teen Group

- January 20 - February 24th
- no group February 17th
- 6 - 8 pm
- Family Connection Centre

To register visit
www.apfa.ca
 For more information call
 780 963-0549.



Alberta Parenting for the Future Association



January 12th ADHD 101

Presenter: Chantal Jackson, Elements Health

What is ADHD? Are there different types? What about challenges and strengths associated with ADHD? Supports? Next steps? There are many myths out there. This workshop will explore these questions and more while busting the myths and streamlining interventions.

Register at:

<https://www.eventbrite.ca/e/adhd-101-registration-222076014337>

January 19th ADHD Strategies

Presenter: Chantal Jackson, Elements Health

This workshop offers an in depth look at useable strategies for home, school and other environments. A closer look at the effects of Executive Functioning skills such as impulse control, organization, planning, time management, self-regulation and focus will be explored as well.

Register at :

<https://www.eventbrite.ca/e/adhd-strategies-registration-222084680257>

January 26th Adult ADHD & Partners of Adults with ADHD

Presenter: Larissa Predy, Little Oaks Psychology

Were you diagnosed with ADHD as an adult? Or have you known your whole life but are just learning more about it now? Or are you a partner to an adult who has ADHD? This session is all about how ADHD presents in adults. We will explore what it means to have Adult ADHD, what it looks like in high achievers, and how our network and community can be a significant ally.

Register at:

<https://www.eventbrite.ca/e/adult-adhd-registration-222142192277>

Does the thought of the holiday have you feeling stressed?

There is support in our community.

- **2-1-1** is here to help you find the right community and social services. It is confidential, multilingual, and available 24 hours a day across many parts of Alberta including Parkland County. Don't feel stuck this holiday season. Call 2-1-1 today to get connected with the resources you need to get ahead.
- Alberta Parenting For The Future
- Parkland Food Bank- apply online
<https://parklandfoodbank.org/need-help/christmas-hamper/>
- Knette Christmas Hampers - apply through the Food Bank



Crayola offers lots of free coloring pages and activity pages for kids to do on a cold day.

<https://www.crayola.com/free-coloring-pages/holidays/christmas-coloring-pages/>

Free Holiday activity sheets - wordsearches, crossword puzzles and coloring pages.

<https://www.education.com/worksheets/christmas/>



[Register Here](#)

a free, province-wide online peer-to-peer mental health community that may be of interest to you

- FREE to ALL Albertans aged 16+ through a partnership with the Alberta Government and Alberta Health Services.
- A safe, online, 24/7 peer community where members remain anonymous to each other and can share their lived experiences with common mental health concerns.
- Registered mental health practitioners moderate and monitor the community to

ensure individuals are safe and feel supported. Moderators help signpost resources and escalate those at risk, but they do not provide 1:1 counselling or therapy.

- Access to self-assessments, resources and self-guided courses to help foster wellbeing.

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 Prabh 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/AFTER HOURS CRISIS TEAM: 780-407-1000

AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895

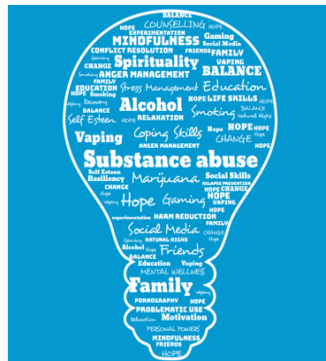
Parenting support (APFA) - Triple P Parenting 780-963-0549

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)



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

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 Health780-424-2424
Westview Health Centre780-968-3600
Child Intervention Services780-422-2001
Kids Cottage Crisis Childcare ...780-944-2888
Parkland RCMP825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm780-960-9669
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, 4613 - 52 Avenue, Stony Plain, AB
780-963-8583

