

Dear parents and caregivers,

Welcome to our newsletter for this month. We have several time sensitive sessions to share with you, so please take a look and register soon if you are interested. We also have an interesting article written by Joel Pukalo about connection and communication with our children. What better way to start off a new year hopefully than with some insights and strategies for having a deeper and more meaningful relationship with our kids?

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



### Building Connection with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars  
Low cost counselling for children and adults

#### Building Connection in Relationship

Our vision for our children is who they will become tomorrow. Building intentional relationships with our children helps us take small steps towards accomplishing our vision for a healthy family. We need to have faith in who our children will become for tomorrow. We also need to

communicate a strong belief in who our children are today. Everyone needs someone to believe in them. Individuals who struggle the most in life are typically those who lack belief in themselves. Most of us believe in ourselves because someone first believed in us. Regardless of our shortcomings as parents, I believe the number one factor that makes successful parents is communicating this belief in our children.

Learning how to be a positive and uplifting coach is a practical way to build a strong relationship with our children. The best coaches look for the good and consistently communicate an unwavering belief in their players regardless of circumstances or performance. The same is true of parenting. Regardless of the circumstances, our number one responsibility is to communicate an unwavering belief in our children. Especially when our children fail or make irresponsible decisions, we need to be intentional about communicating the lense in which we see our children despite their failures.

As parents, we make mistakes and our children will make mistakes too. But if we can do this one thing well - communicating unwavering belief in our children in both words and actions – it will make all the difference in the world. If we can keep believing in our children when they make poor decisions or are going through difficult seasons, we can get through anything together. The most effective parents are those who communicate the strongest belief in their children. The most effective families are ones who stay connected in relationship while having healthy boundaries when individuals are not willing to make healthy choices. Practically this looks like consistently enforcing rules while at the same time giving grace to family members when they make mistakes.

As parents we need to be mindful of our own expectations or the expectations of others so that we are not silently governed by them when they are more harmful than good. When we have rigid expectations for ourselves or our children it prevents a growth mindset perspective. It's imperative that we give ourselves permission to make mistakes, so we can model these principles to our children. Kids learn more from what we do than what we say. If we have high expectations of ourselves as parents, we are likely to put equally high expectations on our children. If we are unable to give ourselves grace when we make mistakes, our children are likely to learn how to be equally hard on themselves when they make mistakes too. Connection-based parents recognize that giving ourselves grace and learning to fail forward is imperative for our own growth and the growth of our children. Children need modeling on how to make mistakes and grow from them. As parents, we need to give ourselves permission to fail and make mistakes so we can grow and learn. Giving ourselves grace is a learning journey. There are some areas that we do well and other areas that we can be extremely hard on ourselves.

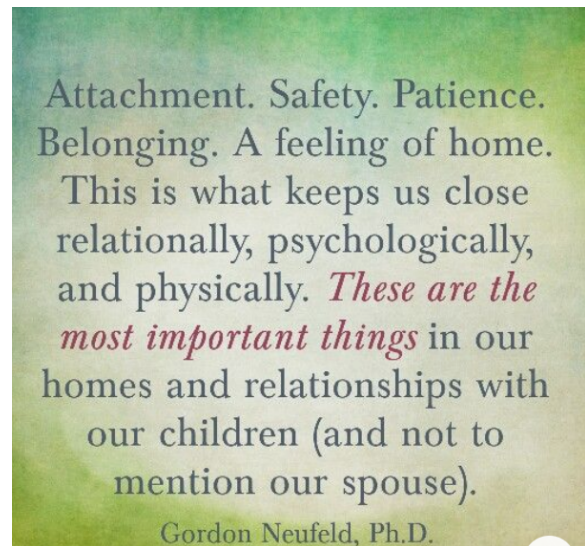
We often need someone to believe in us before we can believe in ourselves. If you are having trouble believing in yourself as a parent, you need to find a cheer team who can encourage you and build you up. A cheer team consists of people who will help you look at the big picture and find small practical ways to help move you towards your goals. The reality is, sometimes children or teens make poor choices and refuse to be responsible for their lives. In these moments, we need to focus on what we can control and let go of what we can't control. A cheer team can help refocus us and remind us of these things.

Tools and strategies are also helpful, but the foundation of parenting is built on what I believe and how I communicate my belief in my child. If you feel overwhelmed as a parent, I want to encourage you that less is more. Dial down your expectations and simply focus on this most important principle – daily communicating belief in

your children. As you communicate unwavering belief in your children, it will change the nature of parent-child interactions. Instead of playing on opposite teams, your children will feel like you are playing on their team and wanting to work towards common goals. Focusing on the good will slowly and progressively change the atmosphere of your home and improve the synergy of all family members.

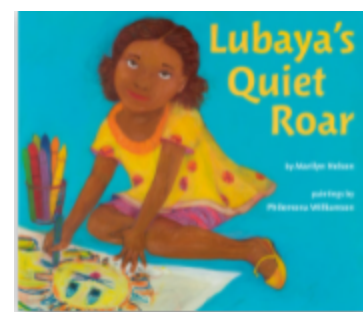
Wherever you are at as a family, there is hope for you as a parent and hope for your children too. Change happens one day at a time as we choose to show up and be present with ourselves and our families. Here are some practical tools to consider focusing on for your family in 2022:

- Minimize the negative and praise the positive of what your children are doing well.
- Find small practical ways to put your child in the driver's seat to help them grow their circle of decision-making.
- Grow your sense of family cohesion by working with your children to develop a shared vision for your family by identifying several growth areas for each family member. Throughout this process provide your children with tools and strategies to help them grow in emotional and social awareness.
- Teach your children how to communicate *how* they are feeling while being responsible for managing what to do with their feelings.
- Teach coping strategies for managing reaction size and navigating sibling conflict.
- Openly talk about expectations of each person in the family and routinely review/make adjustments as everyone grows & learns together.



**“Everything that is done in the world is done by hope.” Dr. Martin Luther King Jr.**

**Great books about hope for your kids. <https://www.readbrightly.com/books-on-hope-ages-6-8/#>**



**“Hope is not a matter of waiting for things outside of us to get better. It is about getting better inside about what is going on outside.” ~ Joan Chittister**

**Coming soon!**



Alberta Parenting  
for the  
Future Association

**January 26th Adult ADHD & Partners of Adults with ADHD**

Presenter: Larissa Predy, Little Oaks Psychology

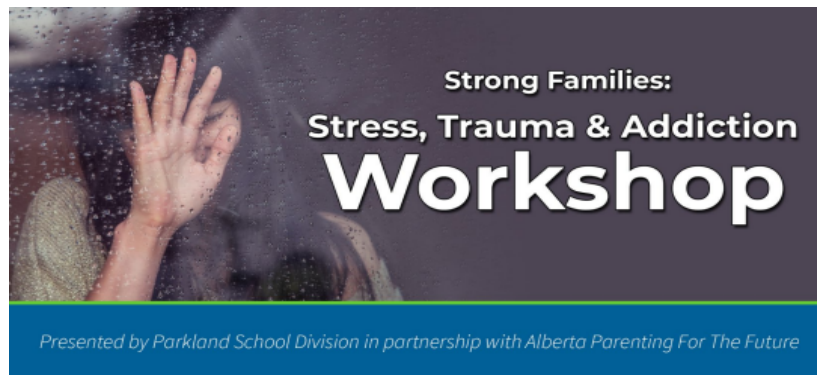
Were you diagnosed with ADHD as an adult? Or have you known your whole life but

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>



Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, Professional Counselor Jenn Banas will walk participants through the nature of trauma, and how it can manifest in the brain, and subsequently, our behaviours. Discover how unprocessed trauma, including attachment trauma, can predispose children to addictive behaviours, and why understanding attachment can give context for addictive behaviours. Finally, learn how to spot the signs of addiction, and what tools are available for support.

Date: **Tuesday, February 15, 2022**

Time: **6:30-8pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Jenn Banas, Professional Counselor & Certified Clinical Trauma Professional ([Parkland Wellness Center](#))**

We all dream of being a happy, healthy family, and we hope to raise our children to be happy and healthy, too! What happens though, when life isn't so happy and healthy, and trauma and addiction show up in the story? Learn more about the nature of trauma, how it plays a role in addiction, and how attachment and connection are the greatest healers. This session should provide you with tools, insight and hope for the future of your family.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/stress-trauma-addiction-workshop-registration-224851746627>.

**For more information, please contact:**

Vicky Mamczasz

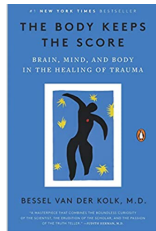
Family Supports Facilitator

Email: [vicky.mamczasz@psd.ca](mailto:vicky.mamczasz@psd.ca)



**Scan Here to Register**

Would you like to learn more?

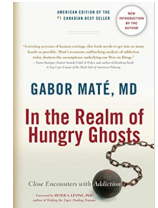


**1. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (2015) by Dr. Bessel van der Kolk**

In this book, Dr. van der Kolk takes an in-depth look at trauma, its impact on the brain and body, our maladaptive coping mechanisms—like substance use—and how to recover.

**2. In the Realm of Hungry Ghosts (2010) by Dr. Gabor Mate and Peter A. Levine**

Having worked for decades as a medical doctor directly with people with acute substance use disorder, Dr. Mate takes a humanistic approach to the treatment of addiction. He passionately communicates through a humanistic lens that we are not people who make poor choices, but that addiction is a result of complex trauma and the interplay between our histories, emotional and neurological development, brain chemistry, and the impact of drugs. Dr. Mate promotes compassion and humanness in our approach to trauma healing rather than criminal justice and contemporary medical health.



## Partner Offerings:

Here in Parkland we have an incredible number of community partners who are always creating new opportunities for families. Thank you Partners!

Please see below:

### Teen Social Group (APFA)

This program is with Dochas psychological services and is funded through the Alberta government community funding Application. It is for 14 – 17 years old to gather in a social setting and build connections. Present will be a social worker and a provisional psychologist and a psychology practicum student. Through fun activities teens will build social skills and have access to mental health supports.

Register at:

<https://www.eventbrite.ca/e/teen-social-club-registration-204566101717?aff=ebdsoporgprofile>

## WISE-MIND WEDNESDAYS FOR YOUTH

WEDNESDAYS FROM 4:30 - 5:30PM  
STARTING FEBRUARY 2, 2022

Stony Plain Community & Social Development and Spruce Grove FCSS have partnered again to offer IN-PERSON programs for youth on Wednesdays, starting on February 2, 2022, from 4:30 - 5:30pm. The programs are free, but registration is required. Once registered, youth will be able to access any or all of the Wise-Mind Wednesday programs.

**Stony Plain Location:** Stony Plain Youth Center  
**Spruce Grove Location:** Spruce Grove Public Library

To register and for more information visit  
[www.sprucegrove.org/youth](http://www.sprucegrove.org/youth) or call 780-962-7618

Check out the Stony Plain Youth Centre on Instagram







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!

**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

**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

**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](http://mysppl.ca) cell:

(780) 264-1145

email: [info.actcompclasses@gmail.com](mailto:info.actcompclasses@gmail.com)



The Community Compass and Stony Plain Public Library

### Family Storytime: Tales Through Time & Space **Ages 2-6**

Travel out of this world and experience new places with interactive songs and stories that develop school readiness.

### Cyber Tales: LIVE on Facebook **Ages 2-6 and All Ages**

Tune in for LIVE storytimes on our Facebook page. Join Sarah, our Children and Youth Services Librarian for read-alouds.

Stories for Tots on Tuesdays, and alternate Fridays for Big Kids (of ALL Ages).  
(videos available for up to 4 weeks after the live event to watch at your leisure)

### Tech Bowl **All Ages**

Splash into our Tech Bowl this season! Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

### Dial-a-Story **All Ages**

Listen to a free pre-recorded story right from your phone, 24/7 whenever you want it. No internet access required. New content every 2 weeks.  
**Call 587-853-4554**  
*You can press # at any time during a story to return to the main menu*

### NERF Battle Royale **Ages 8+**

Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...  
Monthly last Friday of the month.

### Dungeons & Dragon Club **Ages 13+**

Calling all adventurers! Come to the library and join a quest as we play our way through the world of Dungeons & Dragons.  
Monthly last Saturday of the month.

### Dungeons & Dragons Workshop **Ages 13+**

For aspiring DM's new to D&D and wanting to learn the first steps of being a Dungeon Master. Learn the basics and get some essential tips to begin your next campaign. Saturday 15 January 2-3:30pm.  
*This program is facilitated by Sylvia "DM Dougie" Douglas of Rolling Tales*

### Virtual Reading Clubs **All Ages**

Are you a reading enthusiast? SGPL invites you to be part of our virtual reading community where you can connect with other readers online. We have a club for every age group! Don't have internet access or a device? We have free WiFi and computer access. Visit us today!

### Little Free Libraries **All Ages**

Little Free Libraries are popping up throughout the city! These "take it or leave it" collections are simple to use: take a book, read it, and repeat! You can then return it to any of the Little Free Libraries, at any one of the Tri-region's libraries, or pass it along to a friend.

### Coffee & Cards **Ages 65+**

Enjoy a game of cribbage and a warm beverage at the library. All levels of expertise are welcome. Warm beverages, cards and cribbage board will be provided.

### Conversational Cree **Ages 13+ and 18+**

This one hour program is 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. Youth and Adult classes online via Zoom.

Program **age recommendations** are simply a guideline for content.

SGPL welcomes all community members to participate in our events, regardless of age or ability!

**Reminder:** Children ages 11 and younger must be accompanied by a parent or caregiver in the library.

### Minecraft Mania! **Ages 7-12**

Come join us for a Minecraft extravaganza! We'll have new building challenges and ideas to stretch your creativity. Work solo or in a group and make new friends. This program is offered online. Monthly 3rd Saturday of the month.

### Community Craft **All Ages**

New month new craft. Come and pick up your January Take & Make kit\* at the library front desk (or with your curbside pickup). Make a beautiful yarn ball light craft to celebrate the Chinese New Year.  
*\*While supplies last*

### Talking Circles **All Ages**

Join our Talking Circle as we share various gifts, wisdom, stories and teachings from our local Indigenous community and neighbours. Participants can expect to establish a sense of community in a safe, sacred space while gaining a mutual understanding of one another regardless of their various backgrounds. Refreshments will be provided. This program is presented in partnership with the Spruce Grove FCSS.

### Taste the World Club **Ages 18+**

New month new spice. Cook with the spice and join us on Zoom to discuss what we made. Share tips, recipes and opinions.  
*Pick up your spice kit\* at the library front desk (or with your curbside pickup). Supplies limited*

### Behind the Stacks Podcast **Ages 18+**

Listen to our podcast and learn about the library world, books, our community and so much more.

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



# 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					* = Registered/ In-person program ** = Registered/Online program * = Online program



**LD Edmonton**

Learning Disabilities Association of Alberta - Edmonton Chapter

**Check out LD Edmonton for Social Skills Groups and for virtual monthly parent information sessions.** (second and fourth Wednesday of the month)

**For more information contact [info@ldedmonton.com](mailto: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?



## GSA Youth Gender Sexuality Awareness 2<sup>nd</sup> & 4<sup>th</sup> Friday

2SLGBTQ+  
youth & allies  
are welcome!  
Ages 12 – 24

Dates, times, or location  
are subject to change!  
Check our Website  
and Social Media!

November 12<sup>th</sup> & 26<sup>th</sup>      December 10<sup>th</sup>

2022 Calendar begins

January 14 <sup>th</sup> & 28 <sup>th</sup>	February 11 <sup>th</sup> & 25 <sup>th</sup>
March 11 <sup>th</sup> & 25 <sup>th</sup>	April 8 <sup>th</sup> & 22 <sup>nd</sup>
May 13 <sup>th</sup> & 27 <sup>th</sup>	June 10 <sup>th</sup> & 24 <sup>th</sup>
July 8 <sup>th</sup> & 22 <sup>nd</sup>	August 12 <sup>th</sup> & 26 <sup>th</sup>

*You Be You!*

7:00pm – 9:00pm

Pre-register for GSA by email or text!

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory.  
Traditional lands of Cree, Michif Piyii (Métis), ᓂᓐᓂᓐ ᓂᓐᓂᓐ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan),  
Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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



## SAFE Support & Advocacy for Everyone Gender Sexuality Awareness

*You Be You!*

1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
every month  
7 pm – 8 pm

November 3<sup>rd</sup> & 17<sup>th</sup>      December 1<sup>st</sup> & 15<sup>th</sup>

2022 Calendar begins

January 19 <sup>th</sup>	February 2 <sup>nd</sup> & 16 <sup>th</sup>
March 2 <sup>nd</sup> & 16 <sup>th</sup>	April 6 <sup>th</sup> & 20 <sup>th</sup>
May 4 <sup>th</sup> & 18 <sup>th</sup>	June 1 <sup>st</sup> & 15 <sup>th</sup>
July 6 <sup>th</sup> & 20 <sup>th</sup>	August 3 <sup>rd</sup> & 17 <sup>th</sup>

2SLGBTQ+  
adults & allies  
are welcome!  
Adults 18+

7:00pm – 8:00pm

Pre-register for meeting by email

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory.  
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Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesasociety.org    facebook.com/sprucegrovesa/    Instagram @sprucegrovesa  
sprucegrovesa@gmail.com    #130 – 5 Spruce Village Way - The Play Café



For the safety of our communities and to ease the strain  
on our healthcare system the following rules have been  
implemented as we share our space with other groups:

*You Be You!*

**Spruce Grove GSA**  
Gender Sexuality Awareness  
ages 12-24

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

**SAFE**  
Support & Advocacy  
for Everyone  
ages 18+

Please ensure you are healthy  
before attending our events and meetings.

No coughing, sneezing, runny nose, sore throat, fever.

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory.  
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Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesasociety.org    facebook.com/sprucegrovesa/    Instagram @sprucegrovesa    sprucegrovesa@gmail.com



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

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

**Family In Crisis?**

**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

**ACT**  
Crisis Support

**Rotary**  
Club of Stony Plain

**We Can Help!**

**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](http://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

**Lighthouse church**  
Outreaches

**Garments of Praise**

**Food for the Soul**  
In Partnership with  
New Life  
IMMANUEL  
Pack A Care Kit

**Lighthouse church Training Center**

**Garments of Praise**

**Food for the Soul**  
Feeding both Body & Soul

Check out the Lighthouse Church Community Outreach Days on FB.

**Garments of Praise is temporarily closed due to a burst water pipe. Food for the Soul is still operating.**

## Reach out for support



When it comes to **mental health**, now more than ever, every action counts.

Visit [letstalk.bell.ca](https://letstalk.bell.ca) to learn more.



**New year, new stress?** There can be a lot of pressure surrounding the start of a new year. However, setting achievable goals can be a valuable step towards positive mental health. @togetherall have shared their tips for setting achievable goals for the year ahead. Togetherall is an anonymous online community to support your mental health, join today for FREE at <https://bit.ly/3IPTBBm> using your Postal Code.

### [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.



**One in 5 Canadians experience a mental illness or addiction problem - and nearly half of Canadians reported that their mental health worsened during the pandemic.**

Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

**Download the APP from the Apple APP Store or Download the APP from Google Play**

**Need mental health or substance use support?**  
Help is just a call or click away.

**Call:** 1-866-585-0445

**Visit:** [wellnesstogether.ca](https://wellnesstogether.ca)

**Text:** Adults text **WELLNESS** to 741 741  
Youth text **WELLNESS** to 686 868  
Front line workers text **FRONTLINE** to 741 741

**App Stores:** PocketWell

**WELLNESS TOGETHER Canada**  
Mental Health and Substance Use Support

**Indigenous Peoples – Hope for Wellness Help Line:**  
1-855-242-3310  
[hopeforwellness.ca](https://hopeforwellness.ca)

**Suicide Prevention Service:** 1-833-456-4566

**Quebec:** 1-866-277-3553 (1 866-APPELLE)

If you are in immediate danger, call 911 or your local emergency line.

[CANADA.CA/HEALTH](https://CANADA.CA/HEALTH)

**Canada**

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## ***Something For Everyone!***

**Look below to see the incredible number of sessions that are being offered over the next couple of months. These opportunities are certainly something positive that has come from the pandemic. We hope you find something that sparks your interest and feeds your curiosity. All sessions are free and online.**

### **Family 2 Family**

Join **Glenrose clinicians** for an **online presentation, tips and resources** on topics that affect quality of life for children and families. Bring your questions and real-life scenarios! Parents and family caregivers only please.

#### **Advocating with a Positive Perspective**

January 19, 6:30 – 8:00 pm

#### **Building Emotional Regulation Skills by Strengthening the Parent-Child Connection**

February 15, 6:30 – 8:00 pm

#### **Positive Parenting – Support and Strategies Behavior, Self-Esteem and Learning**

March 15, 6:00 – 7:30 pm

#### **Anxiety – Helpful or Problematic**

April 20, 6:30 – 8:00 pm

#### **Sensory Regulation Strategies and Children with Varying Needs** May 17, 6:30 – 7:45 pm

**For registration or to receive upcoming Family 2 Family calendars . Please call Charlene Prochnau at 780-735-7999 ext 15578 or email at [PFRC@ahs.ca](mailto:PFRC@ahs.ca)**

### **Caregiver Education Sessions [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)**

#### **Understanding Autism**

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Monday, January 24, 2022** Time: 6:00 – 7:30 pm

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

#### **Parenting Teens in the 21<sup>st</sup> Century Respectful Limit Setting with Adolescents**

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

**Date: Monday, January 31, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.  
go to:

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

### **Mental Health**

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

#### **Part 1 – Thursday, January 20, 2022**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

#### **Part 2 – Thursday, January 27, 2022**

Time: 12:00 – 1:00 pm

Note: For caregivers of children 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](http://www.cyfcaregivereducation.ca)

### **Understanding Self-Injury**

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self injury will be discussed.

#### **Date: Tuesday, January 25, 2022**

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth in grades 7-12; for adults only.

### **Part 2: Giving Time and Attention to Our Big Needs**

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

#### **Date: Wednesday, January 26, 2022**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

### **Registration**

Sessions are offered online through the Zoom

### **Part 3: Motivating Your Child Through Praise and Rewards**

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

#### **Date: Thursday, January 27, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children in grades K-6; for adults only

### **Registration**

Sessions are offered online through the Zoom conferencing application.

. REGISTER FOR SESSIONS AT [www.cyfcaregivereducation](http://www.cyfcaregivereducation)



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## **Community Education Series**

### **January 24 Learn how Money Mentors can be a helpful resource towards creating a healthier financial future 6:30 PM - 8:00 PM**

Introduction to our free services and programs such as credit counselling and our financial literacy school programs.

- Learn how to create a family budget with tips to stick to your budget.
- Learn what is credit and some ways to rebuild credit.
- Free online resources to help you introduce kids to the concept of money.

**January 25 Helping Young People Thrive in a Stressed-out World 6:30 PM - 8:30 PM** Will discuss tools & stress management strategies to help older children learn to recognize and manage their stress and emotions. Will also speak to how to help older children learn how to cope with stress, better express their feelings & emotions, promote social-emotional development & self-regulation.

Will focus on children 7-12 years old.

### **January 27 Promoting and Enhancing Positive Social Skills to Reduce Violence and Aggression 6:00 PM - 8:00 PM**

Will discuss:

- Youth and aggression
- Promoting conflict resolution skills
- Creating boundaries and expectations
- Promoting pro-social and positive behavior
- Resource sharing & supports

### **February 3 Supporting Children and Youth through Grief & Loss (Post Pandemic) 6:30 PM - 8:00 PM**

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.

EB2022

**February 7 Domestic Violence - 10:00 AM - Noon** Domestic violence occurs in numerous forms and can affect individuals of any gender, sexuality, race, socio-economic status, religion, etc. Through a culturally sensitive lens, this Level 1 presentation will provide an overview of domestic violence including the various forms of abuse, the impacts of abuse on children, youth, and adults, barriers in leaving, and resources in receiving help. An examination of how the added stressors of the current Covid-19 global pandemic are directly correlated with the rise of domestic violence cases will also be discussed. The work that C.I.W.A as an organization does in regards to providing supports to victims of domestic violence will also be discussed in terms of services, programing, and workshops.FEB2022

### **February 7 On the edge of our seats: when excitement tips into anxiety 6:30 PM - 8:00 PM**

Learn about classroom anxiety and strategies to address stress and improve performance.

This session covers what anxiety can look like in a school setting, and how it affects a child's academic performance.

Participants are offered practical tools and strategies to support children in managing their anxiety at school.

Tailored for grades 3-9.

**February 8 Part One: The Process of Addiction 10:00 AM - Noon** Defining addiction, the substance use continuum, relationship between addiction and mental health, the impact of COVID19 and stigma.

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**February 9 Brain Science: Sciences of Hope and Resilience 10:00 AM - Noon** This session exists to support caregivers with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact children and youth development. The interactive session will provide insight into brain structure and the stress response. In addition, we will explore adverse childhood experiences and Covid-19 as they relate to brain development, while providing information and strategies to build resilience.

**February 10 Cyber Safety 6:30 PM - 8:30 PM** Learn about the potential dangers youth face when online or using smart devices. Also learn how to better protect yourself when connecting to public networks or sharing personal information on the internet.

**February 10 Calgary Youth Justice Society/Calgary Youth Justice Committees Public Information Session 11:00 AM - 12:30 PM** Do you have knowledge of the Youth Criminal Justice Act or Youth Justice Committees? Join this short and informative session to learn how you as a community member or as an agency can help provide support for not only your community but the youth in it, and how you can offer different resources for young people and the Youth Justice Committee program. You will walk away from this opportunity feeling confident in participating and talking to your own clients or community members about Youth Justice Committees.

**February 10 Thriving and Autism: Tips Tricks and Strategies for Success 6:30 PM - 8:30 PM**

In this workshop, Dr. Brown will present findings from research conducted primarily by autistic researchers themselves, in which they examined the constructs of wellbeing and quality of life for autistic individuals. By drawing on the lessons from the neurodiversity movement and personal experience, she will also present tips, tools, and strategies for learning to Thrive. The importance of (a) presumed competence and autonomy; (b) sparks, flow, and special interests; and (c) positive identity, belonging, and connection will specifically be considered.

**February 15 Providing resolutions for toxic shame in children and youth 6:30 PM - 8:00 PM**

This session will cover how shame shows up in mental health disorders facing children and youth and provide tips for resolving the shame that results in unhealthy coping efforts.

**February 16 Managing Anxiety in Youth within the COVID-19 World 6:00 PM - 8:00 PM** This session will outline the differences among worry, stress, and anxiety, and how the COVID-19 pandemic may affect mental health and wellness in teens. The session will also cover clinical presentations of anxiety and provide parents with insight as to what is 'normal' and when to seek help from a mental health professional.

**Register: CES@ahs.ca <http://community.hmhc.ca/>**

## Reach out for support in our community....

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Michelle Enright - 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)



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 (24hrs open) 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 ..... 780-960-9669  
Pay Forward Kindness (donorless supports)  
..... 587-286-4663

#### I DON'T EVEN KNOW WHERE TO START?

**211** 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, 5128day)  
..... 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 Sheldon Cres, Spruce Grove... 780-962-4565  
Auggies Café (Tuesday Free Lunch)  
131 Church Rd, Spruce Grove ..... 780-962-5131

Spruce Grove FCSS  
#1105 - 505 Queen Street, Spruce Grove, AB  
780-962-7618

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

