

Dear parents and caregivers,

Being the parent of a teen is hard, hard work! This newsletter explores all things 'teen'. Don't expect yourself to be a 'perfect parent' to your teen all the time, but please know there are resources in your community that can help you through this stage.

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



The Teenage Brain with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars
Low cost counselling for children and adults

There are many challenges to becoming a teenager. Teens often want increased responsibilities and privileges but their decision-making capacity is still developing. Specifically, it is their executive functioning skills that are still developing, which provide some challenges with activities such as planning, organizing, strategizing, paying attention to

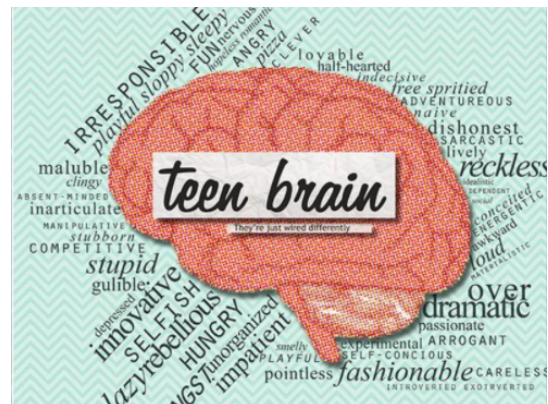
and remembering details and managing time and space. Helping teens improve their executive functioning skills may help them in the following ways:

- To make specific plans
- Keep track of time and finish work on time
- Keep track of more than one thing at once
- Meaningfully include past knowledge in discussions
- Evaluate ideas and reflect on their work
- Ask for help or seek more information when they need it
- Engage in group dynamics
- Wait to speak until they are called on
- Make mid-course corrections while thinking, reading and writing

Teens are more likely to make poor choices if not provided sufficient structure and modeling to develop executive functioning skills. Some common signs that may indicate your teen might require further scaffolding in executive functioning may include some of the following symptoms:

- Impulsive behaviors such as the inability to stop and think before acting
- Difficulty with emotional control and becoming easily stressed
- Difficulty with planning and outlining steps to reach a goal
- Difficulty making decisions about what to focus on first
- Difficulty sustaining attention and getting easily distracted

Harvard University Center on the Developing Child provides some practical suggestions for helping teens make positive choices by focusing on the development of their executive functioning skills in daily goal setting, self-monitoring skills, study skills, and everyday activities.



Everyday Activities

There are a variety of everyday activities that teens can work on to develop their emotional regulation skills. Teens can benefit from gradually increasing the challenge and focus on continual improvement. Activities suggested by Harvard University Center on the Developing Child include:

- Involvement in sports as they help teens self-monitor, make quick decisions, and respond flexibly to play. Ongoing, challenging aerobic activity can also improve executive function.
- Yoga and meditation promote mindfulness, and may help teens develop sustained attention, reduce stress, and promote less reactive, more reflective decision-making and behavior.
- Music can help facilitate working memory, selective attention, cognitive flexibility, and response inhibition.
- Theater helps individuals develop plans, sustain attention, and improve working memory.
- Strategy games and logic puzzles help support working memory, planning, and attention.
- Computer games can also be valuable, as long as time limits are established and observed to promote selective attention, monitoring, and response inhibition.

Study Skills

Teens are expected to become progressively independent and organized in their academic work at school. Academic tasks provide a practical way to develop executive functioning skills in the following ways:

- Breaking a project down into manageable pieces
- Identifying timelines for completing academic assignments and breaking tasks into smaller steps
- Using timers to self-monitor to help students sustain attention and manage their time effectively
- Minimizing multitasking by reducing distractions (e.g., turn off electronics, find a quiet room)
- Use a calendar to keep track of timelines and deadlines

Developing executive functioning skills is an ongoing process. Harvard University Center on the Developing Child recommends parents consider integrating the following principles in everyday life to help children and teens develop executive functioning skills. Here they are below:

- Identifying goals, planning, monitoring progress, and adjusting behavior are important skills to practice.
- Focus on the planning process by encouraging teens to identify something specific that they want to accomplish. Most importantly are the goals that are meaningful to the teen and not established by others. For example, for some teens, planning the college application process may be self-motivating, but for others, planning a social event may be more important. The goal is to start with something fairly simple and achievable, such as getting a driver's license or saving money to buy a computer, before moving on to longer-term goals like buying a car or applying to colleges.
- Help teens develop plans for steps to reach these goals. They should identify short- and long-term goals and think about what has to be done to achieve them. For example: If teens want their team to win the sports championship, what skills do they need to learn? How might they practice them? Identify some problems that might arise, and encourage the teen to plan ahead for them with goal setting.
- Taking on large social issues, such as homelessness, domestic violence, or bullying can be both appealing and overwhelming to teens. Each goal of developing executive functioning should be tailored to your teens interests or passions. DoSomething.org and VolunteerMatch.org can help identify concrete actions if there is interest in this area.
- Remind adolescents to periodically monitor their behavior and consider whether they are doing the things they planned and whether these plans are achieving the goals they identified. "Is this part of the plan? If not, why am I doing it? Has something changed?" Monitoring in this way can identify counter-productive habitual and impulsive actions and maintain focused attention and conscious control.

Source: Harvard University Center on the Developing Child – Accessed from <https://46y5eh11fhqw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Activities-for-Adolescents.pdf>



Strong Families: What Were They Thinking? The Teen Brain

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, Parkland School Division's own Meghan Cox will teach parents about the changes their children's brains go through when they reach puberty, and how brain development may account for some teens' irrational behaviour. Parents will also learn how to help their teens through this turbulent time and emerge with the skills they need to take on adulthood.

Date: **Tuesday, March 15, 2022**

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

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

Presenter: **Meghan Cox, Parkland School Division High School Counsellor**

When it comes to your teen's antics, ever wonder what were they thinking? We often feel that teens "should know better". This informative session will give insight into how the teenage brain develops, and what we now know about brain development in general. We will also discuss ways to help your teen through these trying times, working together to build the skills they'll need to last a lifetime.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/what-were-they-thinking-the-teen-brain-registration-272229193847>

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

The Teenage Brain



<https://mentalhealthliteracy.org/the-teen-brain/>

<https://youtu.be/EGdIpaWi3rc>

TEENING YOUR PARENT/PARENTING YOUR TEEN



TEENING YOUR
PARENT



PARENTING YOUR
TEEN

<https://mentalhealthliteracy.org/parents/>

<https://raisingchildren.net.au/pre-teens/development/understanding-your-pre-teen/brain-development-teens#building-a-healthy-teenage-brain-nav-title>

Parenting Your Teen

<https://parentandteen.com/>

The Teen Brain - Still Under Construction

http://www.ncdsv.org/images/NIMH_TeenBrainStillUnderConstruction_2011.pdf



Out of the house Out of your hair!!

The Tri-Municipal Region Spring Info Night is a great opportunity for local businesses and organizations to share information on their sports/recreation/wellness organizations, advertise programs, accept registrations, and promote spring/summer leisure and wellness activities available within Spruce Grove, Stony Plain and Parkland County.

This event will take place in Stony Plain at Heritage Park.

Learn more and/or register for a table at trileisure.com/events



Funding is available!! Your family may be eligible!

KidSport Parkland <https://kidsportcanada.ca/alberta/parkland/>

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Parkland, or in one of the other communities we serve.

Wisdom from a grandma – what I have learned

-my teens didn't sleep well when I yelled at them before they went to bed. A hug worked better.

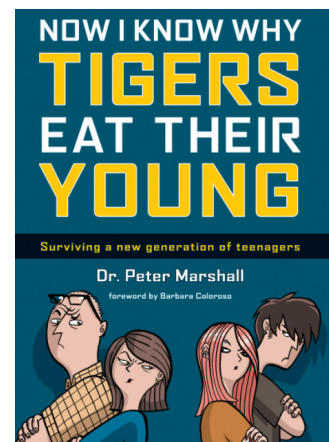
-if I yelled at my teens in the morning, they didn't have a good day at school.

-over time I realized that my tone became their tone. If I was critical, they were critical of themselves.

- I learned that speaking lovingly, kindly and hopefully helped me to be the best parent I could be and helped my teens do well.

-My final word of wisdom is just to listen, listen and listen.

This wisdom is gained over time, I also realized there is no perfect parent, I just do the best I can every day.

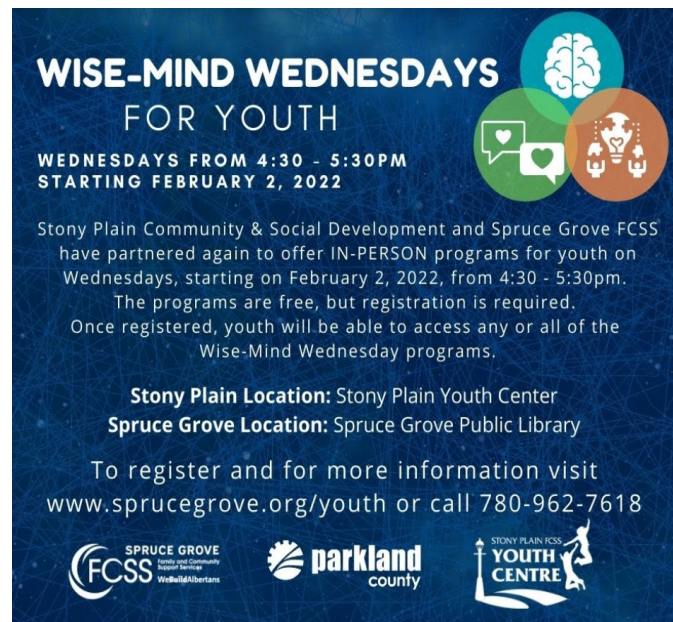


Grandparents As Parents (GAP) group

Are you a grandparent raising your grandchildren? Check out the grandparents group!

Kathy (Facilitator)
Stony Plain Senior's Center
Friday Morning 945am-12pm
Following REP program
780-963-3897

Check out the Stony Plain Youth Centre on Instagram



Winter/Spring events are virtual or limited numbers until mandates change. All programs are registration only, no drop ins at this time. Please register for any of the programs at mysppl.ca

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
Thursdays, January 14 to February 24
10:15-10:45am
10:50-11:20am
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, March 26

Saturday, May 28

1:30pm – 3:00pm Registration required

No School Day Events

Ages 6-12 online 1:30pm-4:30pm Registration required

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

ACT Social Lab Digital Literacy Outreach

Parkland County, Stony Plain & Spruce Grove are providing FREE computer literacy training.

For information on programs visit mysppl.ca or contact Leanne Knapp cell: (780) 264-1145

email: info.actcompclasses@gmail.com



The Community Compass and Stony Plain Public Library



Program Highlights:

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 March, 1 April, 6 May, 3 June
All Ages (10+ recommended) In-person, registered.

Dungeons & Dragons Club

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

26 February, 26 March, 30 April, 28 May
13+ In-person, registered.

Virtual Art Program: Art Collection Adventure NEW

The AGA has over 6,000 objects in their collection. Students get a behind-the-scene look at how they store ALL of that art while uncovering a few gems hidden in the vaults.

These 30-min artful conversations are facilitated by Art Gallery of Alberta online through Google Meet.

Thursday 24 March @ 9:30-10:00am

School age kids, Homeschoolers and All Ages

Recommended for Grades K-3

Online, registered

The Tech Bowl is back!

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.

Tuesdays 12-8pm

All Ages

Wednesdays 3-6pm

children under 12 must have caregiver on premises

Thursdays 3-6pm

In-person

Fridays 12-6pm



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, 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	Girl Power	Wednesday's starting
February 27, 2022	Tuesday's starting	February 23, 2022
1:00pm – 2:30pm	February 22 2022	4:30pm - 6:00pm
6 week session	4:30pm - 6:00pm	6 week session

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



SPRUCE GROVE GSA

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

GSA - Youth Group
Gender Sexuality Awareness
 2nd & 4th Friday - 7:00pm to 9:00pm

February 25th
 April 8th & 22nd
 June 10th & 24th
 August 12th & 26th
 October 14th & 28th
 December 9th

March 11th & 25th
 May 13th & 27th
 July 8th & 22nd
 September 9th & 23rd
 November 11th & 25th
 January 27th, 2023

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

You Be You!

Pre-register for GSA by email or text!

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)

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 Nêhiyaw-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 (St. Andrew's United Church)



SPRUCE GROVE GSA

7 pm – 9 pm
 3rd Thursday each month

SAFE
Support & Advocacy for Everyone
Gender Sexuality Awareness

March 17th
 May 19th
 July 21st
 September 15th
 November 18th

April 21st
 June 16th
 August 18th
 October 21st
 January 20th, 2023

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

You Be You!

Please pre-register for each meeting by email

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

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

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



SPRUCE GROVE GSA

Spruce Grove GSA
Gender Sexuality Awareness
ages 12-24

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:

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

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. Traditional lands of Cree, Michif Piyii (Métis), ᓂᓐᓂᓐ ᓂᓐᓂᓐ Nêhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan), Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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

You Be You!

SAFE
Support & Advocacy for Everyone
ages 18+

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 ACTION THROUGH COMMUNITY

STONY PLAIN
COMMUNITY

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

Lighthouse church
Outreaches

Lighthouse Training Center

Garments of Praise

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

FOOD FOR THE SOUL
FEEDING BOTH BODIES & SOULS

Check out the Lighthouse Church Community Outreach Days on FB.



Offering help

Offering a warm and nutritious meal on the second Friday of every month to those who would find it helpful in the Tri-Region Area

Check it out on facebook.



Parkland County FCSS
 1d · 🌐

Ages: 18+
Cost: Free
Location: Online
Registration: To register, please call Alycol Integrative Health Services at 587-337-9900

Restoring Family Peace: Boundaries and Communication Skills

Developed and facilitated by: Vanessa Foley and Melissa Cayen of Alycol Integrative Health Services

March 10 and 24, 2022
6:00 p.m. to 9:00 p.m.

To register for this FREE two-part workshop call 587-337-9900
www.sprucegrove.org/fcssprograms

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.

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

Caregiver Education Series

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, February 24, 2022

Time: 6:00 – 7:30 pm

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

Register at:

https://albertahealthservices.zoom.us/webinar/register/WN_ETIBPCNkTkuEwviIQFZaq

A quick glance at sessions offered in March through the Caregiver Education Series

Caregiver Education Sessions 6:00 – 7:30 pm

Understanding Autism
Monday, March 7

**Substance Use: A Harm
Reduction Approach** Wednesday,
March 9

**Test Anxiety: Strategies for
Success**
Monday, March 14

**More than Just a Bad Day:
Understanding Depression
and Self Injury**
Wednesday, March 16

**Mindfulness: Benefits for the
Whole Family**
Monday, March 21

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

**Part 4: Overcoming
Avoidance**
Wednesday, March 2

Part 1: An Introduction
Wednesday, March 9

Part 2: Calming Our Bodies
Wednesday, March 16

Part 3: Settling Our Minds
Wednesday, March 23

**Parenting Strategies that
Promote Positive Mental Health**
Part 1: Tuesday, March 1 Part 2:
Tuesday, March 8

**Parenting Teens in the 21st
Century**
Part 1: Tuesday, March 15 Part 2:
Tuesday, March 22

Drop-In Series 6:00 – 7:30 pm

SEEDS Parenting Series
**Creating Positive
Experiences Through Play**
Thursday, March 3

**Supporting Emotional
Growth in Children** Thursday,
March 10

**Motivating Your Child
Through Praise and Rewards**
Thursday, March 17

**Supporting Your Child with
Structure and Routine**
Thursday, March 24



For more information, visit www.cyfcaregivereducation.ca



Reach out for support



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

Visit letstalk.bell.ca to learn more.



- 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.

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

- 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.



Introducing PocketWell

A companion app to the Wellness Together Portal

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		Indigenous Peoples – Hope for Wellness Help Line: 1-855-242-3310 hopeforwellness.ca
Visit: wellnesstogether.ca		Suicide Prevention Service: 1-833-456-4566
Text: Adults text WELLNESS to 741 741 Youth text WELLNESS to 686 868 Front line workers text FRONTLINE to 741 741		Quebec: 1-866-277-3553 (1 866-APPELLE)
App Stores: PocketWell		

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

CANADA.CA/HEALTH 

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

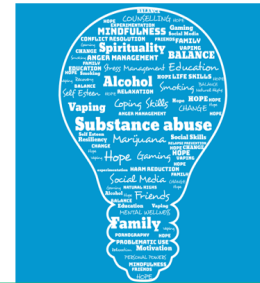
Parenting support (APFA) - Triple P Parenting 780-963-0549

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

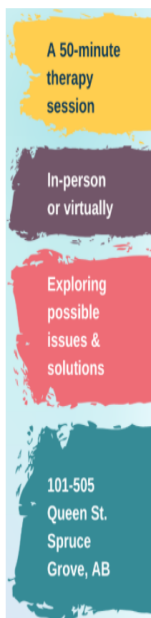
Video Call (Zoom)

Lisa Kimmerly

Substance Use Therapist

Spruce Grove/Stony Plain and Area

780-868-1895 (text or call)



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 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 16-25) ... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

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

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

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

