

## Parkland School Division Family Supports Newsletter May, 2022

Dear parents and caregivers,

Welcome to your April newsletter. Spring is here although the weather doesn't seem to be cooperating right now!

This newsletter is all about co-parenting. There are great strategies and tips inside - HOWEVER even if you are not in a co-parenting situation you will find other great information about sessions and activities for your children.

So grab some 'Me' time and enjoy reading this newsletter.

Take care

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



### Co-parenting with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars

Low cost counseling for children and adults

Whether you are married, separated, or divorced, being on different pages as co-parents is an option no family can afford - it's important to try to be a team as much as possible. In some situations, this is anything but easy. However, **your child is worth it.**

### Finding common ground is key to working together as co-parents.

Wouldn't it be great if you and your co-parent were on the same page about everything? Unfortunately, every parent has different ideas, opinions, and values in real life based on their learning and life experience. The good news is that even if you have a different approach, **chances are you have some of the same goals.** On the surface, you can argue all day about your different beliefs and approaches to parenting. However, by learning to "get below the surface" of your co-parent's approach, you will discover that they have legitimate underlying reasons that lead them to parent the way they do.

Instead of judging yourself or your co-parent, **seek to understand why they are the way they are. Asking good questions and giving grace helps your co-parent learn and grow.** On the other hand, judging will keep your co-parent stuck in their problematic ways, or what we will call "ditches." With this in mind, when you come across a situation where the two of you cannot agree, take a moment to press pause and ask your co-parent the goal or motivation behind their preferred approach. Since children often want an answer now, co-parents often find it challenging to be on the same page in the moment. Therefore, the best thing you can do for yourself, your co-parent, and your family is to communicate to your children that you will not provide an answer to their request until both parents have discussed it and come to a mutual agreement. **Communicate as a united front to your children.**

**Parenting is not about being perfect.** There is no formula. Trying to be the best parent or develop the perfect parent playbook may lead to more frustration if you can't give yourself and your family members grace. The best parenting approach balances moderate expectations with a high level of grace. This approach teaches children that growing and learning from mistakes is essential to learn. Learning and growing are part of parenting. Football coaches are constantly adding new plays to the playbook to make their team more successful. Parenting is not about finding the perfect manual. It's about working together to continually build a playbook that works for your family. Building your playbook requires communicating about your ditches and finding ways to get out of them together. Don't worry about hitting the ditch. We all do it from time to time. Your success or failure as a parent is not measured by how often you hit the ditch. Success is determined by what you do when you hit the ditch. Ignoring the issue or getting introspective and internally spinning your mind's tires will worsen the situation. Communicating and working together as a team to find ways to get unstuck will help you move forward together.

If your co-parent has frequently made decisions without you, **it's important to forgive and start fresh.** In the judgment lens, I see my co-parent for all their faults and issues. For example, he is too controlling with the kids, or she never gives consequences and always makes me the "bad cop." The grace lens shifts away from their flaws and celebrates the strengths of my co-parent. Awareness is the first step to change.

- Before you get ahead of yourself and try to change your co-parent, you need to find out where they are at and better understand why they are where they are.
- Try empowering them. Affirmations are the foundation of empowerment. Affirmations communicate to your partner that you see them through the grace lens. Even in their shortcomings, you appreciate where they are coming from. Affirmations disarm our defenses and draw us out of self-protect mode, creating a safe space for productive conversation.

- Pair affirmations with asks ("how can I help" questions). This has the potential to draw even the most defensive individuals out of hiding and into collaboratively working together as a team.

As co-parents, there is no neutral ground. **We are either working together or against each other.** I meet very few parents who want to work against each other. Unfortunately, we all do things as parents that work against our co-parents without realizing it.

- Be honest about your own shortcomings, it's impossible to learn and grow if you don't. I can only be a better teammate by honestly assessing the areas where I might not be playing on the same team as my co-parent. Being unified and working as a team is essential to parenting well. If two people are trying to drive the same car in two different directions, chaos is the only possible outcome. One parent swerves towards the ditch of control. Then the other parent feels like their children are losing out on the relationship and overcompensates by swerving into the ditch of permissiveness.
- It's frustrating for both parents but even more so to the child. It's hard for children to learn how to manage themselves when parents constantly switch their parenting approaches. Mom is permissive and gives the child too much responsibility, and in the next moment, Dad is controlling and takes away all responsibility. It's hard for children to adjust from complete freedom to zero freedom moment to moment. Once a child has been given the freedom to drive, they are less willing to give up their freedom.
- Parents who vacillate in their approach create disorder and confusion for their children. For the children, it feels like parents are on two different teams and the rules change depending on who is home or in charge. Most parents want to be on the same team and are not trying to play against each other. However, if one of you is permissive and the other is in control, you create two different cultures in your home that can't work together. Without a shared vision, it's impossible to be a team.
- A natural reaction to a parent being too one-sided is for the other parent to overcompensate in the other direction. This should balance things out in theory, but it accomplishes the opposite. Overcompensating in the other direction makes things less consistent for the children creating more chaos instead of cohesion. The more parents compensate, the more it feels like you are playing on two opposing teams.



Picture from Hancock Law Firm

When your co-parent falls into a ditch, **choose to communicate instead of compensating.** Compensating moves you further away from playing on the same team, while communicating helps identify an area of concern and work together to a more empowered solution.

- Affirmations, Asks, and Apologies provide a playbook for parent communication to get unstuck and move towards a shared vision.
- Openly acknowledging my ditches helps my co-parent be more open to exploring their ditches too. Until I own my 50% of the problem, how can I expect my co-parent to own their 50%? Even if my co-parent is 98% at fault, I have no right to point a finger until I own my 2%.
- On the surface, your co-parent may have ideas of parenting that you completely disagree with. Avoid the urge to judge or criticize them.
- Instead, ASK your partner what is going on below the surface. What are the underlying reasons – contributing factors, beliefs, and experiences – leading them to want to parent this way. In a non-judgmental way, explore the ditches. For example, you might say, "it sounds like your relationship with your children is important to you right now, and I agree. I'm wondering, is there a way to make both relationship and responsibility equally important so we can stay on the road of connection-based parenting instead of getting stuck in a ditch?"
- Seek to understand and appreciate your co-parent's underlying wants and needs instead of judging or criticizing. Judgment focuses on the problem. It's easy to do and does not help the situation. Discernment sees the problem and invites the other person into a conversation that moves towards a solution.
- Taking time to communicate and decide how to work as a team to get out of the ditch brings a simple solution to complicated problems.

Communicating about your weaknesses is not easy, but it's the only way to get out of the ditch without making more of a mess.



## **Strong Families: The Truth About Fetal Alcohol Spectrum Disorder**

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, Brittany Durant of Catholic Social Services will provide a space for individuals to have an open discussion about Fetal Alcohol Spectrum Disorder (FASD), with the goal of debunking myths, challenging stigma, increasing awareness and demonstrating how we can support healthy pregnancies and prevent FASD. This session will also provide strategies for supporting those with FASD and resources for those living with FASD.

**Date: Wednesday, May 4, 2022**

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

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

**Presenter: Brittany Durant, Bachelor of Child and Youth Care, Catholic Social Services**

Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the changes that can occur in the brain and body of a growing baby when they are exposed to alcohol prior to birth. FASD is a lifelong disability that affects approximately 4% of the Canadian population, who may experience an array of challenges, ranging from learning and socio-emotional difficulties to physical health and coordination problems. In this session, participants will learn more about the variety of underlying factors that may impel people to drink while pregnant, how they can help mothers and babies experience a safe and healthy pregnancy, and the ways in which they can support – or locate supports for – people living with FASD.

Please register early to reserve your spot by visiting  
<https://www.eventbrite.ca/e/fasd-registration-296987346147>.

**For more information, please contact:**

Vicky Mamczasz

Family Supports Facilitator

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



- C** **Communicate**  
directly with the other parent;  
don't use kids as messengers
- O** **Operate**  
as a team
- P** **Pick**  
and choose your battles
- A** **Arrange**  
short and cordial exchanges
- R** **Respect**  
the time your kids have with the other parent
- E** **Enjoy**  
your time off
- N** **Never**  
talk negatively about the other parent in  
front of your children
- T** **Take**  
a time out to check your attitude and  
behavior. Put aside your ego and pride.



From Pinterest

### Getting the Best Behaviour From Your Child

Join me (Kelsey Wittebolle, Registered Psychologist) where I chat about all things behaviour and how we can see the best behaviour from our children. We are going to talk about age-appropriate expectations, the importance of relationship, shifting our perspective, how to honour your child's experience while setting limits, and handling tantrums, separation anxiety, and big emotions. There will be room for questions. This session is **ONLINE** and in two parts, giving us a chance to try some strategies and report back. The content in this presentation is most suitable for parents of children attending Pre-School or Kindergarten (ages 2-6).

#### Register for either

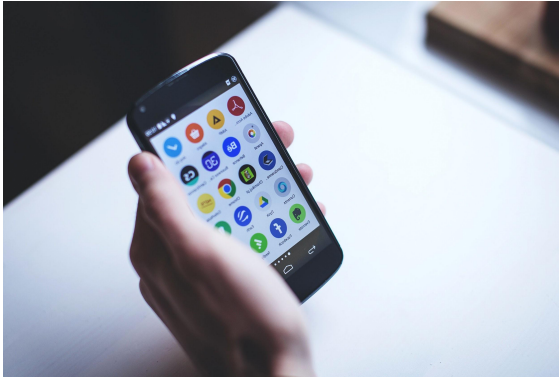
May 4th and May 18th from 1-2:30pm or;  
May 5th and May 19 from 9-10:30am

#### To register:

- e-mail Kelsey ([kelsey.wittebolle@psd.ca](mailto:kelsey.wittebolle@psd.ca)) with the name(s) of those who would like to attend, and the name of your child. If there is a specific topic you are hoping will be covered, please feel free to share that as well. Following registration, details for the online meeting will be shared.







**Co-Parenting - using an app can take the stress out of face to face conversations and help everyone stay on track and connected.**

<https://www.parents.com/parenting/best-co-parenting-apps/>

## Parenting After Separation (PAS) course

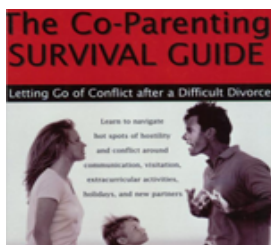
<https://www.alberta.ca/pas.aspx>

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Have you thought about a parenting plan? <https://banff.ca/995/Parenting-after-Separation#Parenting>

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Check out the many resources offered at: Families Change - <https://ab.familieschange.ca/en/parents/resources>  
Including:



### The Co-Parenting Survival Guide

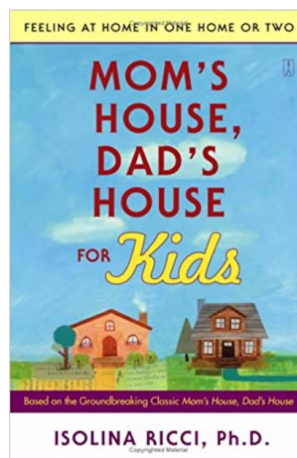
You may be winning the battle in court, but losing the war at home, saddened at the wounds your children bear as a result of this conflict. But you can learn to build a parenting partnership with your former mate in spite of the history between you. This guide shows you how to avoid the hot spots and the common traps and develop skills to sustain a co-parenting partnership based on love and concern for your children, so they can best benefit from two parents living separately but working together.

<https://www.helpguide.org/articles/parenting-family/co-parenting-tips-for-divorced-parents.htm>

Books on Co-Parenting - all available on Amazon



Book for parents



Book for tweens or teens

## 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



Get your kids involved - check out programs at the Tri-Leisure. <https://www.trileisure.com/programs/>

**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.



**Check out the Stony Plain Youth Centre on Instagram**

-call [\(780\) 968-3846](tel:7809683846) to find out more about **free** drop in and other programs



#### Red Cross Stay Safe! Program

This program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety.

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Duration: 5-6 hours

For Ages: 9-13

County Residents: \$15 per participant

Non-residents: \$20 per participant

#### Red Cross Youth Programs

How to register - call 780-727-3947 or go to [www.parklandcounty.com/redcrossprograms](http://www.parklandcounty.com/redcrossprograms)



#### Red Cross Babysitting Course

This course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

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Duration: 7-8 hours

For Ages: 11-15

County Residents: \$20 per participant

Non-residents: \$25 per participant



To register for programs go to - [go.to/mysppl.ca](http://go.to/mysppl.ca)

**Wednesday Evening Book Club** Adults 1st Wednesday of the month April 6-June 1 7:00-8:00pm Love to read and talk about books? Join us for lively discussions on all types of fiction and non-fiction. Contact the library for more information!

**Makerspace Magic** Ages 6-12 Drop in! 4th Thursday of every month April 28 4:30-5:30pm Try something new! A surprise activity every time!

**Chess Club** all ages/all levels Drop In! Tuesdays, March 1-June 28 4:00-8:00pm Playing chess develops focus, analytical skills, and abstract thinking. Want to learn how to play chess? Already love playing chess but need new opponents? Discover...or rediscover a great game at this.

**Nintendo Switch Gaming** Ages 9-12 Drop In Wednesdays February 23-June 28 3:30-4:30pm Do you have what it takes to beat our Tech Coordinator in Smash Bros or Mario Kart?

**Wednesday Tech Help** Adults Drop In Wednesdays April 6-June 15 10:00-11:30am Are you new to computers? Would you like to upgrade your computer skills? FREE computer literacy training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Teddy Story Time Preschool/ Kindergarten Story Time	2
4	5  Chess Club	6 Nintendo Switch  Drop in Tech Help Wednesday Book Club	7 Drama Club	8 Teddy Story Time Preschool/ Kindergarten Story Time	9
11	12  Chess Club	13 Nintendo Switch  Drop in Tech Help Kids can Cook	14 Entertainment Engineers	15 Good Friday CLOSED	16
18 Easter Monday CLOSED	19 Chess Club	20 Nintendo Switch  Drop in Tech Help Tale of Two Cities	21 Read Play Move  Insightful Innovations!	22 Teddy Story Time Preschool/ Kindergarten Story Time	23
25	26  Chess Club	27 Nintendo Switch  Drop in Tech Help Kids can Cook	28 Read Play Move  Makerspace Magic	29 Teddy Story Time Preschool/ Kindergarten Story Time	30



### 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](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?



**Wednesday's starting  
April 20, 2022  
4:30pm - 6:00pm  
6 week session**

**Sunday's starting  
April 24, 2022  
1:00 - 2:30pm  
6 week session**



## Children's Social Skills

Supportive Environment to Learn Social Skills and Managing BIG Emotions

Saturday's 10:30 am - 12:00 pm

8-12 Years - 6 Weeks

More Info: [www.ldedmonton.com](http://www.ldedmonton.com)



Join us for our Social Skills Program starting May 1, 2022  
Our groups specialize in children with ADHD, ASD, Tourette and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for this 6 week program. **Running Sunday mornings from 9:30am - 12:00pm. (no group May 23/2022)**

The aim of the program is to encourage friendship, positive social/emotional behaviours, active listening, effective communication, and comprehension of social norms.  
Help in understanding non-verbal communication, body language, and unspoken social rules  
Promote self-esteem and build confidence  
Help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skills

**All sessions take place at Inglewood Community Hall, 12525-116 Ave.**

**Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD Vendor number is 598018 [Cost of Social Skills Group is \\$250.00](#)**

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## Neighbourhood Connect

## Community Income Tax Clinic



## Stand Up for Mental Health

## Unleash Your Inner Artist

11







Check out the **Lighthouse Church Community Outreach Days** on FB.



Check it out on facebook.

### 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

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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.

#### **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 Series**

#### **Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD**

Come and learn about the signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), and ways that ADHD impacts academic achievement, self-worth, and relationships. Strategies for supporting success in children and adolescents with ADHD will be shared.

**Date: Wednesday, April 27, 2022**

Time: 6:00 – 7:30 pm

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

#### **Resilience in Parenting**

##### **Caring for the Caregiver**

In parenting, 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: Thursday, April 28, 2022**

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

##### **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)**

#### **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, April 21, 2022**

Time: 6:00 – 7:30 pm

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

##### **Registration**

Sessions are offered online through the Zoom conferencing application.



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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)

### **Community Education Service**

**TO REGISTER:** go to <http://community.hmhc.ca/sessions/?p=webex> and click on the poster tab by the session you would like to attend.

**April 21**

**Earth Play: The Benefits of Outdoor Exploration \*\*\*please register using the poster only\*\*\***

**6:00 PM - 7:30 PM**

They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of risky play, exploration, and adventure for supporting positive mental health. You will leave this session with practical, age-appropriate ideas to get outside, get moving, and get messy as a family.



For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

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**Do you need more information about ADHD?**

Check out <https://www.additudemag.com/>

**ADDITUDE** *Inside the ADHD mind*

## 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.



**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.

<b>Call:</b> 1-866-585-0445	<b>WELLNESS TOGETHER Canada</b> Mental Health and Substance Use Support	<b>Indigenous Peoples – Hope for Wellness Help Line:</b> 1-855-242-3310 <a href="https://hopeforwellness.ca">hopeforwellness.ca</a>
<b>Visit:</b> <a href="https://wellnesstogether.ca">wellnesstogether.ca</a>		
<b>Text:</b> Adults text <b>WELLNESS</b> to 741 741 Youth text <b>WELLNESS</b> to 686 868 Front line workers text <b>FRONTLINE</b> to 741 741		
<b>App Stores:</b> PocketWell		<b>Suicide Prevention Service:</b> 1-833-456-4566 <b>Quebec:</b> 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) 

### 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 **-NEW** Intake number 825-402-6799 (see next page for updated information)

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

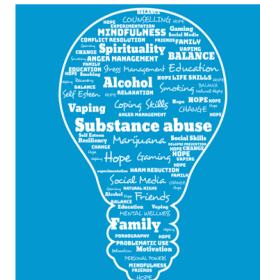
Parenting support (APFA) - Triple P Parenting 780-963-0549

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

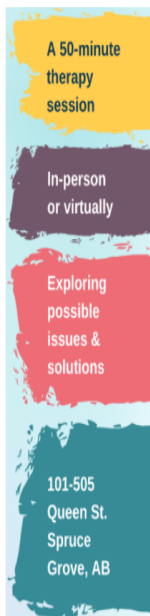
Video Call (Zoom)

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



## Children, Youth & Families Addiction and Mental Health - Edmonton Zone Community Clinics & Crisis Services

### General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

### Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

### Intake Services

**Intake Services:** Phone: 825.402.6799  
Fax: 780.408.8776

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

### Youth Addiction Services

Youth Addiction Services Edmonton (YASE)  
780.408.8783  
#300, 11634 142 Street, Edmonton, AB

Rutherford Mental Health Clinic  
780.342.6850  
# 202, 11153 Ellerslie Rd, Edmonton, AB



March 2022

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## Walk-In Services

**Walk-In Service** is available to children/youth aged 5-17. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

### Locations and Hours:

- Northgate Mental Health Clinic: 780.342.2700; #2020, 9499 137 Ave, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- Rutherford Mental Health Clinic: 780.342.6850; #202, 11153 Ellerslie Rd, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- St. Albert Mental Health Clinic: 780.342.1410; 30 Sir Winston Churchill Avenue, St. Albert, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)
- Leduc Mental Health Clinic: 780.986.2660; 4906 49 Avenue, Leduc, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)

## Crisis Services

The **Crisis Team** offers immediate crisis support through the Crisis Line (780.407.1000) to children/youth, aged 5-17, and their care providers. The Crisis Team also provides support to professionals in the community. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call. Available 7 days a week 8:00 a.m. – 11:30 p.m.

Emergency Department Resources:

- Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- Community Hospital Emergency Department** – Physicians will assess, determine a treatment plan, and consult as necessary for children/youth who have an emergency mental health concern.

## Crisis Phone Numbers within Alberta (24/7)

Health Link Alberta:	811 (Health Advice and/or to locate a family physician)
Mental Health Help Line:	1.877.303.2642 (toll free within Alberta)
Crisis Addiction Help Line:	1.866.332.2322 (toll free within Alberta)
Kids Help Phone: or text 686868 or chat <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)



# 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 (overhead 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 16-28) ... 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

