

Parkland School Division Family Supports Newsletter June, 2022

Dear parents and caregivers,

This newsletter is all about kindness, caring and compassion. In the difficult times we have had in the past two years we have seen so many people, helping others and making a real difference. Sometimes it is hard to feel this empathy for others as we worry about ourselves and our families. However, we are better together, helping each other and gaining strength from our families, friends and community. Remember this as you go about your daily lives. Speak kindly, be honest in your intentions and live with integrity. We have done, and will continue to do hard things together.

Stay brave and kind

Vicky and Dena



Family Vision with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars

Low cost counseling for children and adults

Winning sports teams all have one thing in common. All the players have bought into the game plan and are working together as a team to achieve a common goal. For the game plan to work every team member needs to believe in it. If some players catch a vision for the game plan but other players follow their own plan, chaos will ensue.

Children buy into the family game plan when the vision is clearly communicated and they know parents have their best interest in mind. If children believe their parents are being overbearing or demanding, it will be very difficult to develop a shared vision and work together towards common goals. Parents can communicate a clear vision for their children and find practical ways to work towards mutual goals helping their children to identify small steps to grow and achieve their goals. Without a voice or a shared vision, children often reject the parents' ideas and decide to do things their own way. In this approach, parents get frustrated that their child won't listen and children are frustrated that their parents won't listen or consider their perspective. Without a shared vision, parents and children often feel like they are playing on opposing teams instead of working together towards a common goal.

Thankfully, as connection-based parents we can avoid the fight altogether by learning to co-drive together. Connection-based parents recognize that letting go feels scary but holding onto control is a luxury they cannot afford. Instead of letting go of control all at once and falling into a child-driven approach, connection-based parents work with their children to find small practical steps to progressively help their children grow in responsibility. Developing a shared vision of growing your child's circle of responsibility is a game changer that has helped many parents switch from working against their children to working with their children.

Without a shared parent-child vision, parenting may often seem like a fight. When parents and children have different visions, it's impossible to work together. Getting on the same page is not easy, especially with teenagers. But in helping many families on this journey, I have discovered first hand that it's simpler than we make it out to be. A first step to move towards getting on the same page is simply asking your children to identify areas they would like to be more autonomous or in the driver's seat. I'm sure some of their ideas might scare you but listen thoughtfully to each idea seeking to understand why it's important for your child. Some ideas will be well beyond your comfort zone, so remember to listen thoughtfully while withholding judgment. Listen carefully for the ideas that you can endorse and work with your child on.

As a family you can build a vision of kindness, caring and compassion. Why is this important?

Caring kids are "likely to be **happier** and **more successful**. They'll have **better relationships** their entire lives, and strong relationships are a key ingredient of happiness. In today's workplace, success often depends on collaborating effectively with others, and children who are empathic and socially aware are also **better collaborators**." (Harvard Graduate School of Education)

Check out this great article and handout from Harvard Graduate School of Education

<https://mcc.gse.harvard.edu/resources-for-families/7-tips-raising-caring-kids>



Empathy: What is it?

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

Empathy encourages kind, helpful behavior

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

Empathy creates a safer school culture

- Less bullying and a more tolerant environment is developed through increased empathy.

Empathy fosters positive student relationships

- Children who show empathy are more popular with their peers.

Empathy leads to school success

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

MORE RESOURCES

[Greater Good Science Center: Empathy for students](#)
[Big Life Journal: Strategies to teach children empathy](#)
[MyHealth Alberta.ca: Promoting positive Mental Health](#)

Information on mental health, community supports, programs and services in your area:

MyHealthAlberta.ca
 1-866-332-2322
 Mental Health Help Line
 1-877-303-2642

811 Health Link
 Health Advice 24/7

Alberta Health Services

Volunteering as a family can be a great way to spend time together, to help your community and to model caring and empathy to your children.

There are lots of informal ways to help others (shoveling a walk, walking someone's dog, checking on an elderly neighbour, etc) and more formal opportunities that you can investigate in Stony Plain and in Spruce Grove.

Stony Plain Volunteer Centre

volunteer LOVE HOPE GIVING YOU CAN HELP
 TOWN OF STONY PLAIN
 LOVE HOPE GIVING YOU CAN HELP
 donation CARE DONOR LOVE COMMUNITY
 support volunteercentre@stonyplain.com
 4613-52 AVENUE 780.963.8603

<https://app.betterimpact.com/PublicOrganization/c42091da-fe0c-4867-8b5f-bd2f0ee94520/1>

Or check out opportunities in Spruce Grove <https://www.sprucegrove.org/community/volunteer/>

Random Acts of Kindness Foundation <https://www.randomactsofkindness.org/kindness-at-home>

All resources are generously provided for free and they are great activities for your family.



Welcome to our new Kindness at Home program!

When you sign up for the Kindness at Home program, you'll get:

- Quick, convenient kindness activities for families of all ages,
- Discussion topics, and
- Journal prompts emailed right to you each week.

Each month covers a different kindness concept and offers more detailed activities and a final concept project—beyond the emails—to help you bring your family closer together through kindness.

[Download the parent / guardian guide](#) to read details on how the program works & what you'll be doing. Fill your home with kindness.

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



2022 Summer Day Camps

Parkland County is proud to partner with Alberta Parenting for the Future (APFA) to run summer camps in Parkland County. Join us for summer activities, games, challenges and crafts! Camps will run Monday to Thursday* from 9 a.m. - 4 p.m.

- Drop off 8:30 a.m. - 9:00 a.m.
- Pick up 4:00 p.m. - 4:30 .pm.
- Outside of camp time: staff will be there to monitor children but there will not be programming.
- *August 2-5 camps will run Tuesday to Friday

Cost \$85.88

Registration for Parkland County residents is now open (registration links below).

Registration for residents of Stony Plain, Spruce Grove and other areas will open June 15.

Refunds are not available two weeks prior to camp starting unless COVID-19 related.

Tips to make camp a fun experience for you and your child:

- Children must be 6-11 years old and have completed Kindergarten
- Apply sunscreen before arriving at camp
- Bring extra sunscreen and bug spray
- All campers must bring their own lunch and snacks
- All campers must have a water bottle
- Bring a hat and running shoes
- Do not bring valuables or electronics
- Label all personal belongings

Please contact APFA with any questions at [\(780\) 963-0549](tel:7809630549)

[July 11- 14 Wabamun- Jubilee Hall](#)

[July 11-14 Clymont Hall](#)

[July 18-21 Tomahawk Agra Centre](#)

[July 18-21 Golden Spike Hall](#)

[July 25-28 Muir Lake Hall](#)

[July 25-28 Golden Spike](#)

[August 2- 5 Duffield Hall](#)

[August 2-5 Bright Bank Hall](#)

[August 8-11 Graminia Hall](#)

[August 8-11 Parkland Village Hall](#)

[August 15-18 Wabamun- Jubilee hall](#)

[August 15-18 Muir Lake Hall](#)



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 to find out more about **free** drop in and other programs



<https://www.instagram.com/spyouthcentre/?hl=en>

Youth and Anger: Understanding and Healing Big Emotions

This program will encourage youth to non-judgmentally consider the origins of their anger and the ways in which it is affecting them and those around them. Youth will learn the brain science behind the expression of anger in conjunction with a shame-free, strength-based, plan to regulate when big emotions are activated.

Offered in partnership through **Spruce Grove FCSS, Alberta Parenting for the Future, Parkland County, and the Spruce Grove Public Library.** Facilitated by: Alycol Integrative Health Services

Dates: Tuesdays; May 31, 2022 and June 7, 2022 **Ages:** 13 - 17, parental consent required

Cost: Free **Location:** Spruce Grove Public Library, 35 Fifth Avenue, Spruce Grove

Registration: via [Eventbrite](https://www.eventbrite.com)



LD Edmonton

Learning Disabilities Association of Alberta - Edmonton Chapter

LDEdmonton Campabilities is back!

Many children with learning disabilities, ADHD, Tourette, ASD or Anxiety, camp can be a stressful, high anxiety environment. Choosing the right camp for your child is a decision that can make or break your child's summer experience. Camp should be the nurturing place where children enjoy the outdoors, form new friendships, take risks, and experience new activities and adventures.

LDEdmonton focuses on

- Highly trained staff with skills specific to working with this population
- Lower staff to participant ratio than most camps
- Understanding of the special needs of youth
- Individualized attention with focus on recognizing and developing each campers unique gifts and strengths
- Wrapped into every program is emphasis on developing organizational skills, social skills, and life skills set in a fun environment

The Camp Abilities program is structured for kids ages 8-12yrs and 13-17yrs who are struggling at making and keeping friends and interacting with their peers. Participants will learn social skills in a safe setting in the morning and then practice what they have learned out in the community in the afternoon at City of Edmonton Facilities

**Our groups specialize in children with ADHD, ASD,
Tourettes and Learning Disabilities.
But all are welcome!**

All summer camps take place at the Inglewood Community League 12525 - 116 Ave Edmonton, AB T5M 4C5

**Camp Abilities ages 8-12 years
Monday - Friday 9:30am until 3:00pm
July 11-15, 2022
August 8-12, 2022
August 15-19, 2022
Teen Camp Abilities ages 13-17 years
Monday - Friday 9:30am until 3:00pm
July 18-22, 2022**

Families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend camp through community aid hours. Contact your FSCD worker to see if your child qualifies.

Summer Interactive Skills Sessions

JULY 25–29, 2022 6–9 year olds: 9 am–12 PM 10–12 year olds: 1–4:30 PM

PARENT MEETING:

Thursday, July 21 at 7–8:30 PM

Our goal is to help children enhance their ability to understand group interaction, and build skills in interacting with others in a successful and comfortable way.

Description

This is a fun week-long psychoeducational group consisting of 5 sessions, Monday to Friday. Each session is 3 or 3.5 hours in duration.

Participants will be invited to engage in fun and interesting activities in which they interact with others. During each session the facilitators assess the needs of the participants while they engage in activities or discussions, and provide coaching to achieve successful outcomes. Activities may include outdoor games, conversations, cooking activities, scavenger hunts, card/board games, or group building, construction and art projects.

A session for parents is held before the start of the program, where the supervising psychologist provides parents with an overview of the program philosophy and coaching language, we use with the children we work with, so that parents may coach their child at home to help generalize the skills outside of the program. This is both a good introduction to our Training in Core Social Skills Program and a great way to practice previously learned skills for those who have been with us before!

Emphasis will be on the following:

- Creating opportunities for participants to engage in social interaction.
- Providing “on the spot” coaching to participants to help them overcome barriers they experience in relation to social interaction.
- Providing a safe and caring environment for students to develop skills in connecting with others in a successful way.
- Teaching conversational skills, cooperation and problem solving skills, inviting, questioning and initiating skills in a fun and interactive way.

Program Dates

AUGUST 15-19, 2022

6-9 year olds: 9 am–12 PM
10-12 year olds: 1–4:30 PM

PARENT MEETING:

Thursday, August 4 at 7–8:30 PM

AUGUST 8–12, 2022

8–11 year olds: 9 am–12 PM
12–15 year olds: 1–4:30 PM

PARENT MEETING: Thursday, August 4 at 7–8:30 PM

Participants can register for one or more program dates!

Location: Edmonton West – address will be provided upon registration.

Program Cost

Please call our office to enquire. The cost of psychological services are reimbursed by many employee extended health insurance plans, and some children's services agencies if you are a client. FSCD approves this program as respite for its clients. Appropriate receipts will be provided.

Registration

Contact us at office@eckertchildpsych.ca or call (780) 454-4634 to discuss whether this group would be appropriate for your child. A telephone intake interview will be scheduled and if the program will be a good fit for your child, a registration form will then be emailed to you.

***Prior program participants do not need to do an intake interview.**



Spruce Grove Public Library will be launching our Summer Reading Club on Friday 1 July, with summer programming running 5 July – 13 August.

We have a great line-up of **FREE in-person** and hybrid programs in store for you, including a Kids Writing Camp, Kids Coding Workshops, movie showings, STEAM science programs and a Family Fair!

Register for the TD Summer Reading Club at <https://sgpl.ca/programs/programs/summer-reading-club> and start tracking your reading progress to be entered for weekly prizes! (registration opens 1 June)
Open to ALL AGES (yes – teens and grown-ups too)! Check out programs at <https://sgpl.ca/>

Summer Writing Camp

Calling all authors and poets, reporters and screen writers, graphic novelists and storytellers...this just might be the "write" camp for you to get started down your literary path. Join us in our writing camp held in-person and register today!

Kids Writing Camp Registered
Ages 7-12
July 27-29,
2:00pm - 3:30pm

To apply, register online starting June 1. Don't delay—space is limited. See SGPL website for details.



Program Registration: It's as easy as 1, 2, 3...
Registration opens June 1 and ends August 13

1. In-person at the library (35 Fifth Avenue)
2. Online at sgpl.ca/programs/programs/summer-reading-club
3. Download your reading challenge logs or bingo sheets online or pick them up at the library when you register!

Library Hours of Operation

Monday:	Closed
Tuesday-Thursday:	10:00am - 8:00pm
Friday-Saturday:	10:00am - 6:00pm
Sunday:	12:00pm - 6:00pm



*All program information is subject to change. Please visit the library or sgpl.ca for more information.
SGPL reserves the right to cancel registered programs due to low attendance. Registered participants will be notified of any cancellations.



Although age recommendations are sometimes noted, SGPL welcomes all community members to participate in our programs.

Contact Us
Phone: 780-962-4423
Email: library@sgpl.ca
SRC Email: asgprogramming@yrlab.ca
Visit: www.sgpl.ca
Follow Us:
 [SpruceGroveLibrary](https://www.facebook.com/SpruceGroveLibrary)
 [@sg_library](https://www.instagram.com/sg_library)

Developed by  In partnership with  Title sponsor 

CELIA
Our SRC is accessible to everyone. Ask our staff for details about resources for those with print disabilities.



Reminder: Children under the age of 12 must be accompanied by a parent or caregiver while in the library.




Reading fun for kids, from Canada's public libraries. tdsummerreadingclub.ca



Once Upon A Time Myths and Legends

July 1- August 13

TD Summer Reading Club


If you love to read, do fun activities, and enjoy winning prizes, the TD Summer Reading Club is for you! Come visit your local library and pick up everything you need to get started. Please see the front desk for all information and keep an eye on sgpl.ca for special events!

All programs for Summer Reading Club are **FREE!**

Weekly programs take place July 5 - August 13

How the Summer Reading Club Works:

- Register online at sgpl.ca/programs/programs/summer-reading-club, give us a call at 780-962-4423 or stop by the library in-person and our staff will be happy to register you.
- Complete the reading sheet found online or at the library and submit it to the SRC email: asgprogramming@yrlab.ca or in-person at the library.
- To complete your reading sheet, keep track of your reading (fill in one circle each time you complete 30 minutes of reading).
- To win a prize, send in your reading sheets and winners will be chosen at the end of every week.



Out of town during the summer? Not to worry! Send us a photo of your completed reading challenge log/bingo sheet to asgprogramming@yrlab.ca to be entered in the weekly prize draws throughout the summer.

Storytimes

Stories in the Sun
Outdoors/In-Person (Drop-in)
Ages 2-6 with caregivers
Tuesdays & Fridays @ 10:30am - 11:00am
Stories are being taken outside for some sunshine and fun! Weather permitting.
Program taking place at Central Park by the Log Cabin

Steps for the Story
Outside Walking Path by Library (Summer Long)
All Ages
Take a (Story)Walk through the path by the Library and enjoy the fresh air and the sun while reading a fun children's story!



Family Programs

Popcorn Pictures
Registered (All Ages)
Spruce Grove Library
Tuesdays @ 2:00pm - 4:00pm
Come and watch a movie with us here at the Library. Pick-up your snack kits before the showing. Register at sgpl.ca for snack kits as they are limited!
**Movies may have a PG rating and may not be suitable for all children*

Tech Bowl
Drop-in
All Ages (children 12 & under must be with a caregiver)
Tuesdays & Wednesdays @ 1:00pm - 5:00pm
Take a splash in our Tech Bowl, a place filled with your favorite technology from the Tech Tank. Look for the location at the library!

Kids Programs

Fun in the Sun
Registered
Ages 7-12
Fridays @ 2:00pm - 3:30pm
Get ready for more outside fun! Anytime outside is an exciting time, especially when there are fun games to play! Maximum 20 registrants per day. (Meet inside at the library; weather permitting)

Full STEAM Ahead
Registered, (July 14, July 21, August 4)
Ages 7-12, All Ages
Thursdays @ 10:30am - 11:30am
Learn and participate in all that is Science, Technology, Engineering, Art, and Math (STEAM). Program occurs every two weeks.

Craft Program

Out of the Bag Crafts
Registered
In-person/Zoom
All Ages
Thursdays @ 3:00pm - 4:00pm
Come together as a community and make crafts with the Library in-person or from the comfort of your own home using Zoom! You will receive a bag of supplies you need to create the craft and save your spot for the program! Maximum of 20 participants each activity.



Adult Programs

Virtual Reading Club
Virtual (SGPL Website)
July - August
Connect with others in the reading community and discuss diverse literary discoveries! More information can be found on the sgpl.ca website.

Special Events


Be Our Guest Drop-in
Ages 2-6, All Ages
Saturdays @ 10:30-11am
Come and welcome special guests to the library every weekend!

Family Fair
All Ages
Saturday July 23
Get ready for some summer fun for the whole family at our carnival. Activities, games and special performances!

AHS Presentation: Bikes, Blades, Boards, & Helmets
Registered
All Ages
Wednesday, July 6 @ 6:00pm - 7:00pm
Join us for a presentation put on by AHS about safety during the summer!

Kids Coding Workshops
Registered
Ages 7-12
Wednesdays
Session 1: July 13
Session 2: August 3 @ 2:00pm - 3:00pm
For the coding workshops, there will be 2 separate themes for each session. This program requires registrants to bring their own device!

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




**Stony Plain
Public
Library**

MAY READER

All Ages	Events for the whole family.
Preschool	Events geared toward 0-6 year olds.
Kids	Events for Kindergarten to Grade 7
Teens	Events especially for Grades 7-12
Adults	Events for 18+

Donate to the Capital Campaign Fund to help pay for our beautiful new library! Donations can be made at mysppl.ca/support-sppl/donations through



Stony Plain Library appreciates the support it receives from community organizations and individuals.

We have a NEW Director! Join us in welcoming Robert McClure at a Meet & Greet 2-3pm Friday May 6. Families of young children are invited to join him for a special drop in Storytime Mon May 9 10:30-11am.


Wednesday Evening Book Club Adults 1st Wednesday of the month May 4-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 May 26 4:30-5:30pm
Try something new! A surprise activity every time!

Chess Club all ages/all levels Drop in Tuesdays, May 3-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 this great game!

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

Tuesday & Wednesday Tech Help for Adults Are you new to computers? Would you like to upgrade your computer skills? Book an appointment for FREE computer training with our Technology Coordinator!





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 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 (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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Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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.

You Be You!

SAFE
Support & Advocacy
for Everyone
ages 18+

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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?

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 5? 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
Alberta Children's Trust

STONY PLAIN
CLUB OF STONY PLAIN

Rotary
Club of Stony Plain

B.I.L.Y.

We are a group of parents and youth who have been through crisis situations and now are helping those through similar situations. We understand. We support one another by giving, sharing, listening, creating a safe environment, and providing practical resources. Our desire is to see you and your family succeed.

For more information contact 587-588-8633



Caring Friends

Caring Friends is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. Group meets the second Thursday of each month.

To register, please call: 780-963-8583

Stretch your food hamper through our free - Community Kitchen

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

Family CONNECTION CENTRE

apfa Alberta Parenting for the Future Association

United Way Alberta Capital Region



Check out the Lighthouse Church 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



If you need help you can reach out to the Parkland Food Bank

Just call 780-962-4565 to register and book an appointment



WECAN Food Basket <https://wecanfood.com/>

(Family Connections Centre Stony Plain)

The WECAN Food Basket Society operates as a 'warehouse without walls' – we buy all of our food in bulk and distribute to our community-based depots. As a member (\$5 annually), you enjoy access to purchase fresh and nutritious food at an affordable price.

What is Wecan?

- We are a non for profit organization that believes everyone has the right to purchase fresh fruit and vegetables and freshly frozen meat at an affordable price.

How much does this cost?

- The cost for one full order is \$35.00 per month.

What will I get for my \$35.00?

- You will receive three types of fruit, three types of vegetables and two to three types of freshly

frozen meat.

How do I know that this food is any good?

- We have a team of dedicated volunteers who meet once a month with the supplier to order the fruits and vegetables and then on the morning of depot days we have a group of volunteer who help sort and pack the orders for the depots and our team looks over the order to make sure that everything is good.

How is Wecan able to offer food at an affordable price?

- We are able to do this by buying in bulk and relying on our community volunteers to distribute the food.

How does this work?

- Our members pay at the beginning of the month, as we have a few extra dollars at the beginning of the month, and as the month goes on, our money is gone and are cupboards are getting bare.

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.



Supporting Children with Anxiety Symptoms

For parents and guardians wanting to learn some practical tips and strategies to help their children who are experiencing symptoms of anxiety. Participants will leave equipped with the skills to coach their children through uncomfortable feelings at home and help encourage their children to manage their stress.

Date	Time	# of sessions	Call to Register	Weblink	Offered by:
June 21	7:00 – 8:30 PM	2	780.395.2626	edmontonsouthsidepcn.ca/workshops	ESPCN

Caregiver Education Series

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

In today's world, our children need to feel supported, resourceful, and equipped so that they can foster resilience and 'bounce back' from life's challenges more effectively. In this session, we will look at foundational strategies that help children and youth to engage with supportive relationships and communities ("I have!"), identify their internal strengths and abilities ("I am!"), and access practical skills ("I can!") to help them cope through daily stressors and work towards positive goals.

Date: Thursday, May 26, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

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 go to: 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, May 31, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; 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 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.

May 24 - Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members

*** please register using the poster only***

1:00 PM - 3:00 PM

This workshop will support parents and caregivers to create a more inclusive family environment. Deepen your understanding of the differences between sex, gender, and sexual orientation, and discuss the impacts of homophobia, biphobia, transphobia on LGBTQ2S+ children and youth. Participants will also gain practical tools and skills to support their LGBTQ2S+ family members and friends.

Do you need more information about ADHD? Check out <https://www.additudemag.com/>


ADDITUDE

Inside the ADHD mind

Register here:

ON-DEMAND PARENTING WEBINARS

Live Webinar on June 15: For Dads With (and Without) ADHD: How to Understand and Support Your Kids



EXPERT
Brendan Mahan, M.Ed., M.S.

UPCOMING LIVE WEBINAR

For Dads with (and Without) ADHD: How to Understand and Support Your Kids

June 15 at 1pm ET

Register now ▶

Reach out for support



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

Visit 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

Mental Health Commission of Canada / Commission de la santé mentale du Canada

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	WELLNESS TOGETHER Canada Mental Health and Substance Use Support	Indigenous Peoples – Hope for Wellness Help Line: 1-855-242-3310 hopeforwellness.ca
Visit: 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		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 **Canada**

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

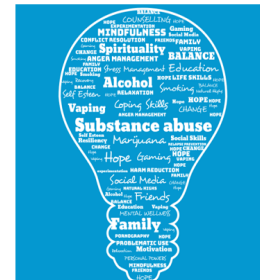
Parenting support (APFA) - Triple P Parenting 780-963-0549

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

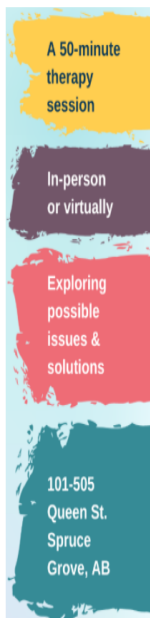
Video Call (Zoom)

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



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:

- o 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.)
- o 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.)
- o 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.)
- o 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:

- o **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- o **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 www.kidshelpphone.ca	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)



Addiction Services Information & Referral

AHS-Addictions and Mental Health (Formerly AADAC).....780-963-6151

- Information, prevention and counseling services.

Stony Plain Office, 4405 SouthPark Drive, Stony Plain

Spruce Grove every Monday at 105, 505 Queen Street, Spruce Grove

www.albertahealthservices.ca

Al-Anon.....780-963-4905 or 780-963-2246 or 780-963-0957

- Support group for those affected by someone else's drinking.

Meets every Monday 8 p.m. and every Wednesday at 1 p.m., United Church, 5014 - 51 Ave, Stony Plain.

Alcoholic Anonymous, Stony Plain, Spruce Grove and Parkland County.....780-424-5900
meetings run every day of the week in Stony Plain. For a schedule go to <http://edmontonaa.org/>

Cocaine Anonymous Online.....780-425-2715
<http://www.ca-online.org>

Edmonton Addiction Youth Services.....780-422-7383

- Prevention, counseling, treatment.

12325 - 140 Street, Edmonton

Gamblers Anonymous, Help Line.....780-463-0892

Men For Sobriety.....780-965-9991

- Self-recovery program for men with an addiction problem.

Every Wednesday 7:30 p.m. to 8:45p.m. at 105, 505 Queen Street, Spruce Gove

Narcotics Anonymous, 4914 - 50 Avenue, Stony Plain.....780-421-4429

Problem Gambling Resources Network, 3312 Parsons Rd, Edmonton.....780-461-1259

Women For Sobriety, Edmonton meetings.....780-429-3855

Forest Green Plaza
107, 4613 - 51 Avenue
Stony Plain

Serving Residents of Stony Plain and Parkland County

780-963-8583

www.stonyplain.com/fcss



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 (overseas 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

