

## Parkland School Division Family Supports Newsletter Summer, 2022

Dear parents and caregivers,

Having fun together and doing things together helps you to build a strong relationship with your children and helps create great memories. Simple things like family movie nights, going on a hike, special family recipes you cook together or even a special holiday tradition create strong bonds and a sense of security for your kids. Enjoy this summer with your family, maybe you will create some new family traditions together.

Stay brave and kind,  
Vicky and Dena



### Summer -Planning For Success with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars  
Low cost counseling for children and adults

Summer is a great time to connect as a family and strengthen relational bonds. Summer is a great time to unwind and relax. However, especially with the pandemic over the past couple of years, parents need to be

creative to help their children stay occupied over the summer months.

Creating a successful summer begins with intentional planning. Children thrive on structure. While it's important to let our kids relax and unwind, it's equally important to maintain some consistency in waking, sleeping, and eating times. Working with our children to write out a visual schedule for free time, access to technology, and other routines helps set healthy expectations and ensures everyone is on the same page. Developing structure at home minimizes behavioral difficulties and allows parents to spend more time focusing on connecting and having fun with our children.

A little bit of planning can go a long way to make summer more fun too. Vision unites individuals to work towards a common purpose. The clearer the vision, the more individuals will be united together to work as a team. 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. Consider using the following activity to create a vision for summer fun together as a family team.

Link for planning summer activities together: <https://lollyjane.com/summer-boredom-buster-popsicle-sticks/>

Another great way to build connection over the summer is to learn more about your child's love languages. Consider taking this quiz together with your child and learn how you can grow in intentionally expressing love towards them.

[5lovelanguages.com/quizzes/child-quiz/](https://5lovelanguages.com/quizzes/child-quiz/)

Let's make the most of the time we have together with our children this summer. Start small by working with your children to develop routine and structure for the summer months. Take time each day to pick an activity for family fun. Finally, plan some small ways to express care to your children based on their unique love languages. Have a great summer and make the most of every moment.

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### Summer Screen Time - how to set some limits

Check out this great information from "The Pragmatic Parent"  
<https://www.thepragmaticparent.com/>

[Create Summer Screen Time Rules \(Printable Included in the Article\)](#)

More on the Topic of Screentime / Electronic Limits:

- [Why & How to Enforce Screen Limits](#)
- [Raising Unplugged Kids](#)
- [Harmful Effects of Excess Screentime](#)
- [The Best Reading Books for Kids of All Ages](#)
- [Online Safety Handbook: Navigating the Internet](#)



Summer in the City - Spruce Grove <https://www.sprucegrove.org/community/programs/summer-in-the-city>

- Adventure Camps
- Art Explorer Camps
- Pop-Up Playground
- Leaders in Training
- More Summer Fun



### 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.

Cost 85.88

- Drop off 8:30 a.m. - 9:00 a.m.
- Pick up 4:00 p.m. - 4:30 p.m.
- 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

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:780-963-0549)

[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.



## Wishing You Wellness

Creating access to programs at the  
TransAlta Tri Leisure Centre for tri - community residents.

*You may qualify for a subsidized access pass to the Tri.*

**To find out more about it go to:**

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.stonyplain.com/en/play/resources/Documents/Wishing-You-Wellness.pdf>



# STONY PLAIN YOUTH CENTRE

The Stony Plain Youth Centre strives to improve the well-being and lifestyle of youth within Stony Plain and area. The SPYC is an inclusive space where all youth ages 11-17 are welcome access a wide range of services, resources, programs, and activities.

Youth will have the opportunity to participate in fun filled activities all summer long. There will be arts & crafts, field trips, volunteer opportunities and more. Registration will be required by submitting QR code forms found on our Instagram Page or electric forms can be requested.

## Location:

4902 - 51 AVE, Stony Plain, AB

## Summer Drop-in Hours:

Monday to Wednesday from  
1:00 PM - 6:00 PM  
Thursday: 1:00 PM - 8:00 PM  
Friday: 1:00 PM - 6:00 PM  
( Open until 8:00 PM on the last  
Friday of each month )

## SUMMER HIGHLIGHTS

- BIPOC Nights
- Pool Parties
- Field Trips
- Youth Day

Please follow us on Instagram @spyouthcentre for all updated information. You are also welcome to contact the SPYC directly by calling 780-968-3846 or email [spyc@shaw.ca](mailto:spyc@shaw.ca)

<https://www.familyfuncanada.com/edmonton/edmonton-summer-camps/>



## Free Summer Activities to do as a family.

Check out the Stony Plain Destination Guide for more information.  
<https://www.stonyplain.com/en/play/destination-guide.aspx>

### Canada Day

July 1  
stonyplain.com/canadaday  
Celebrate Canada's birthday with our community! A variety of fun, family activities will be available to fill your day, including live music, kids' zone, food trucks, and car show.

### Cultural Campfires

July 7, 14, 21, 28  
August 4, 11, 18, 25  
stonyplain.com/culturalcampfires  
Storytellers share tales from an array of cultural backgrounds around the campfire.



<https://www.familyfuncanada.com/edmonton/walking-loop-trails-for-families/>

5 Great Loop Walking Trails for Families



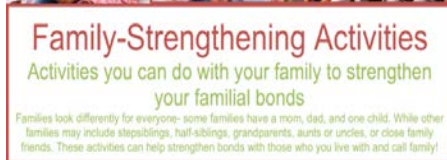
Having a 'staycation' - check out these great walking trails and create great memories with your family.



Try geocaching as a family. Who doesn't like a treasure hunt? Geocaching is an inexpensive way for your family to explore together, all you need is your phone. [Alberta Parks - What is geocaching?](#) Check [Geocaching.com](http://Geocaching.com) for more information.



## Family-Strengthening Activities



## 100 Fun Summer Ideas for Kids and Parents

Very well family has some great ideas for families to do together in the summer on their website. You are probably doing lots of them already, but there may be some new ones for you to put in your tool box.







**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.

*Corinne Eckert*  
Child and Adolescent Psychology

780.454.4634

**Training in Core Social Skills**

### **Summer Interactive Skills Sessions**

**JULY 25–29, 2022** 6–9 year olds: 9 am–12 PM 10–12year olds: 1–4:30 PM **PARENT MEETING:** Thursday, July 21 at 7–8:30

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.

**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.

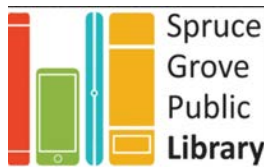
### Program Cost

**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](mailto: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://sqpl.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://sqpl.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](http://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](http://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](mailto:library@sgpl.ca)  
SRC Email: [asgprogramming@yrl.ab.ca](mailto:asgprogramming@yrl.ab.ca)  
Visit: [www.sgpl.ca](http://www.sgpl.ca)  
Follow Us:



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](http://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](http://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](http://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@yrl.ab.ca](mailto:asgprogramming@yrl.ab.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@yrl.ab.ca](mailto:asgprogramming@yrl.ab.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](http://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](http://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.myspgl.ca](http://go.to.myspgl.ca)





Check out our programs at

<https://mysppl.ca/programs-and-events/programs/summer-reading-club-2022> **Summer Reading Club is back!** Drop into the library to pick up your reading game supplies, or get started by filling out this form. Events are organized from youngest age groups to oldest age groups. All event registration will open on June 13th at 10am. *Please note, this page is still a work in progress as we finalize details.*

#### Weekly Events

Name	Description	Day/Time	Ages*	Other Info
Storytime	Storytime with books matching the theme of the week	Tuesdays July 5th, 19th, 26th	0-5	<a href="#">Register here</a>  11am
Movie Day	Movies for the whole family matching the theme of the week	Fridays  July 8th to August 12th  Movies start at 2pm	4-12	<a href="#">Register here</a>  Adult supervision recommended for PG films. (Films listed on registration form)
Drama Club	Play (August 11th), other info TBA, rehearsal time depending on club member availability	Thursdays  July 14th - August 11th	9-12	<a href="#">Register here</a>
Lego Mindstorms Robotics Club	Join us once a week as we work through building a robot out of Lego!  Mindstorms kits generously donated by Amazon	Tuesdays  2-3pm	10-13	Register here (Link coming soon!)  July 5th-August 2nd

#### Special Events

Name	Description	Day/Time	Ages*	Other Info
Potion Making	Making slime and bubbling, colour changing potions. Sensory tubs with pre-made edible slime, and water with food colouring for younger participants.	Wednesday July 6th 10:30-11:30am	0-12	<a href="#">Register here</a>  Children under 5 must be accompanied by an adult
Animal Colouring and Poetry Sheets	A relaxing colouring session for all ages with illustrations and poems by indigenous artists.	Tuesday  August 9th  1-2pm	0-12	Drop in  Children under 5 must be accompanied by an adult
Craft Day: Mosaic Paper Dragons	Use different coloured paper to create your own dragon mosaic!	Monday  July 25th  1-2pm	3-12	<a href="#">Register here</a>  Children under 5 must be accompanied by an adult
Craft Day: MineCRAFTs	Build Minecraft bees, blocks, and chests with papercraft!	Monday  July 11th  1-2pm	4-12	<a href="#">Register here</a>  Children under 5 must be accompanied by an adult
Craft Day: Wizard Wands	Make your own wand out of wood and foraged materials!	Monday	6-12	<a href="#">Register here</a>

		July 4th		1-2
Wizard's Chess and Checkers (Outside Activity)	Introductory chess and checkers class with giant pieces! Teams will work together to defeat the other. Will take place outside, so make sure to prepare for the weather	Tuesday July 7th 10:30-11:30am	6-12	<a href="#">Register here</a>  Additional permission slips will need to be signed
Craft Day: Pirates	You've been made Captain of the ship! Your first duty is to design a flag. If you choose to leave the flag designing to your crew, head to the smithy to make your own one-of-a-kind sword!	Wednesday July 13th	6-12	<a href="#">Register here</a>  1-2
Craft Day: Fairy Doors	We'll be creating our own fairy doors to be placed outside in our gardens, or somewhere inside our homes. Indoor and outdoor fairies like different things, so there will be lots of their favourite items available to decorate our doors with.	Monday July 18th 1-2pm	6-12	<a href="#">Register here</a>
Dragons 101	We'll be learning about different kinds of dragons from around the world, colouring, and looking at some 3D printing templates to create here at the library.	Wednesday July 27th	6-12	<a href="#">Register here</a>  1-2:30
Craft Day: Planets and Constellations (Outside Activity)	Painting rocks with acrylic paint. This will be an outdoor activity if weather permits so be sure to dress for the weather. (additional perm. slip)	Monday August 1st	6-12	<a href="#">Register here</a>  10-30-11:45
Brain Slug Tag (Outside Activity)	A combination of zombie tag and capture the flag. Players can use their blasters (foam stars) to make the infected freeze in their tracks for 5 seconds. Game will take place outside, and if it's really hot out we may soak the foam stars in water!	Tuesday August 2nd 1-2:30pm	6-12	<a href="#">Register here</a>  Additional permission slips will need to be signed
Mario Kart Tournament	Do you have what it takes to win the Mario Kart Tournament? We will have two Nintendo Switches set up for this special event!	Wednesday August 3rd	6-12	<a href="#">Register here</a>  1-2
Nature Walk and Sensory Scavenger Hunt (Outside Activity)	We'll be taking a walk and paying attention to what we see, hear, and smell along the way.	Wednesday August 10th 10-11:30am	6-12	<a href="#">Register here</a>  Additional permission slips will need to be signed
Minecraft Play Day	We'll have Minecraft set up for you to explore, build, and survive! No Minecraft account required. There will be two sessions, each with a max limit of 6. Please only register for one time slot.	Tuesday July 12th Session 1: 10:30-11:30am Session 2: 1-2pm	6-12	<a href="#">Register here</a>
Craft Day: Seed Paper Bookmarks	Making our own paper with old newspaper and local wildflower seeds. Bookmarks will be available for pickup during the week and can be planted the following spring!	Monday August 8th	6-12	<a href="#">Register here</a>  1-2
Zine Making Workshop	We'll be looking at different kinds of fairies and their relatives, and using their stories as inspiration for making our own zines.	Wednesday July 20,	8-12	<a href="#">Register here</a>  1-3

*\*Program age recommendations are simply a guideline for content. Everyone is welcome to attend, regardless of age or ability! Children 5 and under must be accompanied by an adult for the best experience.*



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

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

**Family In Crisis?**

**Weekly Support Group MEETINGS**

We are a group of parents who understand. We offer creative solutions that can help and tools to improve communication. Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.

**Meetings are Free of Charge! Tuesdays at 7 PM Call Today for Location 587-588-8633**

**Parents.....**

**Are you dealing with**

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?

**Is your child between the age of 2 and 52? Can you relate to any or all of these issues? This parent support group is for you!**

**B.I.L.Y. TRI REGION**  
bilytriregion@gmail.com  
587-588-8633

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

**ACT**  
Alberta Capital Region

**STONY PLAIN**  
Club of Lions Farm

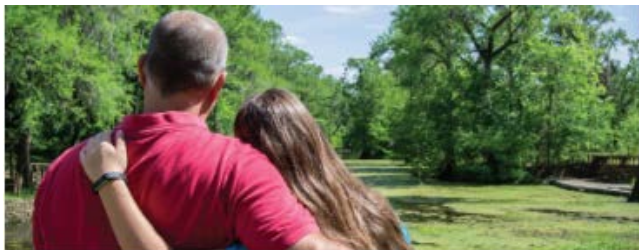
**Rotary**  
Club of Lions Farm

**We Can Help!**

## 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](http://www.apfa.ca) for any of the dates available or call 780-963-0549 to arrange a time convenient for you
- call if you require transportation or childcare assistance
- 5600 50 Street Stony Plain

**Family CONNECTION CENTRE**

**apfa** Alberta Parenting for the Future Association

**United Way** Alberta Capital Region



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



**WE CAN Food Basket** <https://wecanfood.com/>

**(Family Connections Centre Stony Plain)**

**The WE CAN 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.

### ***Learn something new!***

**Look below to see the 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	<a href="http://edmontonsouthsidepcn.ca/workshops">edmontonsouthsidepcn.ca/workshops</a>	ESPCN

**Community Education Service** offers many different programs for parents to learn more. To check out their current programs or 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.

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

## **ADDITUDE** *Inside the ADHD mind*



**UPCOMING LIVE WEBINAR**  
**Virtual Mental Health Providers:**  
How to Get Quality ADHD Care Online  
June 22 at 1pm ET

EXPERT  
Maggie Sibley, Ph.D.

**Register now ▶**

**Live Webinar on June 22: Virtual Mental Health Providers: How to Get Quality ADHD Care Online**



**UPCOMING LIVE WEBINAR**  
**Nurturing Resilience and Motivation in Children with ADHD:**  
The Search for "Islands of Competence"  
June 28 at 1pm ET

EXPERT  
Robert Brooks, Ph.D.

**Register now ▶**

**Live Webinar on June 28: Nurturing Resilience and Motivation in Children with ADHD: The Search for "Islands of Competence"**

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**Take a look at these recorded sessions through the Community Education Series.**

<https://community.hmhc.ca/sessions/?p=recorded>

- Collaborative Problem Solving Approach for Children, Youth and Families
- LGBTQ2S+: What grandparents need to know and do \*\*\*please register using the poster only\*\*\*
- Adolescent Brain Development and Navigating Parent-Teen Relationships

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### **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

## Reach out for support



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

### Register Here

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

- FREE to ALL Albertans aged 16+ through a partnership with the Alberta Government and Alberta Health Services.
- A safe, online, 24/7 peer community where members remain anonymous to each other and can share their lived experiences with common mental health concerns.
- Registered mental health practitioners moderate and monitor the community to ensure individuals are safe and feel supported. Moderators help signpost resources and escalate those at risk, but they do not provide 1:1 counselling or therapy.
- Access to self-assessments, resources and self-guided courses to help foster wellbeing.



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

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

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

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

<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) **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](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:

- 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 <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)



## 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](http://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](http://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 (8am-8pm) 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?

**211** 24-hour information and  
referral line connecting  
you to social, health and  
government services.



or download **HelpSeeker**,  
onto your phone to find local  
supports and resources.

### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) ..... 780-424-8335  
Women's Emergency  
Accommodation Centre ..... 780-423-5302  
Hope Mission (ages 16+, men, women) 780-422-2018  
Youth Empowerment &  
Support Services (YESS)..... 780-468-7186  
Salvation Army (Transitional Housing, \$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

