

STRONGER TOGETHER

Parkland School Division Family Supports Newsletter October, 2022

Dear parents and caregivers,

October is ADHD awareness month. It is important for all of us to understand ADHD and how it impacts our families, friends and co-workers. The newsletter is full of activities to keep our kids involved, lots of free ideas, education sessions for parents and caregivers and access to free supports. Please reach out if you would like more information or help in connecting to community resources, we are here to support your family.

Stay brave and kind,
Vicky and Dena



Supporting those with ADHD submitted by Joel Pukalo

Children with ADHD are often smart but seem very scattered. Children with ADHD typically have deficits in executive functioning skills (impulse control, planning/prioritization, task initiation, working memory, self-monitoring, emotional control, and organization).

The National Center for Learning Disabilities explains that executive functioning skills help us to:

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

As one can imagine, children with deficits in these areas struggle in many areas both at school and at home. Although children with ADHD are likely to struggle in these areas, all teens may struggle in executive functioning skills to a degree as the prefrontal cortex of the brain is still developing into our mid-twenties. Dr. Peg Dawson, a lead researcher in executive functioning emphasizes the importance of developing practical strategies to support areas where children are weak in executive functioning.

Dr. Peg Dawson has compiled a list of helpful resources for parents on her website to learn more about supporting children in developing executive functioning skills. Additionally, Dr. Dawson has developed a number of practical resources for parents and teens to coach, monitor, and set daily goals to improve executive functioning skills.

Learn more about resources to support your child's executive functioning skills at
: <https://www.smartbutscatteredkids.com/resources/print-articles/>

Focus on the Positive

When a child has a diagnosis of ADHD there are some amazing qualities to remember to speak openly with your child about. Lisa Gridley, from The Center of ADHD Awareness Canada writes that children with ADHD have many talents and strengths which can often go unrecognized in the face of executive skills challenges. These strengths for a child may include: curiosity, leadership, creativity, math and computer skills as well as humour and boundless energy. The key is to balance helping our children develop these executive functions that don't come as natural to them and to capitalize on the strengths that ADHD highlights such as creativity.

Source: <https://caddac.ca/programs-and-events/>

Family Life Psychology - Stony Plain 780-963-7451

<https://www.familylifepsychology.ca/> Free online webinars - Low cost counseling for children and adults

Strong Families: Nourishing Your ADHD Child's Full Potential



Information Session, Mental Health, Strong Families

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present another FREE information session for local families. This upcoming Strong Families session is a half-day workshop that allows parents and caregivers of people with ADHD to explore ways of growing the potential of those with ADHD. We will explore strategies for areas of difficulty, including executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotion regulation and more. Participants are encouraged to prepare for the workshop by noting areas of potential that they see in their child along with obstacles that prevent potential from shining through. Doors open at 9am and [Therapyware](#) will have a table set up with items for purchase. Childcare will be provided.

Date: **Saturday, October 15, 2022**

Time: **9:30am-12:30pm**

Location: **Family Connection Centre** (5600 - 50 Street in Stony Plain)

Presenter: **Chantal Jackson** (Registered Psychologist) from [Elements Health](#)

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-tickets-396119593367?aff=ebdsoporgprofile>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca



ADHD, Me, and Us: Understanding and Thriving after an Adult Diagnosis

This workshop will foster a positive and strength-based understanding of adult ADHD. We will explore the relationship between ADHD and family health. Discussion will look at practical tools that encourage healthy communication and connection within families that are affected by ADHD.

This workshop will be led by Registered Psychologist, [Vanessa Foley](#), Clinic Director at Alycol Counselling.

Date: Wednesday, October 26

Time: 6:30-8:30 pm

Location: Family Connection Centre (5600 - 50 Street in Stony Plain)

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/adhd-me-and-us-understanding-and-thriving-after-an-adult-diagnosis-tickets-396136634337?aff=ebdsoporgprofile>

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

ADHD - Helpful Resources



Check out the great events that are happening through the ADHD Association of Greater Edmonton! The next Parent Support Group meets November 2.
<https://adhdedmonton.com/>

Events Calendar

Upcoming Events

OCT	7:00 pm – 9:00 pm MDT
11	Young Adult Support Group
OCT	7:00 pm – 9:00 pm MDT
12	Women's Support Group
OCT	7:00 pm – 9:00 pm MDT
19	Adult/Partner Support Group
NOV	7:00 pm – 9:00 pm MDT
2	Parent Support Group
NOV	7:00 pm – 9:00 pm MST
8	Young Adult Support Group

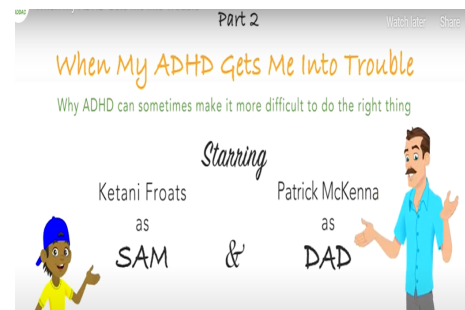
For Kids

The videos below are designed for **kids**, but are a great resource to share with your family to help understand ADHD and also to show how ADHD can make life difficult sometimes. (from the Centre for ADHD Awareness, Canada)

[That's Me, I Have ADHD!](#)



[When My ADHD Gets Me Into Trouble](#)



For Teens

Teen Mental Health Magazine through Teenmentalhealth.org is a great resource for teens who want to understand more about their ADHD.



<https://teenmentalhealth.org/wp-content/uploads/2014/07/Magazine-ADHD.pdf>

For Everyone



Mindfulness

As a parent, you know that ADHD can make the normal developmental tasks more difficult to accomplish. One of the ways you might like to try to help your child with ADHD relax and focus is with Mindfulness.

<https://www.newharbinger.com/blog/5-reasons-kids-adhd-need-learn-mindfulness-skills>

Possible financial supports for children with ADHD (from the Centre for ADHD Awareness Canada)

Disability Tax Credit

The Federal Government allows a Disability Tax Credit for those individuals and their dependents, who have a severe mental or physical development that causes marked restrictions in the area of sight, hearing, mobility, speech, memory, thought and perception, all or almost all of the time in any of the basic activities of daily living and the impairment is prolonged – has lasted or is expected to last for a continuous period of at least twelve months.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Free Medication Cards that Cover the Difference between Generic and Brand Name Medications

Access co-pay assist cards for: - Concerta and Adderall XR [Here \(https://www.innovicares.ca/\)](https://www.innovicares.ca/)

Try sharing this with the ADHD child or teen in your life and watch them smile!!



25 GOOD THINGS ABOUT ADHD - CHILD

25 good things about having ADHD

1. Have lots of energy
2. Willing to try new things and take risks
3. Ready to talk, can talk a lot
4. Get along well with adults
5. Can do several things at one time
6. Smart
7. Need less sleep
8. Good sense of humour
9. Very good at taking care of younger kids
10. Spontaneous
11. See details that other people miss
12. Understanding of kids who get in trouble or get teased
13. Can think of different ways to do new things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative – creative
17. Articulate – can say things well
18. Sensitive - compassionate
19. Eager to make new friends
20. Great memory for things of interest
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about families



Great resources and activities for kids and families

Alberta Parenting for the Future - APFA Check out Alberta Parenting For The Future for great parenting sessions and lots of programs for kids and teens. For more information email info@apfa.ca or call 780-963-0549. <http://albertaparenting.ca/>



COATS FOR KIDS - Winter is coming and APFA can help! For more information call 780-963-0549

Support Groups


Support Group:

FOR CAREGIVERS OF CHILDREN & ADOLESCENTS WITH ADHD


This is a free monthly support group that provides a safe space to share your challenges and successes; to learn about ADHD; as well as parenting strategies and tools to support your child with ADHD.

BEGINNING SEPTEMBER 29TH

- Runs the last Thursday of each month from 6-7pm
- At the Family Connection Centre


 Scan QR code to register

IN PARTNERSHIP WITH


Little Oaks PSYCHOLOGY
Little Oaks, Mighty Minds

QUESTIONS? CONTACT:

Heidi at 780-963-0549
www.albertaparenting.ca
Family Connection Centre
5600 50th Street
Stony Plain, AB

 Alberta Parenting for the Future Association

Support Group:

FOR ADULTS WITH ADHD AND THEIR PARTNERS

A free monthly support group that provides meaningful conversation around the issues and complexities related to Adult ADHD, and how they affect relationships and daily lives. This is a great opportunity to connect with others who share in this experience.

BEGINNING SEPTEMBER 29TH

- Runs the last Thursday of each month from 6-7pm
- At the Family Connection Centre

 Scan QR code to register

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www.albertaparenting.ca
Family Connection Centre
5600 50th Street,
Stony Plain, AB

 Alberta Parenting for the Future Association

Postpartum Depression Support

A support group for moms experiencing postpartum depression in partnership with Alberta Health Services.

Group takes place at the Family Connection Centre
5600 50th Street, Stony Plain
Thursdays
10:00 - 11:30am
780 963-0549
Please register on [Eventbrite.ca](https://www.eventbrite.ca)

 Scan QR code to register

 Alberta Health Services

 Childcare is available
Alberta Parenting for the Future Association

Spruce Grove Public Library



We have so much happening at the Spruce Grove Public Library that may be of interest to your students we wanted to share it with your school!

- The **Tech Bowl** is here with new hours for the season! Splash into our Tech Bowl this fall! Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech. Drop-in Tues 12-8pm; Thurs 12-5pm; Sat 1-5pm.

- **Teen Hangout NEW PROGRAM**

Join us after school for Teen Hangout time. Spend time with friends, watch tv, play games, do some crafting or just chill. Drop-in Wednesdays and Fridays 3-5pm.

Furry Friend Visit NEW PROGRAM

Spend time with a pet therapy dog* - read together or just spend some time relaxing with a new friend. Alternate Tuesdays September-December. **Meet Starla - she is a Standard Phantom Poodle, who is non-shedding and hypoallergenic*

- **NERF: Battle Royale** is back with more sessions this season! Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours... Bring your own protective goggles and Nerf blasters. We'll supply the darts. Monthly Sept-Nov Last Friday of the month Session 1: 6:30-7:30pm Session 2: 8pm-9pm
- **Talking Circles** Last Thursday of the month. Next one will be Thursday 26 October 5:30-9pm. Join our Talking Circles as we share various gifts, wisdom, stories and teachings from our local Indigenous community and neighbors. Listen deeply with a profound opportunity to understand, learn and establish a sense of

community in a safe sacred space. Gain a mutual understanding of one another regardless of our various backgrounds. Refreshments will be provided. The Talking Circle is mostly suited for older children and adults, but all community members are welcome to attend this free event. Drop-In:

<https://sgpl.ca/programs/programs/fall-programs-indigenous>

- **Haunted Library** 29-30 October

Do you like scary stories? How about being in one? If you're brave enough come and see the unseen in the Haunted Library! Recommended for ages 12+

Find out more and to register:

<https://sgpl.ca/programs/events/calendar>

- **Halloween Safety** Wednesday 26 October 6-7pm

Get ready for a safe and spooky Halloween season. This presentation will look at tips and tricks for staying safe, while enjoying all that Halloween has to offer. From costumes to trick or treating, we've got you covered! Presented by Alberta Health Services.

- Did you know we have **Gadgets and Gizmos Galore** you can borrow with a library card? Check out all of the kits, backpacks and tabletop games you can borrow right here: <https://sgpl.ca/services/resources-available>
- Don't forget we also have lots of resources to support education, whether in the classroom or at home learning: <https://sgpl.ca/programs/homeschooling>

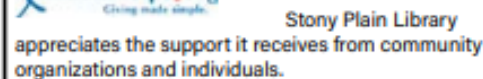
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> </div>		<p>* = Registered/In-person program ** = Registered/Online/Hybrid program * = Online program</p>				<p>1 Astronomy Day 10am-5pm Tech Bowl 1-5pm Builders Club 2-3pm**</p>
	2	<p>4 Family Storytime 10:30-11am Coffee and Cards 1-3pm Tech Bowl 12-8pm</p>	<p>5 Walking Club 10-11am* Teen Hangout 3-5pm Adulting 101 4:30-5:30pm Beginner Cree Lessons 7-8pm**</p>	<p>6 Baby Babble 10:30-11:00am* Tech Bowl 12-5pm</p>	<p>7 No School Friday 10am-4pm</p>	<p>8 Tech Bowl 1-5pm</p>
9	10	<p>11 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm* Pokémon Club 6:30-7:30pm*</p>	<p>12 Walking Club 10-11am* Teen Hangout 3-5pm Adulting 101 4:30-5:30pm Beginner Cree Lessons 7-8pm**</p>	<p>13 Baby Babble 10:30-11:00am* Tech Bowl 12-5pm</p>	<p>14 Tick Tock Time 10:30-11:30am* Indigenous Story Telling 10:30-11am AND 1-1:30pm Teen Hangout 3-5pm Full STEAM Ahead 4:30-5:30pm* Cyber Tales: Storytime 4pm*</p>	<p>15 Minecraft Mania! 1-3pm** Tech Bowl 1-5pm</p>
16	17	<p>18 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm RPG Pokémon 6-7pm*</p>	<p>19 Walking Club 10-11am* Teen Hangout 3-5pm Adulting 101 4:30-5:30pm Beginner Cree Lessons 7-8pm**</p>	<p>20 Tech Bowl 12-5pm Taste the World Club 7-8pm**</p>	<p>21 Tick Tock Time 10:30-11:30am* Teen Hangout 3-5pm</p>	<p>22 Tech Bowl 1-5pm Doll Head Planters 4-5pm*</p>
23	24	<p>25 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm* Movember Beard Care 5pm*</p>	<p>26 Walking Club 10-11am* Teen Hangout 3-5pm Adulting 101 4:30-5:30pm Talking Circle 5:30-9:00pm AHS Injury Prevention-Halloween Safety 6-7pm*</p>	<p>27 Tech Bowl 12-5pm</p>	<p>28 Tick Tock Time 10:30-11:30am* Indigenous Story Telling 10:30-11am AND 1-1:30pm Cyber Tales: Storytime 4pm* NERF Battle Royale 6:30-7:30pm AND 8-9pm*</p>	<p>29 Haunted Library 10am-6pm* Dungeons & Dragons Club 1-3pm*</p>
30 Haunted Library 10am-6pm*	31					





OCTOBER READER

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



Singer-Songwriter Series: Payphones All ages Drop in Friday Oct 21 6:00-7:00pm Payphones
is an acoustic, alternative folk rock act. Through their lyrics, they explore queerness, relationships and personal growth.

Preschool programs Ages 0-6 Drop in Engaging programs to enrich your preschooler's early literacy skills are offered throughout the week: Read, Play, Move; Toddler Storytime; and Preschool/Kindergarten Storytime.

Dungeons and Dragons, Ages 13+ [Register](#) 3rd Saturday of the month 11:30-2:30pm Join us once a month to play through high fantasy adventures! All experience levels are welcome. Each session is a self-contained adventure. Don't have D&D supplies? We'll have some you can borrow at this community hosted event.

Laughter Club Adults Thursdays 3:30-4:30pm [Register](#) Come have a laugh with our therapeutic laughter coach! Laughter is a fun, light-hearted way to reduce stress and meet new people through the art of laughing. Laughter delivers numerous mental and physical health benefits!





Stony Plain
Public
Library

5216 50 Street
Stony Plain, AB T7Z 0N5
Phone - 780-963-5440
mysppl.ca

Connect ♦ Engage ♦ Discover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 11am Yoga for Seniors 6pm Board Game	4 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 6pm QSA	5 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 7pm Wed Evening Book Club	6 1pm Craft Circle 3:30 Laughter Club 4:30 Drama Club 6:30 Stony Plain Photo Club	7 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	8
10 Thanksgiving Day CLOSED	11 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA	12 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Kids Can Cook	13 1pm Craft Circle 3:30 Laughter Club 4:30 Entertainment Engineers	14 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	15 11:30 D&D Club
17 11am Yoga for Seniors 6pm Board Game	18 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 6pm QSA	19 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Tale of Two Cities	20 1pm Craft Circle 3:30 Laughter Club 4:30 Insightful Innovations 6:30 Mother Earth with Sharon Krushel	21 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 1:30pm Fri Afternoon Book Club 2:30pm Tai Chi 6pm Singer Songwriter: Payphones	22
24 11am Yoga for Seniors 6pm Board Game	25 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA 7pm QSA Movie	26 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Kids Can Cook	27 1pm Craft Circle 3:30 Laughter Club 4:30 Makerspace Magic 6:30 Parkland Poets	28 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	29

Information available online at mysppl.ca





Get your kids involved - check out programs at the Tri-Leisure.

Our Fall 2022 Program Guide is now available here at this [LINK](#) or download a PDF copy [here](#).



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.

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

To find out more about it go to:



Wishing You Wellness

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

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



Reach out to our community

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 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 **STONY PLAIN** **Rotary**
Club of Stony Plain

B.I.L.Y.

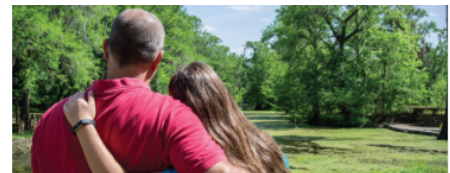
We are a group of parents and youth who have been through crisis situations and now are helping those through similar situations. We understand. We support one another by giving, sharing, listening, creating a safe environment, and providing practical resources. Our desire is to see you and your family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

For more information contact 587-588-8633

Caring Friends 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



Caring Friends

FOOD FOR THE SOUL, INVITES YOU AND YOUR FAMILY TO OUR

Thanksgiving lunch in !

Saturday October 15 from 10-1pm
at Lighthouse Church
49 Boulder Blvd

EP BC **Lighthouse church** **IMMANUEL LUTHERAN CHURCH of Rossmore**

Check out the Lighthouse Church Community Outreach Days on FB.

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**

Call APFA for more information.



TRIREGION FOOD RESOURCES

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

Wecan Food Basket

5600-50 St, Stony Plain
Fresh Nutritious Affordable Food Basket
Order by first Friday, pickup on third Thursday of month
Monday - Friday, 9AM-4PM
587-338-1101

FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
5600 50 Street, Stony Plain
Thursdays 10AM - 3PM
Fridays 1-4 (Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
49 Boulder Blvd., Stony Plain
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
Last Friday of the month

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
Drop-in for take out bagged lunch
Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
Drop-in for bagged lunch
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Hot meal to go for pick up
Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
780-962-4700

Community Table

180 Century Road, Spruce Grove
Hot meal to go for pick up
Last Friday of the month
www.sgconline.breezechms.com/form/communitytable
780-962-5611

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net

Updated: October 2022

Learn Something New - free sessions for parents and caregivers



Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to this Lunch & Learn session and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

Part 1:

Date: Wednesday, October 19, 2022

Time: 12:00 - 1:00 pm

For caregivers of children grades 7-12; for adults only.

[Click to Register](#)

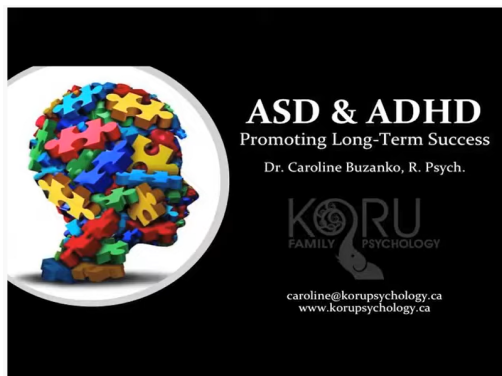
Part 2:

Date: Wednesday, October 12, 2022

Time: 12:00 - 1:00 pm

For caregivers of children grades 7-12; for adults only.

[Click to Register](#)



Autism and ADHD

(recorded session - Community Education Sessions - AHS)

Dr. Caroline Buzanko discusses the complex nature of Autism and ADHD, as well as the associated strengths and challenges. Executive functions, along with practical intervention techniques, and valuable information regarding common medications often prescribed will be reviewed.

https://www.youtube.com/watch?v=ZH-CsK4c6lc&list=PLiitOF1I5ZoWtN4oIlqPWHEoPP_7qIMdP&index=2

Community Education Service

Community Education Service (CES) offers upwards of 100 FREE, [online presentations](#) each year. Our expert speakers deliver timely, credible information and best-practice strategies to support the development and mental health of a child or youth in your life. (Alberta Health Services and Alberta Children's Hospital)

October 20 - Adolescent Brain Development and Navigating Parent-Teen Relationships ***please register using the poster only***

1:00 PM - 3:00 PM

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults. Register here - [Poster](#)

October 25 - Nutrition and ADHD - ***please register using the poster only***

6:30 PM - 8:00 PM

Parents of children and teens with ADHD are often concerned about their eating habits - are they eating enough, too much or the right type of foods? In this presentation, parents can expect to learn the fundamentals of nutrition, nutrition related to ADHD and practical strategies to make mealtimes more enjoyable! Register here- [Poster](#)

October 26 - Mental health for highly sensitive teens; unique struggles for these emotional feelers ***please register using the poster only***

10:00 AM - 11:30 AM

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions. In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed. Register here - [Poster](#)

November 2 - How is Resilience Portrayed through Teen Girls Experiences of Health and Mental Illness? ***please register using the poster only***

Noon - 1:00 PM

Join me to discuss my graduate research on resilience with girls experiencing a mental illness.

1. To review the concept of resilience and understand it from the perspective of teenage girls
2. To give teenage girls voice in how they perceive mental health, illness and resilience
3. To provide recommendations to design effective programs and interventions aimed at reducing sources of trauma and adversity and increase resilience. Register here- [Poster](#)

November 3 - Navigating Technology with our Youth

10:30 AM - Noon

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

Register here - [Poster](#)

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

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

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

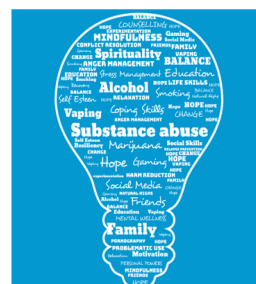
Parenting support (APFA) - Triple P Parenting 780-963-0549

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

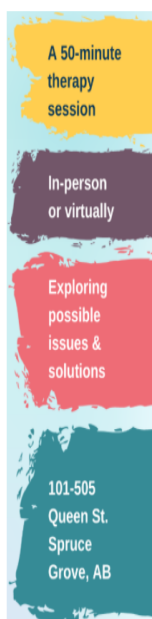
We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent capable and promote the positive mental health of youth, families and communities.

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

1

Walk-In Services

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

Locations and Hours:

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

Crisis Services

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

Emergency Department Resources:

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

Crisis Phone Numbers within Alberta (24/7)

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

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
Addiction Helpline..... 1-866-332-2322
Child Mental Health (8am-11:30pm) 780-427-4491
Kids Help Phone 1-800-668-6868
Bullying Helpline..... 1-888-456-2323
Seniors Abuse Helpline 780-454-8888
Family Violence Info Line 310-1818
Sexual Assault Center (9am-9pm) 780-423-4121
First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
.....780-644-5135
Access 24/7 (Adults)
Addictions & Mental Health780-424-2424
Westview Health Centre.....780-968-3600
Child Intervention Services780-422-2001
Kids Cottage Crisis Childcare ...780-944-2888
Parkland RCMP825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (overnight crisis help)
Monday-Friday 9am-4pm780-960-9669
Pay Forward Kindness (homeless supports)
.....587-286-4663

I DON'T EVEN KNOW WHERE TO START?



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



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

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

George Spady (men, women) 780-424-8335
Women's Emergency
Accommodation Centre 780-423-5302
Hope Mission (ages 16+, men, women) 780-422-2018
Youth Empowerment &
Support Services (YESS)..... 780-468-7186
Salvation Army (Transitional Housing, \$12/day)
..... 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters
..... 1-866-331-3933

I NEED DETOX SUPPORT

George Spady 780-424-8335
AHS Detox Centre..... 780-427-4291
Youth Edmonton Detox 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv.. 780-424-4106
George Spady Centre..... 780-424-8335
Boyle McCauley Health Centre 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and
Mental Health (adults)..... 780-424-2424
Youth Addiction Services 780-422-7383
Access Open Minds (youth 16-25) ... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

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

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

Stony Plain FCSS
#107, 4613 - 52 Avenue, Stony Plain, AB
780-963-8583

