

# STRONGER TOGETHER

## Parkland School Division Family Supports Newsletter

### November, 2022

Dear parents and caregivers,

Many of us struggle when it comes to placing limits on technology use for our children and it can lead to real conflict. This newsletter has some great information and resources to help us to understand the impact of screen time and technology and how to limit it and keep our families safe. We have a great session on Technology and Our Kids on November 23 that we encourage you to attend.

Stay brave and kind,  
Vicky and Dena

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### Screen Time submitted by Joel Pukalo

How much screen time should I give my children? This is a challenging question for every parent. I believe technology can be an incredible educational tool that helps children learn. My parents were both teachers so instead of purchasing video games, we only played learning games. These educational games provided extra practice in math, reading, critical thinking, and typing skills that helped me be successful in school and in life. Due to my positive childhood experience, I want

to provide my children these same opportunities. However, not all screen time is created equal. There are some video games that provide very little learning and are designed to be highly addictive. The digital documentary, *The Social Dilemma* highlights some of the challenges of social media. Technology is a tool. Our responsibility as parents is to teach our children how to use this tool appropriately.

Practically speaking [the American Academy of Child & Adolescent Psychiatry](#) provides the following guidelines for screen time use for children:

- 0-18 months: The only screen use recommended is video chatting with a close relative, such as a parent away on a trip. Otherwise, screens should be avoided as much as possible.
- 18-24 months: Educational programming is fine for a few hours a week, with a parent watching and playing along. The screen should be a supplement to an activity, not the focus of the activity.
- 2 years to 5 years: More educational screen time alone is fine, but anything non-educational should be kept to an hour per weekday and three or less on weekend days.
- 6 and up: At this age, recommendations are centered around encouraging habits and hobbies that don't involve screens. Continue to limit non-educational screen use on weekdays while allowing a bit more on weekends. As kids make friends, and join more after-school and weekend activities, use their schedule and physical activity level to help determine what screen time is appropriate.

As the guideline emphasizes, the type of content parents allow children to use is at the core of appropriate technology usage. Learning how to steward technology empowers parents to equip their children to develop healthy screen habits. Consider a few practical tips for technology stewardship:

- Learning Apps – Plan a consistent time daily to complete 10-15 minutes of learning time with your children. Complete the app with your child to ensure they are using it appropriately and help them grow in their learning.
- Screen Time Motivators – Consider using brief 1-3 minute videos such as short animal learning shows as *First-Then* motivators to complete chores, routines, or tasks. *First* the child completes their tasks and *then* the child gets to watch a very brief 1-3 minute video.
- TV Shows – Be mindful of limiting animated television shows that have a tendency to be more addictive for children. Consider using *Youtube Kids* or other apps to limit a child's access to real life learning shows that make it easier to turn off the tablet once the show is over.
- Setting Clear Boundaries – Be clear with the child before starting screen time the parameters for how long they will have access to the device. Set visual or digital timers to remind children when tech time is coming to an end.

**Family Life Psychology - Stony Plain 780-963-7451**

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



## Strong Families: Technology & Our Kids

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present another FREE information session for local families.

Join local subject-matter expert and Community Policing Officer, Constable Marshall, for an informative discussion on social media, video games, cell phones and general internet use. We will explore the top things parents should know, including ways to protect children/youth and healthy technology-use strategies.

Date: **Wednesday, November 23, 2022**

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

Location: **Centre for Education** (4603 - 48 Street in Stony Plain). Please enter through the lower-level doors located on the north side of the building. The session is in the Training Room.

Presenter: **Constable Gord Marshall** (Royal Canadian Mounted Police, Parkland detachment)

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-technology-our-kids-tickets-459165445207?aff=ebdsoporgprofile>.

### **For more information, please contact:**

Vicky Mamczasz

Family Supports Facilitator

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

When: November 23/2022 6:30-8 p.m.

Where: Parkland School Division Training Room ( enter from the downstairs doors)

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## Resources for Parents

**Are you Web aware? A checklist for parents** <https://www.saffroncentre.com/resources>

- Are you involved in your kids' online activities?
- Do you know what they are doing and who they are talking to when they are on the Internet?
- Does your family have a set of rules or an agreement for appropriate Internet use?

Find the full checklist from MediaSmarts [here](#)

**Saffron Centre** <https://www.saffroncentre.com/resources>

The Saffron Centre provides some great downloadable resources for parents.

["I Just Got my Kid a Cell Phone" Sheet](#)

[Cyberworld Pamphlet](#)

[A Parent's Guide to Technology](#)

[Parental Controls](#)

# PARENTAL CONTROLS

Cyberworld Handout



**LEARN MORE ABOUT:**  
**GOOGLE FAMILY LINK**  
**APPLE PARENTAL CONTROLS**  
**KIDLOGGER**  
**KASPERSKY**  
**BARK**

**"So, I just got my kid a cell phone. Now what?"**

The 'Online World' is intriguing and exciting. Children and youth use the Internet to communicate with friends and for entertainment. It becomes a legitimate part of their social structure. It provides them with a sense of connection and security.

**What Should You Focus On?**

What are they exposed to?  
 Who are they speaking to?  
 How are they being treated/treating others?  
 How is their character development being influenced?

**SECRET What's Personal?**

Consider talking to them about **personal information and privacy and location settings**. Define what personal information is. Research and then show them how to switch to private accounts. Turn off the location settings. Increase their safety and give yourself a peace of mind.

**Establish Guidelines With Mutual Understanding**

Will you be doing spot checks?  
 Do you need a cell phone contract with outlined consequences?  
 Where can devices be used?  
 How long can they be used for?

**Implement an Exit Strategy**

Use the phones for help! If they are in troubling, uncomfortable situations with friends or are involved in peer pressure, have them use a code word to text to you. This code will allow them to use an excuse to leave the situation and their peers by simply stating, "family emergency."

**DID YOU KNOW?**  
 The minimum age to use most social media platforms is 13

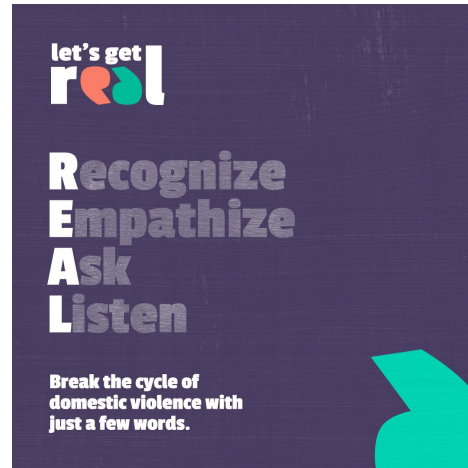
**BUT**  
 According to a study, 48% of students have lied about their age to register for a site they are too young to join.

Via Young Canadians in a Wired World research by Media Smarts

## FAMILY VIOLENCE PREVENTION MONTH

On average 137 family violence calls are made to the Parkland RCMP each month. Join us this November for Family Violence Prevention Month to #ShineALight on abuse.

**Go purple** with your porch light to show your support for people affected by domestic abuse.  
#KeepItRealTriRegion



Raising awareness of and educating people on domestic abuse works to create more connected communities that can better support people affected by abuse. Together, we can #ShineALight on family violence.

Join us for the free Real Talk webinar on **November 24 from 6:30-8:30PM** to learn how to respond to domestic abuse disclosures and support your friends, coworkers, and loved ones.

**Register for the webinar at <http://ow.ly/YP5B50KuHvP>**  
#KeepItRealTriRegion

## 24-hour help



Family violence is a crime – Call 911 if you or someone you know is in immediate danger.

Call the **Family Violence Info Line** at [310-1818](tel:310-1818) to get help anonymously in more than 170 languages.



# Collaborative Communication

Tuesday, November 15, 2022 7:00-9:00 pm

## Upcoming Dates:

Tuesday, November 22, 2022 7:00 p.m. - 9:00 p.m.

Tuesday, November 29, 2022 7:00 p.m. - 9:00 p.m.



## Event Details:

In this 3-Part series, you will learn how to collaboratively communicate through conflict to gain understanding of the other party and to share your perspective in a way they can hear you. You'll have a chance to try out the skills you learn in a supportive environment led by a Conflict Resolution Practitioner.

Session 1: Conflict and Conflict Styles

Session 2: Listening Skills (aka Listening to Understand)

Session 3: Speaking Skills (aka Assertive Communication)

Presented in partnership with Stony Plain Community and Social Development, Parkland County, and Spruce Grove FCSS.

[Register here](#)

## Note:

Full subsidy is available if required. Please call 780-962-7618 to complete subsidized registration.

## Great resources and activities for kids and families

### Super Dads, Super Kids

November 19 @ 10:00 - 12:30 pm

## Share the experience of being a super dad!

Join other dads/male caregivers and their children ages 4 -10 at the Family Connection Centre to share the experience of parenting. Topics include the role of a super dad, importance of nutrition and physical activity, communication, and child development.

Each session will include an individual family activity, food, parent education with childcare and a group activity.

Call APFA for registration information : 780-963-0549



**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](mailto: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



**Parkland Village Youth Group**  
**November 9 @ 4:30 pm - 6:00 pm**

[Recurring Event (See all)]

*Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5*

The group is for youth in Grades 5, 6, 7, & 8. Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a

physical activity and a cooking activity meant to support lifelong health.

## Stony Plain FCSS Youth Centre (SPYC)

### Stony Plain Youth Centre

4902 – 51 Avenue, Stony Plain, AB

Phone: 780-968-3846 Fax: 780-968-3987

Email: [spyc@shaw.ca](mailto:spyc@shaw.ca)

[www.spyc.ca](http://www.spyc.ca)

### Youth Drop In Hours:

Monday to Wednesday (2:00 pm – 6:00 pm)

Thursday (2:00 pm – 8:00 pm)

Friday (2:00 pm – 9:00 pm)

### General Office Hours:

Monday to Wednesday (11:00 am – 6:00 pm)

Thursday (11:00 am – 8:00 pm)

Friday (2:00 pm – 9:00 pm)

Like us Facebook!



### Check out the programs offered at the Stony Plain Youth Centre -

**The Gear** - Drop-In Workshop In addition to the formal weekly registered programming, the Gear strives to be a hub for bike activity in Stony Plain. Youth are welcome to bring in and work on their own bikes under the guidance of staff during drop-in shop hours. If youth do not have a bike they are welcome to come and learn by disassembling some of the bikes in the shop. The 2nd and 4th Fridays of each month beginning September 13th 4:00 pm – 7:00 pm Stony Plain Youth Centre 4902 – 51 Avenue Free, Drop-ins welcome



Roblox is an education online video game. It enhances creativity, problem solving, self-direction, collaboration and specifically designed to help children improve skills such as organization, time management, planning, flexibility, self-awareness and focus. Both fun and educational, the purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

**For more information please contact [info@ldedmonton.com](mailto:info@ldedmonton.com) or call our office at 780-466-1011.**

### **Saturday's starting**

**November 12, 2022 – 1:30-3:00 pm (6 week session)**

### **Wednesday's starting**

**November 16, 2022 – 4:30 -6:00 pm (6 week session)**



**ADHD Association  
of Greater Edmonton**

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

- |           |                                    |
|-----------|------------------------------------|
| NOV       | 7:00 pm – 9:00 pm MDT              |
| <b>2</b>  | <b>Parent Support Group</b>        |
| NOV       | 7:00 pm – 9:00 pm MST              |
| <b>8</b>  | <b>Young Adult Support Group</b>   |
| NOV       | 7:00 pm – 9:00 pm MST              |
| <b>9</b>  | <b>Women's Support Group</b>       |
| NOV       | 7:00 pm – 9:00 pm MST              |
| <b>16</b> | <b>Adult/Partner Support Group</b> |
| NOV       | 7:00 pm – 9:00 pm MST              |
| <b>17</b> | <b>Girls and Women with ADHD</b>   |



Stony Plain  
Public  
Library

# NOVEMBER 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](https://mysppl.ca/support-sppl/donations) through



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

**Program and Event Highlights:** see [calendar](#) (page 2) for full list of programs

**Wonka Week** November 14-18 5:30-7:30pm Ages 6-12 Drop In (Children under 12 need to be accompanied by an adult) Join us at the library every evening for a new activity featuring the novel "Charlie and the Chocolate Factory"

**Board Game Night** All ages Drop In Mondays 6:00-8:00pm Board game night is BACK! Come with your friends or come make new friends! Board games will be supplied or you can bring your own.

**Stony Plain Photo Club** Ages 13+ Register First Thursday of the month 6:30-8:00pm All experienced and inexperienced photographers are welcome. Share your photos and learn more about the art of photography.

**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.

**Laughter Club** Adults Thursdays 3:30-4:30pm Register Come have a laugh with our therapeutic laughter coach! Laughter Club 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!

**Teen Book Club** Teen Book Club is here! Come meet other teens (13+) to talk about cool books. The first meeting is November 18th and will recur every third Friday of the month at 5pm. It's fun! It's free! Make new book-loving friends



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
	1 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 6pm QSA	2 1:15pm Read Play Move 3:30pm Nintendo Switch Gaming 7pm Wed Evening Book Club	3 1pm Craft Circle 3:30pm Laughter Club 4:30pm Drama Club 6:30pm Stony Plain Photo Club	4 10:10 Toddler Storytime 11am Preschool/ Kindergarten Storytime 2:30pm Tai Chi	5
7 11am Yoga for Seniors 6pm Board Game Night	8 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA	9 1:15pm Read Play Move 3:30pm Nintendo Switch Gaming 4:30pm Kids Can Cook	10 1pm Craft Circle 3:30pm Laughter Club 4:30pm Entertainment Engineers	11 Remembrance Day CLOSED	12
14 11am Yoga for Seniors 5:30pm Wonka Week 6pm Board Game Night	15 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 5:30pm Wonka Week 6pm QSA	16 1:15pm Read Play Move 3:30pm Nintendo Switch Gaming 4:30pm Tale of Two Cities 5:30pm Wonka Week	17 1pm Craft Circle 1:30pm Let's Play 3:30pm Laughter Club 4:30pm Insightful Innovations 5:30pm Wonka Week	18 10:10 Toddler Storytime 11am Preschool/ Kindergarten Storytime 1:30pm Fri Afternoon Book Club 2:30pm Tai Chi 5pm Teen Book Club 5pm Wonka Week Movie Charlie & The Chocolate Factory	19 11:30am D&D Club
21 11am Yoga for Seniors 6pm Board Game Night	22 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA 7pm QSA Movie	23 1:15pm Read Play Move 3:30pm Nintendo Switch Gaming 4:30pm Kids Can Cook	24 1pm Craft Circle 3:30pm Laughter Club 4:30pm Makerspace Magic 6:30 Parkland Poets	25 10:10 Toddler Storytime 11am Preschool/ Kindergarten Storytime 2:30pm Tai Chi	26
28 11am Yoga for Seniors 6pm Board Game Night	29 10:30am French/ English Tick Tock Time 4pm Chess Club 4pm Lego Mindstorms 6pm QSA 7pm QSA Movie	30 1:15pm Read Play Move 3:30pm Nintendo Switch Gaming 4:30pm Tale of Two Cities 6:30pm Christmas Story Hour			

Information available online at [mysppl.ca](https://mysppl.ca)





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.

**No School Friday** is back! On Friday 18 November we will be offering a double feature movie screening and extended Tech Bowl hours ALL DAY LONG (see attached poster).

**Teen Hangout** 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** 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 30, November 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>

**Backyard Science** Wednesday 16 November 4:30-5:30pm Science and nature combine in this fall break special. Recommended for ages 7-12 years. Find out more and to register: <https://sgpl.ca/programs/events/calendar> (walk-ins welcome if space allows)

**RPG: My Little Pony Tails of Equestria** Saturday 12 November 1-3pm Want to learn how to Role Play Game? Try it out this season with our kids special programs. Fans of My Little Pony will love getting immersed in the world of Equestria. Further info on the [Tails of Equestria](#) game. Recommended for 7+ years. Find out more and to register: <https://sgpl.ca/programs/events/calendar> (walk-ins welcome if space allows)

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>

We're having a prize draw! Register for a FREE library card or refer a friend to be entered. Contest opens 1-30 November.

## LIBRARY CARD CONTEST

FROM NOVEMBER 1ST TO 30TH

REGISTER FOR A CARD OR REFER A FRIEND, AND BOTH OF YOU WILL BE ENTERED INTO OUR CARD DRIVE CONTEST.



**The ultimate rewards card!**

If you've been thinking about getting a card, or want to tell your friends and family about why they should...NOW IS THE TIME!

\*Must be from an eligible area: Spruce Grove, Parkland County, a First Nation community, or any Yellowhead Regional Library municipality. Bring proof of address with your Canadian ID. A Driver's license with your current address works best.





# November 2022

35 Fifth Avenue Spruce Grove, AB T7X 2C5  
 780-962-4423 • library@sgpl.ca • www.sgpl.ca  
 SpruceGroveLibrary sg\_library SGPL Library SpruceGroveLibrary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Community Craft (while supplies last) Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm	2 Walking Club 10-11am* Teen Hangout 3-5pm Adulting 101 4:30-5:30pm	3 Tech Bowl 12-5pm	4 Teen Hangout 3-5pm	5 Local Author Fair 11am-4pm Tech Bowl 1-5pm Builders Club 2-3pm**
6	7	8 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*	9 Teen Hangout 3-5pm	10 Tech Bowl 12-5pm	11 STAT HOLIDAY Cyber Tales: Storytime for Big Kids 4pm*	12 Tech Bowl 1-5pm RPG My Little Pony Tails of Equestria 1-3pm*
13	14	15 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm	16 Teen Hangout 3-5pm Backyard Science 4:30-5:30pm* AHS Injury Prevention- Infant & Toddler Home Safety 6-7pm*	17 Tech Bowl 12-5pm Taste the World Club 7-8pm**	18 No School Friday 10am-4pm	19 Tech Bowl 1-5pm Minecraft Mania! 1-3pm**
20	21	22 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm*	23 Teen Hangout 3-5pm	24 Tech Bowl 12-5pm	25 Indigenous Story Telling 10:30-11am AND 1-1:30pm Teen Hangout 3-5pm Cyber Tales: Storytime for Big Kids 4pm* NERF Battle Royale 6:30-7:30pm AND 8-9pm*	26 Tech Bowl 1-5pm Dungeons & Dragons Club 1-3pm*
27	28	29 Family Storytime 10:30-11am Tech Bowl 12-8pm Coffee and Cards 1-3pm	30 Teen Hangout 3-5pm Talking Circle 5:30-9:00pm			* = Registered/ In-person program ** = Registered/Online/ Hybrid program * = Online program





**NO SCHOOL FRIDAYS**

**IT'S A NO SCHOOL DAY!  
THERE'S NO BETTER WAY TO  
SPEND IT THAN AT THE LIBRARY!**

We will be showing two movies\*  
throughout the day!  
The Tech Bowl will be open ALL DAY so  
come on by to create and explore!

*\*Movies may have a PG rating and may not  
be suitable for all children.*

**Ages 5 & up**  
**No School Day**  
**Friday November 18**  
**10:30am-12:30pm**  
**1:30pm-3:30pm**  
**FREE, Drop-in**

 **Spruce  
Grove  
Public  
Library**

For more info call 780-962-4423, email [library@sgpl.ca](mailto:library@sgpl.ca), or visit [www.sgpl.ca](http://www.sgpl.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](#).

You may qualify for a subsidized pass - check out Wishing You Wellness at

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



**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.



**SPRUCE GROVE GSA**

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

**GSA - Youth Group**  
**Gender Sexuality Awareness**  
 2<sup>nd</sup> & 4<sup>th</sup> Friday - 7:00pm to 9:00pm

February 25 <sup>th</sup>	March 11 <sup>th</sup> & 25 <sup>th</sup>
April 8 <sup>th</sup> & 22 <sup>nd</sup>	May 13 <sup>th</sup> & 27 <sup>th</sup>
June 10 <sup>th</sup> & 24 <sup>th</sup>	July 8 <sup>th</sup> & 22 <sup>nd</sup>
August 12 <sup>th</sup> & 26 <sup>th</sup>	September 9 <sup>th</sup> & 23 <sup>rd</sup>
October 14 <sup>th</sup> & 28 <sup>th</sup>	November 11 <sup>th</sup> & 25 <sup>th</sup>
December 9 <sup>th</sup>	January 27 <sup>th</sup> , 2023

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 Piyil (Métis), ᓂᓄᓐᓂᓐ ᓂᓄᓐᓂᓐ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan),  
 Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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

2SLGBTQ+ youth & allies are welcome!

Ages 12 – 24

*You Be You!*



**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.

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 Traditional lands of Cree, Michif Piyil (Métis), ᓂᓄᓐᓂᓐ ᓂᓄᓐᓂᓐ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan),  
 Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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

*You Be You!*

**SAFE**  
 Support & Advocacy for Everyone  
 ages 18+



**SPRUCE GROVE GSA**

**7 pm – 9 pm**  
**3<sup>rd</sup> Thursday**  
**each month**

**SAFE**  
**Support & Advocacy for Everyone**  
 Gender Sexuality Awareness

March 17 <sup>th</sup>	April 21 <sup>st</sup>
May 19 <sup>th</sup>	June 16 <sup>th</sup>
July 21 <sup>st</sup>	August 18 <sup>th</sup>
September 15 <sup>th</sup>	October 21 <sup>st</sup>
November 18 <sup>th</sup>	January 20 <sup>th</sup> , 2023

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)

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory.  
 Traditional lands of Cree, Michif Piyil (Métis), ᓂᓄᓐᓂᓐ ᓂᓄᓐᓂᓐ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan),  
 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)

2SLGBTQ+ adults & allies are welcome!

Adults 18+

*You Be You!*



## HELP FOR THE SEASON

### TRI-REGION SEASONAL GUIDE





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

#### SEASONAL FOOD/GIFT HAMPERS

##### Kinsmen and Kinette Christmas Hampers

For modest income residents.  
Register by Dec.10 at Parkland FoodBank  
..... 780-962-4565, ext.1

Gift pickup in Stony Plain:  
[www.stonyplainkinsmen.ca](http://www.stonyplainkinsmen.ca)

- Stony Plain residents;
- Parkland County residents west of Boundary Road (RR 275) to RR 34, including Duffield

Gift pickup in Spruce Grove:  
[www.sgkinettes.ca](http://www.sgkinettes.ca)

- Spruce Grove residents
- Parkland County residents east of Boundary Road (RR275) to 231 St

Gift pickup in Yellowhead Central Santa's Anonymous, Parkland County residents

- East of Highway 759 (including Seba Beach)
- South to Township 514
- West to Highway 32 (excluding Peers)
- North to the Yellowhead County border

..... 780-325-3782

##### Wabamun Christmas Hamper

For Parkland County residents:

- West of RR34 to Seba Beach
- East to Kapasiwin
- North to Brookside

Register at Wabamun Servus Credit Union or Wabamun ATB  
[wabamunchristmashamper@gmail.com](mailto:wabamunchristmashamper@gmail.com)  
..... 780-237-6135

#### SPECIALTY GIFT HAMPERS

##### Stockings of Care, NeighbourLink Parkland

For seniors/single adults who may be isolated and facing the season alone.  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
Referrals/Register ..... 780-960-9669

##### Hampers for Hope Parkland Pregnancy Support

For moms of children under 5, modest income

#### SEASONAL MEALS

**December 9, 5-6:30PM—**  
Grace's Table Turkey Dinner  
250 Century Road, Spruce Grove  
[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)  
..... 780-962-4700

**December 17, 10AM-1PM —**  
Food for the Soul Christmas Breakfast  
49 Boulder Blvd., Stony Plain [www.LHPC.com](http://www.LHPC.com)  
..... 780-963-3110

**December 25, 1PM—**  
Christmas Day Dinner,  
Stony Plain United Church, 5012-51 Ave  
RSVP by December 24, 2022  
[doreen07@shaw.ca](mailto:doreen07@shaw.ca) ..... 780-937-6053



780-962-7618



780-963-8583



780-963-8583





### B.I.L.Y

BILY (Because I Love You) Support Group BILY is a nationwide network of parents who meet weekly. People who are struggling with issues occurring within their homes, and/or within their lives. The group works with parents who have children of all ages. Groups are run by parents who have worked through the BILY program and have been successful with it.

Ongoing: Tuesdays 7:00 pm – 9:00 pm Stony Plain FCSS Youth Centre 4902 – 51 Avenue, Stony Plain

Free To register: 780-245-2459

**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



Call APFA for more information 780-963-0549



# 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](http://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](http://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](mailto:helps@sprucegrove.church)

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)

Updated: October 2022

## Learn Something New - free sessions for parents and caregivers

### Caregiver Education Series

#### Building Executive Functioning Skills

##### Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1:

Date: Tuesday, November 8, 2022

Time: 12:00 - 1:00 pm

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

[Click to Register](#)

Part 2:

Date: Tuesday, November 22, 2022

Time: 12:00 - 1:00 pm

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

[Click to Register](#)

#### Understanding Self-Injury

In this Lunch & Learn webinar, 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: Wednesday, November 9, 2022

Time: 12:00 - 1:00 pm

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

[Click to Register](#)

#### Technology and the Teenage Brain

Technology is a huge part of our children's lives. Bring your teen to this evening webinar to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Wednesday, November 16, 2022

Time: 6:00 - 7:30 pm

For caregivers and teens (grades 7-12) to attend together.

Register at: [https://albertahealthservices.zoom.us/webinar/register/WN\\_iWKrA-jkTX6318fWijxGyA](https://albertahealthservices.zoom.us/webinar/register/WN_iWKrA-jkTX6318fWijxGyA)

### **More than Just a Bad Day**

#### **Understanding Depression**

In this one-hour Lunch & Learn session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, November 23, 2022

Time: 12:00 - 1:00 pm

For adults, and caregivers supporting youth (grades 7-12).

Register here: [https://albertahealthservices.zoom.us/webinar/register/WN\\_ex9WsgHTTCeua2tgpSleUA](https://albertahealthservices.zoom.us/webinar/register/WN_ex9WsgHTTCeua2tgpSleUA)

### **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)

#### **November 8 at 6:30 - Kids Have Stress Too**

##### **Registration**

#### **Navigating Technology With Our Youth - Thursday November 10 at 10:30 am**

##### **Registration**

#### **Nutrition and ADHD - Tuesday November 15 at 6:30**

##### **Registration**

#### **Avoiding Power Struggles With Preschoolers - Wednesday, November 16 at 6:30pm**

##### **Registration**

#### **National Child Day 2022 - Stress, Stigma and Safety: Supporting Youth to Experience their Right to Safety - November 21 at 11:00 am**

##### **Registration**

#### **Executive Functioning: Who's the Boss? - November 22 at 1:00 pm**

##### **Registration**







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

### General Information

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

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

### Phone Numbers

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

### Intake Services

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

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

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

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

### Youth Addiction Services

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

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



March 2022

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## Walk-In Services

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

### Locations and Hours:

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

## Crisis Services

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

### Emergency Department Resources:

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

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

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

## HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

#### I NEED TO TALK TO SOMEONE NOW (24H)

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

#### I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance  
.....780-644-5135  
Access 24/7 (Adults)  
Addictions & Mental Health .....780-424-2424  
Westview Health Centre.....780-968-3600  
Child Intervention Services .....780-422-2001  
Kids Cottage Crisis Childcare ...780-944-2888  
Parkland RCMP .....825-220-2000  
Poison Control ..... 1-800-332-1414  
NeighbourLink Parkland (practical crisis help)  
Monday-Friday 9am-4pm .....780-960-9669  
Pay Forward Kindness (homeless supports)  
.....587-286-4663

#### I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

#### I NEED A DOMESTIC ABUSE SHELTER

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

#### I NEED DETOX SUPPORT

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

#### I NEED A SAFE CONSUMPTION SITE

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

#### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

#### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) .....811

#### WHERE CAN I FIND FOOD?

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

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

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

