

# STRONGER TOGETHER

## Parkland School Division Family Supports Newsletter December, 2022

Dear parents and caregivers,

Christmas movies, ads, social media, all tend to put added pressure on us to create the perfect holiday experience. Many families are feeling stretched financially right now. Often families are missing loved ones at this time and grief and sadness are also present. It is ok to feel the way you are feeling about the holidays. Remember to practice some self care where you can. One of the best gifts we can share with our family is creating great family memories and being really present with our kids. Play a board game - have a competition over the holidays, build a blanket fort and sleep in the living room, go tobogganing or explore a new hike outside.

Stay brave and kind,  
Vicky and Dena

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### Self Care submitted by Joel Pukalo

Self-care is essential to effective parenting. My wife and I have three young children under the age of five. Our lives are full to say the least! Due to the demands of parenting, we have gone through seasons of limited self-care over the past three years. During these seasons we feel more depleted and have more mental health challenges. Taking time to recharge each day is essential to live at full power and conquer the challenges of everyday life.

The first step to self-care and improving personal wellness is learning how to recharge. Living in wellness is only possible when you learn how to recharge and live at full power.

Finding recharging activities can be tough. There are many things that I do after a hard day of work that may seem relaxing but are not recharging. My default is screen time. Whether it's scrolling social media, reading the news, or watching a TV show, when I'm tired I just want to relax. The problem is that relaxing is not the same as recharging. In fact, some of the activities I choose in my down time are downright draining. Watching the news or scrolling social media is more likely to expend emotional energy. Watching my favorite TV show is pretty neutral – it's draining my energy but it's probably not recharging me either. Watching one episode is okay. But binge watching three to five episodes is likely to be more draining as well. I think there is a correlation between hours watched of TV and a decrease of energy.

So how does one find recharging activities? Consider looking for activities that energize, motivate, and inspire you. Typically, these activities help you feel more connected with yourself and more connected with others. Technology is not inherently bad. Sometimes *Facetime* can connect us with others and journaling on my computer helps me connect with myself. Technology is a tool. I get to choose whether to use this tool to recharge or drain my energy. My wife does not find technology recharging at all. She has mandated "tech-free time" recharge time at our house. I find listening to music on my phone and reading a digital book on my iPad to be very recharging. Every person is unique. Therefore, the ways that each of us recharge must be unique too. Let's work together to develop a practical game plan to help you recharge.

#### Recharging Activities

**Assess:** Write down your top twenty activities that energize, motivate, or inspire you.

- Put a checkmark beside activities that you engage in at least twice weekly.
- Put a question mark (?) beside activities you engage in at least once a month.
- Put an asterisk (\*) beside activities on your recharge list that you rarely engage in.

**Game Plan:** Look at your weekly schedule. Write in one self-care activity that you will complete each day this week. Place a checkmark on your weekly schedule each time you complete a self-care activity.

**Evaluate:** Count how many checkmarks you obtained after one week. Set a goal for how many checkmarks you would like to obtain next week.

**Assess Weekly Self-Care Habits:** Write down a list of activities that you do on a weekly basis at home. Rank the activities on a 1-10 scale (1 = draining activity; 5 = neutral; 10 = recharging activity). Here is what my activity list looks like. Feel free to create your own using this format or another format.

Draining	Neutral	Recharging Activity
1 – Cleaning toilets  3 – Binge watching random shows on Netflix  4 – Doing dishes  4 – Watching a sports game alone	5 - Vacuuming  5 – Watching a show while filing office paperwork	7 – Organizing my kitchen  8 – Watching favorite show with my wife  9– Watching a sports game while hanging out with good friends and having quality conversations

**Reducing Energy Drain:** Review the items on your draining list and organize them into the following categories

- Put a checkmark beside essential activities (i.e. cleaning toilets)
- Put a question mark (?) beside changeable activities (i.e. watching a show or sports game while washing dishes make this activity less draining and possibly somewhat energizing.
- Put an asterisk (\*) beside unnecessary draining activities (i.e. binge-watching Netflix or watching sports games alone). For each unnecessary activity, develop a strategy to change or avoid the activity.

While rest is equally important to productivity, I find wasting extended leisure time on Netflix or sports to be incredibly draining.

Now that we have identified a list of recharging activities, let's carve out time in our schedules to make this plan a reality. How can we take time each day to prioritize recharging self-care activities? Our schedules are already jam packed with work, commutes, chores, kids, and everything else. We don't have time for anything else. Although many of these activities are important, they are like the sand that will always fill your life. If you keep filling a jar with sand it will keep filling up until it overflows. Most of our lives are overflowing with the sand of our commitments and obligations. These activities are important but they do not recharge us. Therefore, we need to identify recharging activities (rocks) to prioritize first before filling our lives with the rest of our responsibilities (sand). My rock time is recharging each night after our children go to bed. My wife and I prioritize ten minutes of connect time just talking and catching up on the day right after the kids go to bed. Then we often spend some time listening to music, reading, or watching one TV episode. Sometimes I work late or we have other activities that infringe upon this time. Last week we were busy most nights and were not able to take time to recharge. I did okay the first few days of the week, however, after five to six days of this, I was totally drained and ready for a vacation.

Recharging is not optional. It's not something we can do once a week or just once in a while on vacation. To live at full power, we need to prioritize recharging on a daily basis. To some this may not sound realistic but it's a pillar of personal wellness that is not optional.

Remember, **goal setting without practical follow through is just wishful thinking.**



## Resources for Parents

7 Days to Less Holiday Chaos series - From Calm the Chaos


- [Parenting Strong-Willed Kids During the Holidays](#)
- [3 Tips to Navigate School and Holidays](#)
- [Conquer Bedtime Battles](#)
- [How to handle triggers over the holidays.](#)
- [Unwanted Advice from "Well-meaning" Family?](#)
- [Meltdowns and outbursts increasing with the holidays?](#)



Learning how to give back is a great gift to give our kids.

- Kids learn how to give back by watching us
- They learn important social skills which they carry into adulthood
- They learn empathy and kindness for others
- They learn it is OK to ask for help
- It teaches them they are connected to their community

Giving back does not have to be about money - it can be about sharing your time to help others.

 <b>Acts of Kindness Christmas Calendar for Kids</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Compliment someone	2 Pick up litter in your neighborhood	3 Make cards for nursing home residents	4 Make someone laugh	5 Fill a bag with books to donate to the library	6 Introduce yourself to someone new	7 Make a card for a school staff member
8 Hug someone.	9 Write a letter to a military member	10 Mail a postcard to a friend or family member	11 Let someone get in line ahead of you	12 Fill a box with toys to donate to charity	13 Draw a picture for mom or dad	14 Leave a friendly note where someone will find it
15 Thank someone for making a difference	16 Collect loose change & donate it	17 Clean up a mess you didn't make	18 Hold the door for someone	19 Fill a bag with clothes to donate	20 Share something with someone else	21 Write a friendly message with chalk on a sidewalk
22 Smile at everyone you see today	23 Make a bird feeder	24 Call a long-distance relative	25 Write thank you notes for your gifts	26 Tell someone all the reasons you like them	27 Tell a stranger to have a nice day	28 Help make dinner
29 Do a chore for someone else.	30 Make a list of things you're thankful for	31 Do a chore for someone else.				

Check out the printable Acts of Kindness Calendar for Kids at <https://wondermomwannabe.com/random-acts-kindness-christmas-calendar-kids/> Or work with your kids to create their own.



## It's the season WAYS TO GIVE



780-962-7618

780-963-8583

### **Kinsmen/Kinette Christmas Hampers**

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

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

Food and Gift Christmas Hampers for residents with modest income in the TriRegion

**Volunteer:** visit website.

**Donate:** monetary donations, local grocery store gift cards, new unwrapped gifts for children under 10, gift cards for youth age 11-17

**Donation Locations:** Available across Spruce Grove, Stony Plain, Parkland County and Acheson.

### **Wabamun Hampers**

[wabamunchristmashamper@gmail.com](mailto:wabamunchristmashamper@gmail.com)

780-237-6135

Food and gifts for isolated families, individuals, singles residing west to Seba, north to Brookside, east to Kapasiwin

**Donate:** Turkeys, gifts for kids, grocery gift cards.

### **Stockings of Care**

**NeighbourLink Parkland**

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

780-960-9669

Stocking gifts for seniors and single adults who may be isolated and facing the season alone.

**Donate:** Adopt a senior or adult, provide hope and connection (item suggestions provided)

**Volunteer:** visit website.

### **Hampers 4 Hope**

**Parkland Pregnancy Support**

[www.parklandpregnancy.com](http://www.parklandpregnancy.com)

780-962-5505

Provides hygiene and household items, mom gifts and gifts specific to toddlers and babies.

**Donate:** Baby/Child clothing, supplies.

**Volunteer:** Intake, sorting.

### **Food for the Soul**

**Community Breakfast  
Lighthouse Church**

49 Boulder Blvd., Stony Plain

780-963-3110

[www.LHPC.com](http://www.LHPC.com)

December 17 from 10 am - 1 pm to celebrate the season and provide food support to community.

**Donate:** Monetary funds, gift cards or pantry item.

### **Christmas Day Dinner**

**Stony Plain United Church**

5012-51 Ave, Stony Plain

780-937-6053 [doreen07@shaw.ca](mailto:doreen07@shaw.ca)

**Donate:** Monetary,

**Volunteer:** Dinner prep, serving.

### **Christmas Kettle Campaign Salvation Army**

780-458-1937

Supports local residents with basic needs help such as rent, food, clothing.

**Volunteer:** Bell Ringer

### **Giving Tree / Toy Mountain Spruce Grove Public Library**

35 5 Ave (King Street Mall)

780-962-4423

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

Under this tree sits a giving bowl. In the Indigenous way, giving is the same as receiving. If you care about others, everything you give returns to you – a beautiful circle in life.

\*Accepting donations for

Kinsmen/Kinette hampers

**Donate:** Meaningful and useful items. No perishable items.

### **Mitten Tree**

**Stony Plain Public Library**

5216 50 Street

780-963-5440

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

Place a gift on the tree to be donated to a person in need.

\*Accepting donations for

Kinsmen/Kinette hampers

**Donate:** Homemade and store-bought mittens, toques, scarves, socks, children's gifts, monetary donations, gently-used winter clothing and blankets.

### **Coats for Kids apfa**

5600 50 St, Stony Plain

780-963-0549

Open year round, free store for donated coats, boots, winter accessories.

**Donate:** Gently-used winter wear, all sizes (kids-adult).





## Great resources and activities for kids and families



### A Free Christmas Dinner

**Dinner is available on December 25th, 2022 in Stony Plain for anyone who would be alone or unable to have a Christmas Dinner!**

**They are asking for an RSVP by 8pm December 24, 2022.**

**You can RSVP by:**

**emailing [doreen07@shaw.ca](mailto:doreen07@shaw.ca)**

**Or**

**Texting/ calling 780-937-6053.**

**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

December 21 @ 4:30 pm - 6:00 pm

|Recurring Event (See all)



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.

[Register here](#)

## 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

## Looking for some free fun over the holidays?



### Check out 11 Family Friendly Toboggan Hills in Edmonton + Area

<https://justanotheredmontonmommy.com/2016/12/friendly-toboggan-hills-edmonton-yegkids/>



## How about free family skating?

(check out free sports equipment for kids at <https://www.sportcentral.org/>)

- Stony Plain has five outdoor rinks for free skating and casual shinny every day of the week during the winter (weather dependent) – check the outdoor rink schedules here.
- Check out outdoor rinks in Spruce Grove  
<https://www.sprucegrove.org/community/sports-recreation/ice-surfaces-outdoor/>
- If you want to go somewhere different take a look at the best free outdoor skating trails around Edmonton  
<https://www.todocanada.ca/15-of-the-best-outdoor-skating-trails-in-and-around-edmonton/>



**LD Edmonton**

Learning Disabilities Association of Alberta - Edmonton Chapter

### The Child Social Skills Program

**Our groups specialize in children with ADHD, ASD, Tourette's and Learning Disabilities but all are welcome!**

**The aim of the program is to encourage friendship, positive social/emotional behaviors, active listening, effective communication, and comprehension of social norms.**

**Help in understanding non-verbal communication, body language, and unspoken social rules**

**Promote self-esteem and build confidence**

**Help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skill**  
**Children between the ages of 8-12 years can register for this 8 week program.**

**Running Sunday mornings from 9:30am – 12:00pm starting January 22, 2023 – March 19, 2023 No Group February 19, 2023**

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

**Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child.**

**Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD number is 020051257**

**Cost of Social Skills Group is \$300.00**

**780-466-1011**

**[info@ldedmonton.com](mailto:info@ldedmonton.com)**

### Teen Social Skills Group Ages 13-17 years

**Our groups specialize in children with ADHD, ASD, Tourette's and Learning Disabilities but all are welcome!**

**The aim of the program is to encourage friendship, positive social/emotional behaviors, active listening, effective communication, and comprehension of social norms.**

**Help in understanding non-verbal communication, body language, and unspoken social rules**

**Promote self-esteem and build confidence**

**Help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skill**  
**Youth between the ages of 13-17 years can register for this 8 week program. Running Sunday afternoons from 1:00pm -3:30pm starting January 22, 2023 – March 19, 2023. No Group February 19, 2023**

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

**Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD number is 020051257**

**Cost of Social Skills Group is \$300.00**

**780-466-1011**

**[info@ldedmonton.com](mailto:info@ldedmonton.com)**



Stony Plain  
Public  
Library

# DECEMBER 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

## 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 new skills.

## Laughter Club

Adults Drop In Thursdays 3:30-4:30pm

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!

## Stony Plain Queer Straight Alliance

Ages 13+ Drop In Tuesdays 6:00-7:00pm

Join our Queer-Straight Alliance for resources and fun activities! All are welcome, no matter your gender identity or sexual orientation.



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 1pm Craft Circle 3:30 Laughter Club 4:30 Drama Club 6:30 Stony Plain Photo Club	2 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	3
5 11am Yoga for Seniors 6pm Board Game	6 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA	7 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Kids Can Cook	8 1pm Craft Circle 3:30 Laughter Club 4:30 Entertainment Engineers	9 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	10
12 11am Yoga for Seniors 6pm Board Game	13 4pm Chess Club 4pm Lego Mindstorms 6pm QSA	14 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Tale of Two Cities	15 1pm Craft Circle 3:30 Laughter Club 4:30 Insightful Innovations	16 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 1:30pm Fri Afternoon Book Club 2:30pm Tai Chi 5pm Teen Book Club	17 11:30am D&D Club
19 11am Yoga for Seniors 6pm Board Game	20 4pm Chess Club 4pm Lego Mindstorms 5pm Teen Tuesdays 6pm QSA 7pm QSA Movie	21 1:15pm Read Play Move 3:30 Nintendo Switch Gaming 4:30 Kids Can Cook	22 1pm Craft Circle 3:30 Laughter Club 4:30 Makerspace Magic 6:30 Parkland Poets	23 10:10 Toddler Story- time 11am Preschool/ Kindergarten Story- time 2:30pm Tai Chi	24 Christmas Eve Library Open 11am-2pm
26 Boxing Day CLOSED	27 CLOSED (Day In Lieu Of Christmas Day)	28	29	30	31 New Year's Eve Library Open 11am-2pm





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!

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!

- Did you know we offer **Library Tours and Outreach Visits** to your school or organisation?

Get more information and how to book a visit right here: <https://sgpl.ca/services/outreach-visits>

- **Winter Holidays Celebration!**

This December join SGPL for a special event. We will be offering a variety of activities, such as seasonal Take & Make Kits\*.

Also be sure to join us for in-person and online storytimes, crafts, activities, and resources to celebrate winter holidays from across the world.

Everyone is welcome! For full list of activities and events:

<https://sgpl.ca/programs/events/winter-holidays-celebration>

- **Furry Friend Visit**  
Spend time with a pet therapy dog\* - read together or just spend some time relaxing with a new friend. Last visit this season is 6 December.

*\*Meet Starla - she is a Standard Phantom Poodle, who is non-shedding and hypoallergenic*

- **Talking Circles** Last Thursday of the month. Next one will be Thursday 14 December 5:30-8pm.

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>

- **Winter 2023 Programs**

Want to know what is coming up next season?

Find out more and to register (registration opens Tuesday 13 December):

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

- 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.

New program **Homeschool Meetup** will be commencing in January:

<https://sgpl.ca/programs/homeschooling>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* = Registered/ In-person program</p> <p>** = Registered/ Online/Hybrid program</p> <p>* = Online program</p>				<p>1 Community Craft (while supplies last)</p> <p>Winter Holidays Celebration! Begins</p> <p>Winter Solstice Giving Tree</p> <p>Tech Bowl 12-5pm</p>	<p>2</p> <p>Teen Hangout 3-5pm</p> <p>Full STEAM Ahead 4:30- 5:30pm*</p>	<p>3</p> <p>Tech Bowl 1-5pm</p>
4	5	<p>6</p> <p>Coffee and Cards 1-3pm</p> <p>Furry Friend Visit 3:30-4:30pm*</p>	7	<p>8</p> <p>Holiday Rock Painting 3:30- 4:30pm*</p>	<p>9</p> <p>Cyber Tales: Storytime for Big Kids 4pm*</p>	<p>10</p> <p>Yap and Wrap Party 1-2pm, 2-3pm, 3-4pm*</p>
11	12	<p>13</p> <p>Program registration opens for next season (winter 2023)</p> <p>Outdoor Nature Storytime 10:30-11am</p> <p>Coffee and Cards 1-3pm</p>	<p>14</p> <p>Talking Circle 5:30-8:00pm</p> <p>AHS Injury Prevention- Winter Safety 6-7pm*</p>	<p>15</p> <p>Taste the World Club 7-8pm**</p>	16	17
18	19	20	21	22	23	24
<p>25</p> <p>STAT HOLIDAY: Christmas Day</p>	<p>26</p> <p>STAT HOLIDAY: Boxing Day</p>	27	28	29	30	31



#### **Yap and Wrap Party** *Ages 18+*

Winter is a time of year when many people give gifts, regardless of what holiday they celebrate. And isn't it mind-numbingly boring to sit on the floor in front of the TV, wrapping your gifts alone? Bring the gifts you need to wrap and connect with the community. All wrapping supplies will be provided to wrap your own gifts.

Registration is required; spaces are limited.

#### **Outdoor Nature Storytime** *Ages 2–6*

Join us for this special event to celebrate the Winter Holidays Celebration! We'll celebrate through songs, stories and rhyme, and a cup of warm apple cider (snacks provided).

Meet us at Central Park and dress for the weather! *(weather permitting)*

#### **Cyber Tales: LIVE on Facebook** *Ages 7+ and All Ages*

Tune in for LIVE storytimes on our Facebook page. Join Sarah, our Children and Youth Services Librarian for read-alouds. Stories for Big Kids (of ALL Ages) on alternate Fridays.

*(videos available for up to 4 weeks after the live event to watch at your leisure)*

#### **Behind the Stacks Podcast** *Ages 18+*

Listen to our podcast and learn about the library world, books, our community and so much more.

#### **Coffee and Cards** *Seniors*

Visit the library to play card games and enjoy a warm beverage. All levels of expertise are welcome. Warm beverages, cards and cribbage board will be provided.

#### **Teen Hangout** *Ages 12+*

Join us after school for Teen Hangout time. Spend time with friends, watch tv, play games, do some crafting or just chill.

#### **Taste the World Club** *Ages 18+*

New month new spice. Cook with the spice and join in-person or virtually to discuss what we made. Share tips, recipes and opinions.

*Pick up your spice kit\* at the library front desk. Supplies limited*

#### **AHS Injury Prevention** *All Ages*

Join us for a safety presentation.

On Wednesday December 14 explore how to stay safe (and warm) this winter season. Some topics we will cover include dressing for the weather, navigating ice and other obstacles, recognizing and treating cold-related injuries, and staying safe during winter sports.

*This program is presented by Alberta Health Services*

#### **Spruce Grove Seed Library** *Adults and Seniors*

The Spruce Grove Seed Library is an ongoing community project. Our goal is to give everyone access to seeds to grow flowers and vegetables. Learn how to donate seeds and more at sgpl.ca.

#### **Holiday Rock Painting** *All Ages*

Make this festive season rock! Join us for a special program where we will take ordinary rocks and make them look amazing with fun and colourful designs. We will go through simple steps to create unique and special art. Great for room décor, or as a special gift.

All ages and skill levels welcome!

Program [age recommendations](#) are simply a guideline for content.

SGPL welcomes all community members to participate in our events, regardless of age or ability! Walk-ins are welcome if space allows for registered programs (i.e. no-shows).

**Reminder:** Children ages 11 and younger must be accompanied by a parent or caregiver in the library.

#### **Tech Bowl** *All Ages*

Splash into our Tech Bowl this season!

Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

*New Hours:*

*Tues 12-8pm;*

*Thurs 12-5pm;*

*Sat 1-5pm*

*(hours may be subject to change)*

#### **Community Craft** *All Ages*

New month new craft. Come and pick up your December Take & Make kit\* at the library front desk. This month we will be offering take home crafts that celebrate our Winter Holidays Celebration!

*\*While supplies last*

#### **Talking Circles** *All Ages*

Join our Talking Circle as we share various gifts, wisdom, stories and teachings from our local Indigenous community and neighbours.

Participants can expect to establish a sense of community in a safe, sacred space while gaining a mutual understanding of one another regardless of their various backgrounds.

This program will be held at the Spruce Grove Public Library and light refreshments will be provided.

This program is presented in partnership with the Spruce Grove FCSS.

#### **Furry Friend Visit** *All Ages*

Spend time with a pet therapy dog—read together or just spend some time relaxing with a new friend. Alternate Tuesdays September 13 - December 6.

#### **Winter Solstice Giving Tree** *All Ages*

TAWOW! Welcome to the Solstice Giving Tree, set up to celebrate Winter Solstice—the shortest day of the year. After December 21st, the light comes back and Indigenous people know the days are getting longer. The bowl under is a new idea and to signify the importance of giving in Indigenous culture. Please allow the bowl to stay in place to hold gifts from Dec. 1 to Dec. 21.



**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://efaidnbmnnnibpcaipcgklcfindmkai/https://www.stonyplain.com/en/play/resources/Documents/Wishing-You-Wellness.pdf>

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**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.



## 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**  
bilyregion@gmail.com  
587-588-8633

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

**FACT** **Rotary**  
Club of Stony Plain

**We Can Help!**

### 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

**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

**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 - Alberta Health Services

To register go to: <https://www.cyfcaregivereducation.ca/virtual-education>

#### Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep

Part 1: The Importance of Good Sleep Hygiene

Date: Wednesday, January 18, 2023

Time: 12:00 - 1:00 pm

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

[Click to Register](#)

#### Part 2: Setting the Stage for Good Sleep

Date: Wednesday, January 25, 2023

Time: 12:00 - 1:00 pm

For parents and caregivers of children and youth in grades K-12, for adults only.

[Click to Register](#)

#### Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, January 25, 2023

Time: 6:00 - 7:30 pm

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

[Click to Register](#)

### 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)

**Jan 10, 2023**

**Mindfulness: Supporting Your Child's Social and Emotional Learning \*\*\*please register using the poster only\*\*\***

1:00 PM - 3:00 PM

Presenters: Allison Salazar, MA, School Counselling & Stephanie Sands, BSc. Psychology,  
Rocky View School Division & MHC B Stepping Stones to Mental Health

Feeling a little blue and not particularly cheery this time of year? You're not alone. In this session you will learn about mindfulness and take away practical tools that will help brighten these cold days. This session will explore the topic of mindfulness and how mindfulness strategies can support your child's social and emotional well-being. Explore how the brain's stress responses may impact social and emotional well-being and how to use mindfulness to calm the brain. Using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve overall well-being. Register here: [Poster](#)

**Jan. 24, 2023**

**Talking to Children and Youth about Consent \*\*\*please register using the poster only\*\*\***

6:30 PM - 8:00 PM

Presenter: Heather Cobb BSc., PGCE (UK) Sexual Health Promotion Facilitator, Alberta Health Services

When we give consent, we give permission; we do it every day when we borrow a pen, consent to release of information and consent to personal touch. Children learn about consent in their homes with everyday interactions such as sharing toys and learning how to set boundaries. As youth grow, they learn about giving and getting consent in relationships. Talking about consent with children and youth can help them have healthy family, friend and dating relationships.

In this session, participants will:

- Define consent
- Learn ways to talk about consent to children and youth
- Learn how consent is the foundation for healthy sexual relationships

Register here: [Poster](#)

**Jan. 25, 2023**

**Teens in Trouble With the Law: What You Need to Know \*\*\*please register using the poster only\*\*\***

10:30 AM - Noon

This presentation will provide a general overview of the purpose, principles and procedures found in the Youth Criminal Justice Act, and will address a number of common misconceptions about the criminal justice system as it relates to youth between the ages of 12-17. Participants will gain an understanding of the ways in which youth in conflict with the law are treated differently than adults, with particular focus on the areas of diversion from the formal court process, bail, sentencing and youth records. Register here: [Poster](#)

**Jan. 26, 2023**

**Your Child's Suicidal Thoughts: What to think and say when your child needs immediate mental health care \*\*Please register using the poster only\*\***

Noon - 1:30 PM

Presented by: Fintry Mookan, RSW and Janet Stewart, R. Psych. in Partnership with Eastside Community Mental Health Services

Anyone can experience suicidal thoughts at any age and for many reasons. Parents have a tough job being a consistent supporter for children through every developmental shift, change at school, extra-curricular success, or social failure. When you are extra worried about your child's safety due to thoughts of suicide, you might not know what to think or what to say. In this presentation, hear the facts about suicidal ideation and actions, what you can say directly to your child and other family members, and learn what supports are available to you as caregiver as well as for your child. Register here: [Poster](#)

**Jan. 26, 2023**

**Youth Mental Health Diversion: A different approach to helping youth involved in the criminal justice system \*\*\*Please register using the poster only\*\***

6:30 PM - 7:30 PM

Presented by: Paul Hawthorne RSW, GCM, MBA Student, Program Consultant II, Mental Health & Justice, Provincial Addiction and Mental Health, AHS

This webinar will discuss the following:

- What is the Youth PMHDP?
- What does the Youth PMHDP do?
- Youth PMHDP Eligibility Criteria
- How you can directly refer to the program
- Locations currently offering Youth PMHDP
- Other Youth Mental Health Diversion concepts and Initiatives
- Youth PMHDP Evaluation Results

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 Prab Gill - Spruce Grove 780-217-8701

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

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

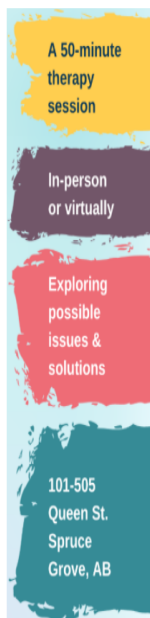
Parenting support (APFA) - Triple P Parenting 780-963-0549

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 Mental Health Clinic

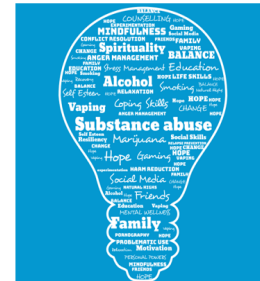
### Walk in Service

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)



## 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)



## 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

