

STRONGER TOGETHER

Parkland School Division Family Supports Newsletter January 2023

Dear parents and caregivers,

The newsletter theme this month is all about emotional regulation. There are many stressors in life that can play havoc with the way we are able to cope emotionally. This is true for us and for our kids. The good news is that there are skills we can all learn to help regulate our emotions more effectively. As parents it is important for us to understand ourselves and our children's emotional responses before we react. This will help with our kid's behaviour, mood and even learning.

Stay brave and kind,
Vicky and Dena



Emotional Regulation submitted by Joel Pukalo

Developing social and emotional skills is essential to help our children succeed both in school and in life. Developing emotional awareness helps children better understand and respond to social situations. As parents, we can help our children grow in emotional awareness skills by incorporating emotions into everyday life. We can use the colors of Zones of Regulation or a feelings wheel to complete an emotional check-in with our children after school. Discussing various types of emotions on a daily basis helps children grow in insight to understand their feelings and their responses to difficult situations.

Helping children develop insight into their emotions fosters the ability to grow in empathy. The more children understand their own emotions, the more they can recognize how their words and actions impact others. Understanding the emotions of others and how a child's actions impact others are two foundational components of effectively interacting with others.

Daily reviewing emotions – both in how our children feel and how their actions make others feel – help children grow in communication skills. Learning how to express feelings in words is another important tool in the social skill toolkit. Additionally, daily practicing reading expressions of others and interacting socially helps children appropriately modify their behavior to adapt to the present context. For children who are significantly struggling with social skills, consider contacting your school to identify friendship or social skills groups within the community that provide targeted intervention within this domain.

As parents, building our toolbox with the ideas above can be a great place to start to help our children grow in social skills at home. Consider building your toolbox with the steps outlined in this month's article.

1. Identify visuals or other resources to help your child learn more about emotions.
2. Set aside ten minutes after school or at dinner time to review various emotions each family member experienced throughout the day.
3. When experiencing difficult situations or sibling conflict at home, label emotions and encourage your children to try to label their emotions. If your child is significantly dysregulated, provide appropriate regulation time before discussing emotions.
4. Plan social interactions with other adults or children. After the social interaction, review with your child the moments they experienced different emotions and have them guess the emotions the other individual experienced as well.
5. Incorporate social and emotional literacy into your daily life by talking about emotions characters are likely experiencing in books or movies you read or watch.

Family Life Psychology - Stony Plain 780-963-7451

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

Resources for Parents



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

This two-part workshop is designed to help you support your child through big emotions and explosive behaviours. Come prepared to think critically about your child's temperament, strengths and emotional/behavioural challenges. You will have opportunities to brainstorm and practice ways to be a source of co-regulation for your child. With effective use of these strategies, you are likely to see improvements in your child's behaviours, self-regulation and resilience. Childcare is available.

Dates: Wednesday, January 11 and Wednesday, January 18, 2023

Time: 9:30am (Jan. 11) and 11:30am (Jan. 18)

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

Presenters: Chelsea Ohlmann—M.A., R. Psych. (Clinical Lead, Infant and Preschool Services; Mental Health Consultant, Community Geographic Team CASA)

Please register early to reserve your spot by visiting

https://www.eventbrite.ca/e/decreasing-explosive-behaviour-through-emotional-regulation-tickets-474772054997?aff=ebds_oporgprofile.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

When we realize that how we react to our kid's behaviour has more to do with how we are feeling than what our kids are doing, we understand that our most important job as parents must be to keep ourselves emotionally regulated and healthy.

What Can Parents Do As Co Regulators?

1. Recognize signs of dysregulation in your child
2. Identify the stressors or environmental cues that trigger dysregulation for your child
3. Teach your child how to recognize and communicate his or her feelings, and to become more aware of their response to stress
4. Help your child find a way to become more alert (if idling on low) or more calm (if revved up too high)

It's best to introduce and practice the following regulation techniques when your child is feeling *calm*. Doing so will help your child to strengthen these skills and be more apt, in kind, to using them in moments of struggle. For a time, however, your ongoing support will be needed to help your child use these strategies when feeling dysregulated.

Calming Techniques

When your child's body, mind, or mood is *revved up*:

- Take slow, deep breaths to help calm the body and the brain
- Use progressive muscle relaxation activities: tense then relax key muscles in your body, moving from head to toe
- Take a squeeze – use a stress ball or hug a stuffed animal
- Listen to calming music
- Distract with a fun activity or game (non electronic)
- Block out noises, sights or smells that are overstimulating
- Take a break – go for a walk or splash cool water on your face

Practice mindfulness - focus your mind on an activity to get back to the present. For example, eat a small piece of fruit - focus on the taste, the smell and the feel of it

Alerting Techniques

When your child's body, mind, or mood is *idling on low*

- Get their body moving through play and physical activity
- Use a fidget toy or wiggle cushion
- Chew gum
- Eat chewy, crunchy, or sour foods
- Drink cold, citrus-infused water

Staying Regulated

Be sure to spend time setting up your child or teen for success:

- Encourage positive self-talk – tell yourself things like “this will pass” or “I can do this” or “my turn will soon come, I can wait”
- Ensure your child gets enough quality sleep
- Eat well. Promote a healthy diet of wholesome foods
- Engage in regular physical activity – minimum 60 min/day
- Have and maintain a regular routine at home and at school
- Reach out to social supports – talk to a friend, family member, teacher, coach, or trusted adult

From - Alberta Health Services



SELF-REG for PARENTS



What is Self-Reg all about?

Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. In Self-Reg we consider both our responses to stress and our underlying state of energy and tension when we encounter a stress.

Self-Regulation

- Self-Reg is based on the original, psychophysiological definition of self-regulation, which refers to how we respond to stress.
- We all self-regulate, though sometimes in ways that are maladaptive: i.e., that don't help us recover from stress and actually lead to even greater stress down the road.
- Adaptive (effective and helpful) self-regulation promotes growth and learning as well as helping us recover from stress.
- Self-regulation is not the same as self-control. Self-control is about inhibiting troublesome impulses. Effective self-regulation reduces the stress-induced feelings that cause impulses.
- Self-regulation is about understanding, not "monitoring and managing," emotions, thoughts and behaviour in ourselves and others.

Shanker Self-Reg® looks at stress across five domains of experience: biological, emotion, cognitive, social, and prosocial.

There are five practices in The Shanker Method®:

1. Reframe the behaviour.
2. Recognize the stressors across the five domains.
3. Reduce the stress.
4. Reflect and enhance stress awareness.
5. Respond with personalized ways to support restoration and resilience.

Self-Reg includes recognizing what calm feels like for yourself as well as what it feels like to become overstressed.

The ultimate, long-term Self-Reg goal is to help children acquire the necessary understanding of when and how to manage their own energy and tension, so they can adapt to the various stresses of life. But Self-Reg is also personal. If we are going to support our children's self-regulation we first have to understand our own stress and know how to manage our own energy and tension.

Self-Reg can help us understand and respond positively to the roots of many behaviour, emotion and social challenges that affect children and families.



The Seeds of Self-Reg Parenting

SAFETY

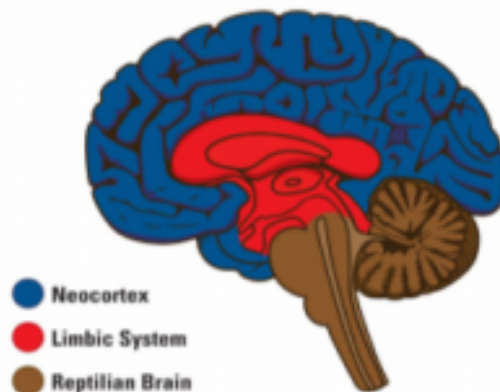
- Helping children feel safe, in every way—physically, emotional and socially—provides the foundation for their mental, social and emotional wellness.
- Excess stress affects brain-body stress systems in ways that can make children feel unsafe, even if we think they are safe (and should feel safe).

RELATIONSHIPS

- Self-Reg parenting starts with relationships. Dr. Stuart Shanker says, “The foundation of self-regulation is the feeling of calmness and safety that children experience with their parents.”
- Children learn to self-regulate through “co-regulation” with parents.
- Co-regulation: When two people adjust to and regulate one another’s behaviour (mood, emotions, language) via bi-directional interactive signals and behaviours.

ENVIRONMENTS

- Factors such as too much screen time, not enough physical activity, visual clutter, lack of sleep and excess junk food are “hidden stressors” for some kids.
- Create spaces in your home where children can go to feel more calm or more energized as needed.
- Unstructured, non-electronic play, especially outdoor play, are great stress relievers for children.



BECOME A STRESS DETECTIVE

- Learn to “reframe” children’s behaviour (see and understand it in a different way)
- Many behaviours that adults think of as misbehaviour—tantrums, for example—are actually “stress behaviour,” caused by too much stress.
- When a child “misbehaves, ask “Why?” and “Why now?” Look for stressors that may be causing the behaviour.

IT’S PERSONAL

- Self-Reg is personal and it begins with you. Consider your own stress and how it affects you and, in turn, your children. You will be most able to build your children’s self-regulation, if you take care of your own.
- Self-Reg can help you understand your children’s behaviour better and help you be less angry and more patient and understanding.

SELF-REG PARENTING IS A LEARNING JOURNEY

- Learn about the connections between stress, energy and tension and how they affect children’s behaviour, mood and learning.
- Read Dr. Stuart Shanker’s book *Self-Reg*.
- Consider taking one of our [online](#) courses, such as *Self-Reg in Parenting* or *Self-Reg Foundations*.

Great resources and activities for kids and families

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

COATS FOR KIDS - APFA can help! For more information call 780-963-0549





ADHD Workshop Series

January 11th & 18th:
Decreasing Explosive Behaviour Through Emotional Regulation

January 14th:
ADHD Self-Awareness: Workshop for Kids & their Parents

January 19th (Zoom):
The ADHD Effect on Marriage


Monthly Support Groups

Who: Adults with ADHD, & their partners or Caregivers of children with ADHD

When: The last Thursday of each month 6-7pm

Where: Family Connection Centre

SCAN QR CODE TO REGISTER




IN PARTNERSHIP WITH:



QUESTIONS? CONTACT:

Held at 780-963-0549
albertaparenting.ca

Family Connection Centre
5600 50th Street,
Stony Plain, AB



Alberta Parenting for the Future Association

JOIN US FOR

SUPER DADS SUPER KIDS

A group for dads and male caregivers
& their children (ages 4-10)

Share in the experience of parenting while discussing topics such as:
the role of a super dad,
nutrition & physical activity,
communication,
as well as child development.

Each session includes:

- An individual family activity
- Snacks
- Parent education with childcare
- A group activity

Register on Eventbrite



WINTER DATES:

January 14
February 11
March 11
April 15
10:00 am to 12:30 pm



Alberta Parenting for the Future Association



Parkland Village Youth Group – (Recurring event - see APFA website for details and registration <http://albertaparenting.ca/>)
January 9, 2023 @ 4:30 pm - 6:00 pm , January 11, 2023 @ 4:30 pm - 6:00 pm

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. The group is for youth in Grades 5, 6, 7, and 8.

Registration is required.

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


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
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! 





• 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>

• The Tech Bowl is here with new hours for the season! Splash into our Tech Bowl this

winter! 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 12-7:30pm; Thurs 1-5pm; Sat 1-5pm.

• Furry Friend Visit

Spend time with a pet therapy dog* - read together or just spend some time relaxing with a new friend. First visit this season is Tuesday 17 January. *Meet Starla - she is a Standard Phantom Poodle, who is non-shedding and hypoallergenic • Teen Takeover NEW PROGRAM Join us after school for the Teen Takeover. Spend time with friends and enjoy awesome themed activities weekly. From gaming, true crime, anime and food creations. Registered Fridays 3-5pm:

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

• Dungeons & Dragons will be on the last Saturday of the month 1-3pm for 13+ years. Join in on the action and adventure as we campaign our way through another story of Dungeons and Dragons. No previous gaming experience required. All levels of expertise are welcome. Registered: <https://sgpl.ca/programs/events/calendar>

• Minecraft Mania! Come join us for a Minecraft extravaganza! We will have new building challenges and ideas to stretch your creativity. Work solo or in a group and make new friends! Offered virtually or in-person. Third Saturday of the month 1-3pm 7-12 years. Registered: <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 Wednesday 18 January: <https://sgpl.ca/programs/homeschooling>



January 2023

35 Fifth Avenue Spruce Grove, AB T7X 2C5
780-962-4423 • library@sgpl.ca • www.sgpl.ca
Facebook: SpruceGroveLibrary Instagram: sg_library YouTube: SGPL Library Twitter: SpruceGroveLibrary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 STAT HOLIDAY: New Year's Day	2	3 Community Craft (while supplies last)	4	5	6	7
8	9	10 Pokémon Club 6:30-7:30pm*	11	12	13	14
15	16	17 Family Storytime 10:30-11am Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm* Sharing Circle 5:30-6:00pm	18 Homeschool Meetup 1-3pm Sharing Circle 5:30-6:00pm Alberta Securities Commission Session 5:30-6:30pm**	19 Tech Bowl 1-5pm Murder Mystery Party 6-8pm*	20 Tick Tock Time 10:30-11:30am* Indigenous Story Telling 10:30-11am Teen Takeover 3-5pm*	21 Tech Bowl 1-5pm Minecraft Mania! 1-3pm**
22	23	24 Family Storytime 10:30-11am Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Empower Me 6-7:30pm*	25 Beginner Cree Lessons 6:30-7:30pm*	26 Sensory Play Hour 10:30-11:30am* Tech Bowl 1-5pm	27 Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm* NERF Battle Royale 6:30-7:30pm*	28 Literary Tea Party 11am-12pm* Tech Bowl 1-5pm Dungeons & Dragons 1-3pm*
29	30	31 Family Storytime 10:30-11am Tech Bowl 12-7:30pm Coffee and Cards 1-3pm	<div> </div>			* = Registered/ In-person program ** = Registered/Online/ Hybrid program * = Online program

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.

Family Storytime Ages 2-6

Travel out of this world and experience this world in new ways with interactive songs and stories that develop school readiness.

Teen Takeover Ages 12+

Join us after school for the Teen Takeover. Spend time with friends and enjoy awesome themed activities weekly. From gaming, true crime, anime and food creations.
Fridays 3-5pm starting January 20.

Literary Tea Party All Ages

You are invited to a wonderful tea party followed by a story time to celebrate Family Literacy Day.
Saturday 28 January 11am-noon.

Tech Savvy Seniors : Let's Get Digital Ages 65+

This course will help you gain a better understanding of technology: words and terms, how to use various devices, and how technology can help you in your daily life.

In partnership with Tri-Community Adult Learning and Literacy

Murder Mystery Party Ages 18+

You have received an invitation to a raven party at the Poe Mansion in the gloomy crime-ridden city of Wraith's Cove. Join us to solve the mystery.

Thursday 19 January 6-8pm

Indigenous Story Telling Ages 2-6

Story telling is an important way to learn about and from Indigenous communities. Join Knowledge Keeper Barbara for a fun interactive story telling with songs and puppets. Alternate Fridays.

Dungeons & Dragon Club Ages 13+

Calling all adventurers! Come to the library and join a quest as we play our way through the world of Dungeons & Dragons.

Monthly last Saturday of the month.

Kids Pokémon Club Ages 7-12

Visit this facilitated, safe, and inclusive space that is about all things Pokémon! Monthly, 2nd Tuesday of the month.

NERF Battle Royale Ages 8+

Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...

Monthly last Friday of the month.

Sensory Play Hour Ages 2-6

Join us for an hour of sensory play. Explore and enjoy imaginative play through the open-ended sensory stations.

Homeschool Meetup School Age/All Ages

Make connections with other Homeschool families for resources, support, educational games, and of course, space to study.

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 12-7:30pm;

Thurs 1-5pm;

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 to make a Salt Crystal Snowflake.

*While supplies last

Sharing Circles All Ages

Join our Sharing 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 and learn together, or just spend some time relaxing with a new friend. Monthly, third Tuesday of the month January 17 - May 16.

Empower Me Workshop Ages 18+

Greener Homes 101-A half hour, step by step guide on how to apply and be eligible for the Federal Grant program that offers up to \$5,600 for energy efficient upgrades in your home.

Behind the Stacks Podcast Ages 18+

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



Stony Plain
Public
Library

JANUARY READER

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

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



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

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

Board Game Night

All ages Drop In Mondays Starting January 9th 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 Queer Straight Alliance

Ages 13+ Drop In Tuesdays Starting January 3rd 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.

Pyjamas & Poems

Ages 0-5 Drop In Saturdays Starting January 28th 11:30am-12:00pm
Wake up and join the adventure! Rhymes, stories activities and more in your pyjamas! (optional).

Full STEAM Ahead!

Ages 4-12 Drop In Thursdays Starting January 26th 3:30-4:15pm
Drop in for exploration, stories, Science Technology, Engineering, Arts and Math challenges and more.

Makerspace Magic

Ages 6-12 Drop In 4th Thursday Of The Month Starting January 26th 4:30-5:30pm
Check out our makerspace and try something new with a surprise activity every time!





Stony Plain
Public
Library

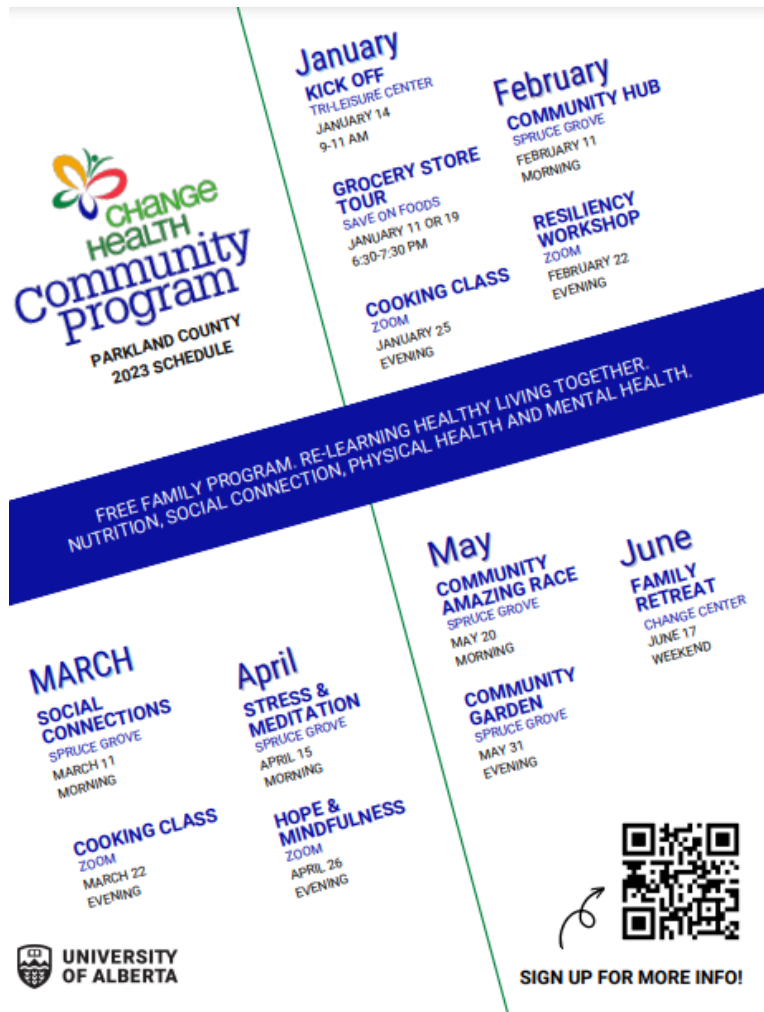
5216 50 Street
Stony Plain, AB T7Z 0N5
Phone - 780-963-5440
mysppl.ca

Connect ♦ Engage ♦ Discover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED Day In Lieu Of New Year's Day	3 5pm Teen Tuesdays 6pm QSA	4 3:30pm Nintendo Switch Gaming 7pm Wednesday Evening Book Club	5 1pm Craft Circle	6	7
9 11am Yoga for Seniors 6pm Board Game Night	10 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	11 3:30 Nintendo Switch Gaming	12 1pm Craft Circle 3:30pm Laughter Club 6:30pm Stony Plain Photo Club	13	14
16 11am Yoga for Seniors 6pm Board Game Night	17 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 5pm Teen Tuesdays 6pm QSA	18 3:30 Nintendo Switch Gaming 4:30 Tale of Two Cities	19 1pm Craft Circle 3:30 Laughter Club 4:30 Insightful Innovations	20 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 1:30pm Fri Afternoon Book Club 2:30pm Tai Chi 5pm Teen Book Club	21
23 11am Yoga for Seniors 6pm Board Game Night	24 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	25 2pm Train Your Brain 3:30 Nintendo Switch Gaming	26 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Makerspace 6:30pm Magic Parkland Poets	27 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi	28 11:30am Pyjamas and Poems 1:00pm Hide and Sneek
30 11am Yoga for Seniors 6pm Board Game Night	31 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 5pm Teen Tuesdays 6pm QSA 7pm QSA Movie				

Information available online at mysppl.ca



Dear Tri-Region Families,

We are excited to announce that we are expanding the Parkland CHANGE Community Program for 2023! We have cooking classes, a community amazing race, gift cards, a family retreat and so much more in store. Starting in January, you can look forward to these events:

- Family Kick Off Day (January 14 at the Tri Leisure Center, 9-11 AM)
- Grocery Store Tour(s) (January 11 & 19 at Save on Foods, 6:30-7:30 PM)
- Virtual Cooking Class (January 25, Zoom, Evening)

Please see the schedule above for 2023 and our new [registration form](#). Families that register will receive more details about exact times and location prior to each event. This is a completely open program. Please feel free to let this be your social connection point in 2023 and invite your friends and other families!



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

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



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://efaidnbmnnnibpcajpcgicclfindmkaj/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.

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 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

780-962-4700

Community Table

180 Century Road, Spruce Grove

Hot meal to go for pick up

Last Friday of the month

www.sgconline.breezechms.com/form/communitytable

780-962-5611

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County

780-960-9669

www.neighbourlinkparkland.ca

neighbourlink.parkland@telus.net

Updated: October 2022

Learn Something New - free sessions for parents and caregivers

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

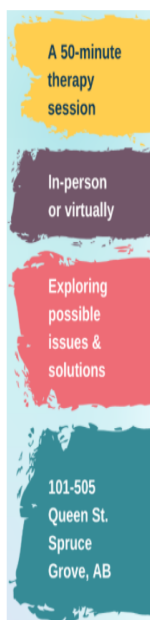
Parenting support (APFA) - Triple P Parenting 780-963-0549

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

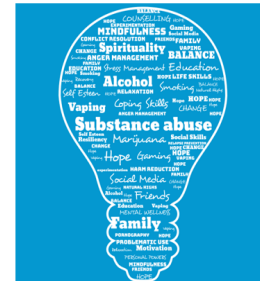
Walk in Service

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



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 www.kidshelpphone.ca	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

I NEED TO TALK TO SOMEONE NOW (24H)

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

I NEED IMMEDIATE HELP Call 911

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

I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

I NEED A DOMESTIC ABUSE SHELTER

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

I NEED DETOX SUPPORT

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

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

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

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

