

STRONGER TOGETHER

Parkland School Division Family Supports Newsletter March 2023

Dear parents and caregivers,

Being the parent of a teen is hard, hard work! This newsletter explores all things 'teen'. Don't expect yourself to be a 'perfect parent' to your teen all the time, but please know there are resources in your community that can help you through this stage. Stay brave and kind,

Vicky and Dena

Family Life

submitted by Joel Pukalo

There are many challenges to becoming a teenager. Teens often want increased responsibilities and privileges but their decision-making capacity is still developing. Specifically, it is their executive functioning skills that are still developing, which provide some challenges with activities such as planning, organizing, strategizing, paying attention to and remembering details and managing time and space. Helping teens improve their executive functioning skills may help them in the following ways:

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

Teens are more likely to make poor choices if not provided sufficient structure and modeling to develop executive functioning skills. Some common signs that may indicate your teen might require further scaffolding in executive functioning may include some of the following symptoms: Impulsive behaviors such as the inability to stop and think before acting

- Difficulty with emotional control and becoming easily stressed
- Difficulty with planning and outlining steps to reach a goal
- Difficulty making decisions about what to focus on first
- Difficulty sustaining attention and getting easily distracted
- Harvard University Center on the Developing Child provides some practical suggestions for helping teens make positive choices by focusing on the development of their executive functioning skills in daily goal setting, self-monitoring skills, study skills, and everyday activities.

Everyday Activities

There are a variety of everyday activities that teens can work on to develop their emotional regulation skills. Teens can benefit from gradually increasing the challenge and focus on continual improvement. Activities suggested by Harvard University Center on the Developing Child include:

• Involvement in sports as they help teens self-monitor, make quick decisions, and respond flexibly to play. Ongoing, challenging aerobic activity can also improve executive function.

• Yoga and meditation promote mindfulness, and may help teens develop sustained attention, reduce stress, and promote less reactive, more reflective decision-making and behavior.

- · Music can help facilitate working memory, selective attention, cognitive flexibility, and response inhibition.
- Theater helps individuals develop plans, sustain attention, and improve working memory.
- · Strategy games and logic puzzles help support working memory, planning, and attention.

• Computer games can also be valuable, as long as time limits are established and observed to promote selective attention, monitoring, and response inhibition.



Study Skills

Teens are expected to become progressively independent and organized in their academic work at school. Academic tasks provide a practical way to develop executive functioning skills in the following ways:

- · Breaking a project down into manageable pieces
- · Identifying timelines for completing academic assignments and breaking tasks into smaller steps
- \cdot ~ Using timers to self-monitor to help students sustain attention and manage their time effectively
- Minimizing multitasking by reducing distractions (e.g., turn off electronics, find a quiet room)
- · Use a calendar to keep track of timelines and deadlines

Developing executive functioning skills is an ongoing process. Harvard University Center on the Developing Child recommends parents consider integrating the following principles in everyday life to help children and teens develop executive functioning skills. Here they are below:

· Identifying goals, planning, monitoring progress, and adjusting behavior are important skills to practice.

• Focus on the planning process by encouraging teens to identify something specific that they want to accomplish. Most importantly are the goals that are meaningful to the teen and not established by others. For example, for some teens, planning the college application process may be self-motivating, but for others, planning a social event may be more important. The goal is to start with something fairly simple and achievable, such as getting a driver's license or saving money to buy a computer, before moving on to longer-term goals like buying a car or applying to colleges.

• Help teens develop plans for steps to reach these goals. They should identify short- and long-term goals and think about what has to be done to achieve them. For example: If teens want their team to win the sports championship, what skills do they need to learn? How might they practice them? Identify some problems that might arise, and encourage the teen to plan ahead for them with goal setting.

• Taking on large social issues, such as homelessness, domestic violence, or bullying can be both appealing and overwhelming to teens. Each goal of developing executive functioning should be tailored to your teens interests or passions. DoSomething.org and VolunteerMatch.org can help identify concrete actions if there is interest in this area.

• Remind adolescents to periodically monitor their behavior and consider whether they are doing the things they planned and whether these plans are achieving the goals they identified. "Is this part of the plan? If not, why am I doing it? Has something changed?" Monitoring in this way can identify counter-productive habitual and impulsive actions and maintain focused attention and conscious control.

Source: Harvard University Center on the Developing Child – Accessed from <u>https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Activities-for-Adolescents.pdf</u>

Family Life Psychology - Stony Plain 780-963-7451 <u>https://www.familylifepsychology.ca/</u> Free online webinars - Low cost counseling for children and adults

SLEEP is more important than you think.....

Do you know that your teens need more sleep than they did when they were 10 years old? Teens should be getting between 9 - 9 and a 1/2 hours of sleep every night.

"Why? "Teenagers are going through a second developmental stage of cognitive maturation," explains Crocetti. Additional sleep supports their developing brain, as well as physical growth spurts. It also helps protect them from serious consequences like depression or drug use."

-how can you help? No technology in the bedroom (turn off the wifi at night and have everyone hand in their phones), increase family activity, stick to a schedule

https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough



MARCH 21 Strong Families: Teen Anger and Depression

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

In our upcoming session, we will be joined on Zoom by Parkland School Division Psychologist, Josée Huston for a discussion about teen anger and depression. This virtual session will also focus on useful strategies that parents/guardians can use to support their teenagers.

Date: **Tuesday, March 21, 2023** Time: **6:30-8pm** Location: **Online Zoom Webinar / Discussion Group** <u>https://www.eventbrite.ca/e/teen-anger-and-depression-tickets-579543519267</u> Presenters: **Josée Huston** (Psychologist, Parkland School Division)

Please register early to reserve your spot by visiting https://www.eventbrite.ca/e/teen-anger-and-depression-tickets-579543519267

For more information, please contact: Vicky Mamczasz Family Supports Facilitator Email: <u>vicky.mamczasz@psd.ca</u>

Resources for Parents and Caregivers

The Teenage Brain



https://mentalhealthliteracy.org/the-teen-brain/

https://youtu.be/EGdlpaWi3rc

TEENING YOUR PARENT/PARENTING YOUR TEEN



https://mentalhealthliteracy.org/parents/

https://raisingchildren.net.au/pre-teens/development/understanding-your-pre-teen/brain-development-teens#building-a-healthy-teenage-brain-nav-title

Parenting Your Teen

https://parentandteen.com/

The Teen Brain - Still Under Construction

http://www.ncdsv.org/images/NIMH TeenBrainStillUnderConstruction 2011.pdf



Great resources and activities for kids and families

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/





APFA Teen Social is for 14 – 17 year old youth to gather in a social setting and build connections. Over the next 8 weeks, teens will take part in fun activities, build social skills, and have access to mental health supports. Each week will focus on a different aspect of mental health.

Parents/Caregivers will also be able to attend, have dinner with everyone, and then break off into a Conversation Café - just for caregivers! This program runs Wednesdays for 8 weeks.

Dinner is provided.

A provisional psychologist and a psychology practicum student will be in attendance. This program is in partnership with Dochas Psychological Services.

https://www.eventbrite.ca/e/teen-social-tickets-515164560067

Parkland Village Youth Group – Mondays Mondays @ 4:30 pm - 6:00 pm

Recurring Event (See all)

Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5 Spruce Grove, T7X 3N5 CA + Google Map

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.

Find out more »



Parkland Village Youth Group - Wednesdays Wednesdays@ 4:30 pm - 6:00 pm

Recurring Event (See all)

Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5 Spruce Grove, T7X 3N5 CA + Google Map Super Dads, Super Kids

Mindfully Inclusive Kids Yoga - March 30

Yoga for kids and their caregivers Join Meranda from Mindfully Inclusive for kids yoga! A specialty class that is a mixture of yoga, learning some sign language, and reading children's books that are inclusive of others. For ages 4-10.

Parent participation is required.

https://www.eventbrite.ca/e/mindfully-inclusive-kids-yoga-tickets-570040595767



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



Check out the Stony Plain Youth Centre on Instagram

Sun	Marc	E INL	Construction of the	111/1	1.00	2023 Sat	
301			: Self Harm Awareness Day	2- Tie-Dye Designs	3 Sloppy Joes	d Closed	
5 Closed	6 Puzzie Day	7 Science Project	international Womens Day	I Hide & Seek	Wc Bakery: Cookies	Closed	
12 Closed	Treasure Hunt	³⁴ Fabric Painting	²¹ Let's Talk Volunteering	Four O'Clock Walk	St. Patricka Day	15 Closed	2
10 Cioseo	Polaroid	75 Poetry Day	22 Top Chat Competition	II. Bingo	De Murder Mysbery	75 Closed	4
26 Closed	27 Let's Play Clue	28 Face Painting	Community Helpers	10 Escape Room Night	Popeorne Movie Night	Closed	-







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

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



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.

Just a reminder that soccer registration <u>https://emsasprucegrove.com/play/programs-benefits/</u> and baseball registration <u>//parklandminorball.ca/registration-information</u> is now open!!



Looking for a girl-friendly, high quality multi-sport program? Join us on April 8th at the Tri Leisure Centre in Spruce Grove.

This camp girls will learn baseball, ultimate frisbee and DANCE. Each of these sports are taught by experienced coaches that strive to create a safe girl-friendly environment. We integrate confidence building activities during the day, crafts and group games to make sure they leave enjoying every moment.

To register or learn more go to our website: www.girlsinsportab.ca/programs





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

Connect Engage Discover

mysppl.ca 🛛 🕑 🗵 🕲

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2pm Train Your Brain 3:30pm Nintendo Switch Gaming 7pm Wednesday Evening Book Club	3:30pm Full STEAM	3 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi	4 11:30am Pyjamas and Poema 1:00pm Hide and Sneek
6 11am Yoga for Seniora 8pm Board Game Night	4pm Lego Mindatorma	8 2pm Train Your Brain 3:30 Nintando Switch Gaming	9 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 6:30pm Stony Ptain Photo Club	10 10:30am Together Time Tales Rhyme Preschool Time 2:30pm Tai Chi 5pm Teen Fridays	11 11:30am Pyjamas and Poema 1:00pm Hide and Sneek
13 11am Yoga for Seniora 8pm Board Game Night	English Tick Tock Time	15 2pm Train Your Brain 3:30 Nintendo Switch Garning 4:30 Tale of Two Cities	16 1pm Craft Circle 3:30 Laughter Club 3:30pm Full STEAM Ahead 4:30 Insightful Innovations	17 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 1:30pm Fri Afternoon Book Club 2:30pm Tei Chi 5pm Teen Book Club	18 11:30am Pyjamas and Poema 1:00pm Hide and Sneek
20 11am Yoga for Seniora 6pm Board Game Night	English Tick Tock Time	22 2pm Train Your Brain 3:30 Nintando Switch Gaming	23 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Makerspace Magic 6:30pm Parkland Poets	24 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi 5pm Teen Fridays	25 11:30am Pyjamas and Poema 1:00pm Hide and Sneek
27 11 am Yoga for Seniora 8pm Board Game Night	English Tick Tock Time	29 2pm Train Your Brain 3:30 Nintando Switch Gaming 6pm Artemia Spaceship Bridge Simulator	30 1pm Craft Circle 3:30pm Laughter Club 4pm Kids Can Cook 5:30pm Movies & Munchies 8pm NERF Night	31 10:30am Together Time Tales 11:15am Romp & Rhyme Preachool Time 2:30pm Tai Chi	

Information available online at myshol ca

Information available online at https://mysppl.ca/programs-and-events



Spring programming will begin the first week of April . **Program registration opens March 7, 2023 for Spring Programs.** <u>February Program Calendar</u>

March Program Calendar

We have so much happening at the Spruce Grove Public Library.

- The Tech Bowl is here! 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. 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. Next visit this season is Tuesday 21 March. *Meet Starla she is a Standard Phantom Poodle, who is non-shedding and hypoallergenic
- 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
- Teen Takeover 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: <u>https://sgpl.ca/programs/events/calendar</u>
- **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
- **Builders Club** Unleash your creativity with Lego Bricks, K'Nex, cardboard and other building materials. Each month there will be a new challenge along with plenty of time for free play. First Saturday of the month for 7-12 years. Registered:<u>https://sgpl.ca/programs/events/calendar</u>
- Nerf Battle Royale Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...

Bring your own protective goggles and Nerf blasters. We'll supply the darts. Last Friday of the month 6:30-7:30pm 8+ years (family-friendly, grown-ups can play too!). Registered: <u>https://sgpl.ca/programs/events/calendar</u> (walk-ins welcome if space allows)

- 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
- RPG: Pokémon Tuesday 7 March 6-8pm Want to learn how to Role Play Game? Try it out this season with our kids special
 programs.Fans of Pokémon will love getting immersed in the world of Pokémon. Recommended for 7+ years. Registered:
 https://sgpl.ca/programs/events/calendar (walk-ins welcome if space allows)
- Did you know we have **Gadgets and Gizmos Galore** you can borrow with a library card? Check out all of the kits, backpacks and tabletop games you can borrow right here: <u>https://sgpl.ca/services/resources-available</u>
- 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 on alternate Wednesdays 1-3pm: https://sgpl.ca/programs/homeschooling

Grove Public Library March 2023			35 Fifth Avenue Spruce Grove, AB T7X 2C5 780-962-4423 ● library@sgpl.ca ● www.sgpl.ca fSpruceGroveLibrary ⓒ sg_library ▶ SGPL Library ♪ SpruceGroveLibrary			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring	Tuesday		l Community Craft (while supplies last) Homeschool Meetup 1-3pm Beginner Cree Lessons 6:30-7:30pm®	2 Tech Bowl 1-5pm	3 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am [®] Teen Takeover 3-5pm [®]	4 Tech Bowl 1-Spm Builders Club 2-3pm*
5 open	7 March	7 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm RPG Pokémon 6-8pm	8 Beginner Cree Lessons 6:30-7:30pm®	9 Tech Bowl 1-5pm	10 Tick Tock Time 10:30-11:30am® Teen Takeover 3-5pm®	l Tech Bowl 1-5pm Gardening 101 1:30-2:30pm [®] Kids Whodunnit Mystery Parl 2-4pm [®]
12	13	4 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Pokémon Club 6:30-7:30pm®	5 Homeschool Meetup 1-3pm Recognizing & Avoiding Invest- ment Scams 5:30-6:30pm**	l 6 Sensory Play Hour 10:30-11:30am ¹⁰ Tech Bowi 1-Spm Talking Circle 5:30-8:00pm	7 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	8 Tech Bowl 1-Spm Minecraft Mania! 1-3pm ^{®#}
19	20	2 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm	22	23 Tech Bowl 1-5pm	24	25 Tech Bowl 1-Spm Dungeons & Dragons 1-3pm
26	27 SPRING BREAK WEEK	28 Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Coffee and Cards 1-3pm	29 Homeschool Meetup 1-3pm Backyard Science 4-Spm®	30	3 Indigenous Story Telling 10:30-11am NERF Battle Royale 6-30-7:30pm®	* = 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-

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

Teen Takeover /

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.

Gardening 101 Ages 18+

Learn the basics! This class covers basic gardening concepts such as propagation techniques: seed starting, divisions, & cutting. As

well as, garden planning, planting and harvesting. This is the perfect class to get some tips for getting your plants to flourish in any

area of your garden or container.

Saturday 11 March 1:30-2:30pm.

Tech Savvy Seniors : Let's Get Digital

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

Homeschool Meetup School Age/All Ages

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

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 134

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 84

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.

Builders Club Ages 7-12

Unleash your creativity in this hour long in-person program. Unleash your creativity with Lego Bricks, K'Nex, cardboard and other building materials. Each month there will be a new challenge along with plenty of time for free play. Monthly 1st Saturday of the month.

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 Age

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

New month new craft. Come and pick up your Take & Make kit* at the library front desk. This month we will be offering take home crafts to make a green lava lamp. *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 and learn together, or just spend some time relaxing with a new friend. Monthly, third Tuesday of the month January 17 - May 16.

Behind the Stacks Podcast Ages 18+

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

The Allied Art Council offers programs for children and teens.

Check them out at https://www.alliedartscouncil.com/childrens-classes



In Person/Online classes with Tina Bourassa Mondays from 430-6

Is your teen interested in the arts - it isn't too early to start thinking about summer camps.

The Citadel Theatre - Offers summer day camps for youth - call 780.425.1820 for more information.



Learning Disabilities Association of Alberta - Edmonton Chapter

Upcoming Roblox Social Group 7+

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

 Saturday's
 Wednesday's

 March 18, 2023 – April 29, 2023
 March 22, 2023 – April 26, 2023

 1:30pm – 3:00pm
 4:30pm – 6:00pm

 6 week session
 6 week session

No Session Saturday March 15, 2023

For more information, please contact <u>info@ldedmonton.com</u>, call our office at 780-466-1011,

Upcoming Social Skills Program

Join us for our Social Skills Program running Sunday April 16 - May 14, 2023. Our groups specialize in children with ADHD, ASD, <u>Tourette's</u> and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for <u>this 6 session</u>, 5 week program. **Running Sunday mornings from 9:30am - 12:00pm.** Sunday May 14, <u>2023</u> is a double session from 9:30am until 3:00pm

Youth between the ages of 13-17 years can register for this 6 session, 5 week program. Running Sunday <u>afternoons_from</u> 1:00pm - 3:30pm. Sunday May 14, 2023 is a double session from 9:30am until 3:00pm

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 skills

All sessions take place at Inglewood Community Hall, 12525-116 Ave. Some families <u>are able to</u> 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. <u>LDEdmonton's</u> FSCD number is 020051257

Cost of Social Skills Group is \$250.00 For more information, please contact info@ldedmonton.com, call our office at 780-466-1011

Camp Abilities Summer Day Camp

Our Summer Day Camp is structured for age groups 8-12 years and 13-18 years who are struggling at keeping friends and interacting with their peers. Participants will learn social skills in a safe setting in the morning and then practice what they have learned out in the community in the afternoon. Outings can include: visiting City of Edmonton facilities, riding Edmonton Transit, swimming, bowling and other activities that the group may choose to try. This camp offers direct social skills promoting and focuses on

- Highly trained staff with skills specific to working with this population
- Lower staff to participant ratio than most camps
- Understanding of the special needs of youth
- Individualized attention with focus on recognizing and developing each campers unique gifts and strengths
- Wrapped into every program is emphasis on developing organizational skills, social skills, and life skills set in a fun environment

Camp Abilities ages 8-12 years Monday – Friday 9:30am until 3:00pm July 11-15, 2022 August 8-12, 2022 August 15-19, 2022 Teen Camp Abilities ages 13-17 years Monday – Friday 9:30am until 3:00pm July 18-22, 2022

Cost for the program is \$500.00 per 5 day session. Families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend camp through community aid hours. Contact your FSCD worker to see if your child qualifies.

2023 SUMMER CAMPS https://www.ualberta.ca/engineering/discovere/summer-camps.html

Faculty of Engineering - U of A

DiscoverE has delivered fun and engaging summer camps to youth in Edmonton since 1993. Campers will learn engineering, science and technology concepts through exciting hands-on projects and demonstrations. Our instructors are University of Alberta students who act as mentors in higher education. Some of our instructors were originally DiscoverE campers themselves!

Our Edmonton camps are run at University of Alberta's North Campus. Camp hours are from 9 a.m. to 4 p.m. and early drop-off occurs from 8:30 to 9 a.m. while late pick-up is from 4 p.m. to 4:30 p.m. All camps cost \$325, except for weeks with a statutory holiday (\$275). **Partial and full bursaries are available to youth in need** (check out our <u>bursaries page</u> for more information). Our camps are designed for the stated grade ranges - please do not register your child in a camp outside their grade range. The grades listed indicate the grade starting in the fall.

Reach out to our community



B.I.L.Y

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

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

Free To register: 780-245-2459

Caring Friends is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. Group meets the second Thursday of each month.

To register, please call: 780-963-8583



Caring Friends



Call APFA for more information 780-963-0549

Alberta Affordability Payments



Families with children

Families can apply for **\$600 per child under 18.**

For more information go to https://www.alberta.ca/affordability-action-plan.aspx



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
- 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.sgcconline.breezechms.com/form/communitytable 780-962-9611

BASIC NEEDS HELF

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

Family Connections

The Sashbear Foundation is a charity recognized as a leading voice for Canadian families impacted by emotion dysregulation, suicidality, and related mental health challenges. Sashbear trains and empowers family members to share life-transforming skills, building community and hope through evidence-based family programs, advocacy, and education.

Family Connections[™] (FC) is an evidence-based 24-hour group program for people who are in a relationship with someone who has emotion dysregulation or related problems. It is provided free of charge to participants. Family Connections[™] provides skills, support and hope for family members or friends of someone with emotion dysregulation, to regain balance in in their lives. Sashbear delivers this international, evidence-based program throughout Canada in both French and English, provided by trained peer family members who speak from personal experience.

Family Connections[™] provides:

- Education on emotion dysregulation and five areas of dysregulation.
- Individual skills based on dialectical behaviour therapy to understand and manage your emotions, and to regain balance in your life.
- Relationship skills to help you be effective in your relationship with compassion and empathy.
- Communication skills to promote collaboration and effective discussion around problem situations.

Family Connections[™] is always provided free-of-charge to participants. Donations to Sashbear are welcome to help us continue to provide this program throughout Canada.

TO ATTEND FAMILY CONNECTIONS™, YOU NEED TO:

- Be 18 or older.
- Be in a relationship (even if estranged) with someone who has emotion dysregulation, BPD, or BPD traits. (They do not need to have a specific diagnosis.)
- Be available and commit to attend all 12 classes when you are offered a group.

For more information, see our website: https://sashbear.org/en/family-connections

Caregiver Education Series - Alberta Health Services

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

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD This session will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, March 22, 2023 Time: 6:00 - 7:30 pm

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

Click to Register

Community Education Services - Alberta Health Services

Adolescent Brain Development and Navigating Parent-Teen Relationships

April 6 - Available until: March 31, 2023 - 5:00 PM

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

LGBTQ2S+: What grandparents need to know and do

April 11 - Available until: March 31, 2023 - Noon

Grandparents and Elders play an important role in the health and well-being of the young people in their lives. You will build on your ability to help all of the youth in your life feel loved, safe and like they belong by learning about:

- SOGIE related terms
- · Personal, family and cultural values
- · Health, education and social impacts of stigma
- Inclusive language
- Safer family strategies

Handout

Log in to Register Create Account



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



Video Call (Zoom)

Alberta Health Services

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

General Information

Alberta Health

Services

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

Phone: 825.402.6799

Fax: 780.408.8776

Intake Services:

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

Walk-In Services

Walk-In Service is available to children/youth aged 5-17. This service offers a 50-minute, solutionfocused, 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 Wednesdavs 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 <u>www.kidshelpph</u>	1.800.668.6868 (toll free across Canada) tone.ca
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)

March 2022

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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 780-4	82-4357(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 He	
Hope for Wellness 1	-855-242-3310

I NEED IMMEDIATE HELP	Call 911
E State Stat	

Emergency Financial Assistance
Access 24/7 (Adults)
Addictions & Mental Health780-424-2424
Westview Health Centre780-968-3600
Child Intervention Services780-422-2001
Kids Cottage Crisis Childcare780-944-2888
Parkland RCMP825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm
Pay Forward Kindness (homeless supports)

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 AL MONTY	
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, \$1	2/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

I NEED HELP WITH MENTAL HEALTH

AND/OR ADDICTIONS	
Access 24/7 Addictions and	
Mental Health (aduits) 780-424-24	24
Youth Addiction Services	83
Access Open Minds (youth 16-25) 780-415-00	48
Child and Adolescent	
Mental Health Services 780-342-27	01
Westview PCN Youth	
Mental Health Clinic (ages 11-24) 780-960-95	33

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

Spruce Grove FCSS #105 - 505 Queen Street, Spruce Grove, AB 780-962-7618		Stony Plain FCSS #107, 4513 - 52 Avenue, Stony Plain, AB 780 - 963 - 8583
FCSS Antice GROVE	🛎 parkland	FCSS