

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

SEPTEMBER 2023

Welcome Back Parkland School Division

What's Inside

Creating Healthy Routines	2
Strong family session	3
Community Sessions	4
Upcoming Resources	5
Community Events	6-8
Tri Municipal Region Food Resource	
Municipal Region Support Guide	9-10

Welcome back Parkland School Division Community. Please read the first addition of the Stronger Together Monthly Newsletter. This month's theme is about creating healthy routines for you and your family. Please see page three for our Strong Families parent learning session coming up on September 19th.

Divisional Family Support Coordinators can offer support and referral information to our families about our community resources, agencies and support groups. If you have any questions or concerns, please do not hesitate to contact us, we would be happy to speak with you about services that are available in our community.

Parkland School Division wishes all of our families the best 2023 - 2024 school year.

Contact Us

Jenn Goulden

Divisional Family Support Coordinator

e: jenn.goulden@psd.ca

p: 780-819-1962

Fristy Thomas

Divisional Family Support Coordinator

e: fristythomas@psd.ca

p: 780-963-8412



We are a dedicated team on a mission to empower families by offering support and valuable resources for their journey towards wellbeing.

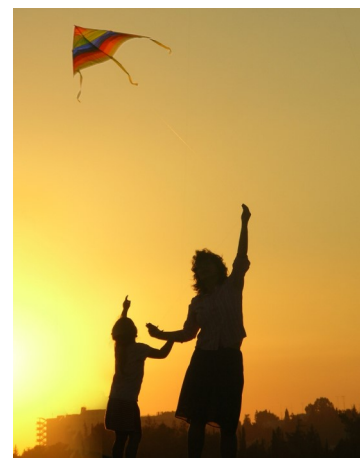
Healthy Routines for you and your Family

Back to school brings a whirlwind of emotion. Some children experience the excitement of a new year. Other students may feel anxiety in navigating the changes in their routine. Every child is unique and experiences school differently. Asking open questions is important to understand how your child is feeling about the upcoming school year. Consider the following principles as you engage in the conversation:

- **Communicate Care** – Listen intently and valid your child's emotions.
- **Normalize Concerns** – Confirm your child's feelings are unique to them but also similar to what you have previously experienced or what other children may be experiencing as they prepare to return to school.
- **Build Resilience** – Help your child focus on their resilient qualities and previous situations where they successfully navigated difficult comments.

My number one job as a parent is to help my children emotionally prepare for new school year. My wife and I also find the following practical routines are helpful to support the entire family in getting ready to go back to school:

- **Physical & Mental Health Check Ups** – Schedule any necessary appointments for vision, dental, or other medical concerns that may impact your child before the school year starts.
- **Review School Material** – Review school supply requirements, school volunteer opportunities, health/emergency forms, and other information about the upcoming school year.
- **Sync Calendars** – Record important events, PD days, and extra-curricular events in the family calendar.
- **Re-establish Routines** – At least one week before school starts, re-establish consistent bedtime, wake time, breakfast, and dinner routines. Our family benefits from setting phone alarm reminders to keep our routines in sync and on time. With the start of each new year consider small ways to increase child responsibilities such as packing lunches and preparing for school.
- **Develop an Organization System** – Write a checklist and make a video of the after school routine in putting clothing, backpacks, lunch kits, and other school related items in their proper place.



This section is contributed by Joel Pukalo (Registered Psychologist and Co-Founder of Family Life Psychology in Spruce Grove).

Family Life Psychology offers free online webinars and low-cost counselling for children and adults. Visit them online at familylifepsychology.ca.

Upcoming Adult Education Session at PSD

SEPT. 19

Strong Families: Starting the School Year in Strength

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 by Joel Pukalo, a Registered Psychologist, who will share supportive strategies for common back-to-school challenges. This session will offer practical strategies for managing anxiety, emotional regulation and readjustment to routine. Parents/caregivers are encouraged to bring questions or specific areas of challenge/interest to the session.

Date: **Tuesday, Sept. 19, 2023**

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

Location: **PSD Division Office/Centre For Education** (4603-48 Street in Stony Plain)

Presenters: **Joel Pukalo** (Registered Psychologist, [Family Life Psychology & Wellness](#))

Please register early to reserve your spot by visiting [Here](#)

Did you know that PSD publishes a monthly newsletter with information, opportunities and strategies to help families navigate their children's educational journey? To view the current issue (or past issues), please visit the [Stronger Together Newsletter](#) page.

For more information, please contact:

Jenn Goulden or Fristy Thomas

Family Supports Coordinators

Email: jenn.goulden@psd.ca and fristy.thomas@psd.ca



Upcoming Adult Education Sessions

Sessions are Free unless otherwise noted. More information [Here](#)

Caregiver Education Team Newsletter

September 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

**Part 1:
An Introduction**
Wednesday, September 20
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Wednesday, September 27
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Wednesday, October 4
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Wednesday, October 11
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12.

Part 1:
Monday, September 18
12:00 – 1:00 pm

Part 4:
Monday, September 25
12:00 – 1:00 pm

Participant Feedback

"Thank you! Just a wealth of great information."

"The time was good and with two presenters it didn't feel boring at all. Great job."

"I like the interactive portions because it helps to connect with other people who are watching."

"Going over tips and strategies helped quite a lot."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Stony Plain, Spruce Grove and Parkland County Public Libraries

"Click on the Images for Links"



Get your kids involved - check out programs at the [Tri-Leisure](#).

You may qualify for a [subsidized pass](#) through Wishing You Wellness



The Funding is available!! Your family may be eligible!
[KidSport 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 \$350 per child/year, for kids who live in communities we serve.



Check out apfa programs by clicking on the image.
apfa offers a variety of programs, resources and supports.

Upcoming Community Events “click on Images”



Roots of Hope

A Suicide Awareness Week Event for All Community

Join us to increase suicide awareness and show support for our community

Date: September 7th

Time: 6-8PM

Location: On the walking trail south of WestView Health Centre and Brookview playground in Stony Plain

Event includes:

- Land teaching
- Tree planting
- Rock painting with messages of hope and healing

Tickets available for free on Eventbrite. All ages welcome.



SCAN ME



What is the Hub for Hope?

PROGRAM DETAILS:

- You will be provided 8 counselling sessions at NO COST.
- Each Session is a 50 minute duration.
- Free counselling delivery options include in person or via telehealth (video conferencing).
- Extension of sessions may be granted.

YOUR ROLE IS TO COME AS YOU ARE!

The Hub for Hope is a program that offers free counselling services to anyone over the age of twelve.

If you are dealing with anxiety, depression, stress, management, communication, life transitions, self-esteem, trauma, grief, bullying, friendships / connections, and want some help, contact dochascollabhub@gmail.com

HUB FOR HOPE

WWW.DOCHASPSYCH.COM

Rotary
Clubs of Parkland After Dark, Spruce Grove and Stony Plain

JOIN US FOR THE

20TH ANNUAL ROTARY RUN FOR LIFE

SUNDAY, SEPTEMBER 10, 2023

HERITAGE PARK
STONY PLAIN, ALBERTA
5KM WALK/RUN
10KM RUN
HALF MARATHON

MEMORY MILE TO REMEMBER THOSE WHO HAVE LOST THEIR LIVES TO SUICIDE.

All proceeds raised support mental wellness services and supports in the Stony Plain, Spruce Grove, and Parkland County area.

TO VOLUNTEER OR REGISTER VISIT:
<https://rotaryrunforlife.ca/>

SAVE THE DATE!

SECOND ANNUAL

open air cinema

FRIDAY
September 15, 2023

at the WABAMUN COAL DIAMOND SPORTS PARK

**SATURDAY
SEPTEMBER 16
11AM - 1PM**

**Oatway Park
(50 Oatway Drive)**

Growing a resilient Stony Plain.
stonyplain.com/neighboursday

Community Resources “click on Images”



DRIVE FOR CHANGE

SUPPORTING MEN THROUGH SPORTS AND WELLNESS

Join us for a family-friendly evening of entertainment, food, and disc golf in support of men's mental health and wellness. Registrants will have the opportunity to enjoy complimentary food, a round of disc golf, and discussions about men's mental health, wellness, and initiatives for men in the region. This event isn't "just for men" -- it is open to everyone in the community. Register early to reserve a limited spot in the disc golf tournament.

When: August 30; 5:30pm-8:30pm
Where: Jubilee Park, Spruce Grove



Learn more at sprucegrove.org/fccsprograms



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 confidential 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)



Donations Needed:

Coats for Kids and Families

Donations accepted Monday through Friday 8:30am-4pm:
Drop-off Location:
Family Connection Centre
5600 50th Street
Stony Plain, AB

Especially:

- Children/youth coats, ski pants, and boots
- Mens coats, ski pants, and boots

Our goal is to be able to outfit the families of our community with new or used hats, coats, ski pants, boots, mittens, and gloves so they can stay warm during our frigid winter months.

Thank You for Your Donation!

For more information:
780-963-0549 or
Email: info@apfa.ca
www.apfa.ca



COMMUNITY OUTREACH TEAM

In case of emergency, CALL 911

780-962-7583

Hours of operation:
Monday to Friday, 8:30 a.m. – 4:30 p.m.
communityoutreach@sprucegrove.org

sprucegrove.org/Outreach




FINDING OUR VOICES

Focus on self-esteem, communication, shame, compassion, and healthy relationships.

To Register:



Or Call 780-962-7618 /
Email fcsc@sprucegrove.org

FREE 7-Week Women Peer Support Program

When: Wednesday evenings, 5:30-7:30PM
Starting date: Sept. 13

Where: In-person, Stony Plain
Childcare support available!



FINANCIAL LITERACY WORKSHOPS



September 11

September 25

October 12

October 23

BASIC
BUDGETING

6-7:30PM

DEBT
SMARTS

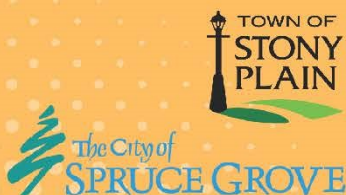
6-7:30PM

LOANS
(COSTS &
OBLIGATIONS)

6-7:30PM

RRSPs &
TFSA's

6-7:30PM



TO REGISTER:

sprucegrove.org/fcssprograms

Questions:



780-962-7618



fcss@sprucegrove.org



Tri-Municipal Region Food Resource Guide



FOOD HAMPERS

Parkland Food Bank

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

- Tuesdays 8:30AM-4:30PM
- Wednesday 9AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)
Monthly Hampers, by appointment on Wednesdays, Call before
Tuesday for appointment.
780-727-4043

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

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
Food pantry of non-perishable items. No appointment necessary.

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



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
5600 50 Street, Stony Plain
(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
<https://www.sgconline.breezechms.com/form/communitytable>
780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
Dine-in or take-out options
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
780-306-1955

Tri-Municipal Region Support Guide

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line	780-482-4357(HELP)
Addiction Helpline	1-866-332-2322
Child Mental Health (8am-11:45pm)	780-407-1000
Kids Help Phone	1-800-668-6868
Bullying Helpline	1-888-456-2323
BriteLine (for 2SLGBTQIA+)	1-844-702-7483
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line.....	310-1818
Sexual Assault Centre (9am-9pm).....	780-423-4121
First Nations & Inuit Mental Health Hope for Wellness	1-855-242-3310
National Indian Residential School Crisis Line	1-866-925-4419
MMIWG Helpline.....	1-844-413-6649

I NEED IMMEDIATE HELP

Call 911

Emergency Financial Assistance ..	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health	780-424-2424
Child Intervention Services	780-422-2001
Children's Cottage Childcare	780-944-2888

I NEED HEALTH INFORMATION

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

I DON'T EVEN KNOW WHERE TO START?



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



www.HelpSeeker.org

Get the app on your phone to find local supports and resources.

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

Town of Stony Plain
Community and Social Development
#107, 4613 - 52 Avenue
780-963-8583



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, \$13/day)	780-429-4274

I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters 24/7	1-866-331-3933
---	----------------

I NEED DETOX SUPPORT

George Spady.....	780-424-8335
AHS Detox Centre	780-427-4291
Youth Edmonton Detox.....	780-408-8783

I NEED A SAFE CONSUMPTION SITE

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 Adult Addictions/Mental Health	780-424-2424
Youth Addiction Services	780-408-8783
Access Open Minds (youth 16-25).....	780-415-0048
Child and Adolescent Mental Health Services	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24)	780-960-9533

I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland	780-960-9669
Community Helps Team	780-962-5611
Pay Forward Kindness (homeless supports).....	587-286-4663
Parkland Pregnancy Support Centre (Tue & Thurs 12-3pm).....	780-962-5505

WHERE CAN I FIND FOOD?

Parkland Food Bank	780-962-4565
WeCan Food Basket.....	587-338-1101

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 nd Fri 5-630PM) 250 Century Road, Spruce Grove	780-962-4700
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove	780-962-5611
apfa Food Rescue Community Fridge (M-F 8:30-4PM) 5600-50 Street, Stony Plain	780-963-0549