

# **Stronger Together**

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

**December 2023** 

# FREE Family Sessions 2023–2024

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Join us throughout the school year for FREE Family Sessions **2023-2024**.our series designed for parents with children in

their early years. These expert-led sessions explore a variety of topics, including advocacy, development, independence, literacy, play, sleep and more! Click on the poster for full details.



## **Strong Families: Bedtime Yoga**

Parkland School Division is proud to partner with apfa to present another FREE information session for local families. In our upcoming session, we will be joined by Lesley Robinson, a certified yoga instructor, for some calm and mindful movement that will help you unwind and prepare your body for a peaceful sleep.

Click on the poster to register online.

Date: Tue, Dec 12, 2023

Time: '6:00 PM - 7:30 PM MST

### Contact:

## **Fristy Thomas**

Division Family Support Worker

e: fristy.thomas@psd.ca

p: 780-963-8412 780-819-9607



# **Healthy Holiday's: Holiday Survival**

The holidays are supposed to feel like the most wonderful time of the year. Christmas holidays provide an incredible opportunity to connect with family and friends, reflect on the year, and build new memories in this special season. The holiday season can also feel busy, rushed, and can bring up a variety of emotions both for children and parents.

The key to thriving, not just surviving, during the holiday season is remembering the reason for the season. The reason of this magical season is to share and give love. Teaching these values to our children helps us stay focused on what is most important. It's easy for our children to focus on what they are going to get, instead of what they can give this time of year. Instead of focusing on getting, we can refocus our families on giving. Giving helps our children set the right expectations for the holiday season. Let's explore some giving ideas together:



- ◆ Family Acts of Kindness Challenge each family member to do one act of kindness for each other.
- Family Sentimental Gift Exchange In addition to your gift giving traditions, have family members draw names and make something sentimental. The only rule is the item must be created and not purchased.
- Family Baking Challenge Have each family member write down their favorite Christmas recipe.

  Plan a day of making the recipes together
- Community Volunteering Volunteer as a family to give back and support others this Christmas season.

Giving keeps our hearts focus on love, as the reason for the season. In addition to focusing our hearts and minds on love, here a few practical tips for thriving in the holiday season:

- ♦ Schedule Rest Holiday seasons can feel full. Schedule time for yourself and your children to unwind and decompress on a daily basis.
- Prioritize Quality Time Focus on quality time instead of quantity time. If your family has more time off it's easy to get busy with sporting events, shopping, playdates, and technology. Be intentional about planning family time together every day- even if it's only for a meal, movie, or game.
- Manage Expectations Be aware of the expectations of each family member. Communicate a group plan beforehand so everyone is on the same page. Be mindful of not enforcing parental expectations on what you hope your children will enjoy.
- Manage Technology Provide clear expectations for screen time over the holiday break. Consider screen time activities such as movies or multiplayer games that build connections and involve the whole family too.
- Get Outside Plan activities to get some fresh air and exercise.
- Emotional Attunement The holiday season can bring up various emotions for all of us. Be aware of and seek to validate your emotions and the emotions of family members. Instead of pressing through the schedule, seek to understand and meet the needs of family members.
- ♦ Make Memories Work with your children to develop meaningful holiday traditions that honor your unique values and spiritual beliefs



# **Upcoming adult sessions:**

# **STRONG FAMILIES SERIES:**

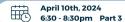
**Transitional** Support **Information Nights** 

You Will Learn:

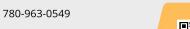
























#### JOIN US TO CELEBRATE



International Day of Persons with **Disabilities** 

**3 DECEMBER** 

**FASHION SHOW TALENT SHOW MARKET** 

Sunday, December 3, 2023 1-4 PM

FREE!

**Everyone Welcome** 

Westland Market Mall **Spruce Grove** 

Sensory-Friendly Pictures with Santa will also be available for a fee.















# **Now Accepting New Referrals**

Have you been putting off your mental health needs due to financial considerations? If you are looking for support in your mental health journey, now is the time, and we are your place. City University Counselling Clinics offer free counselling services in a convenient format, click on the picture to register online.



#### **Upcoming sessions:**

click on Image for links"



<u>Decreasing Explosive Behaviour Through</u> **Emotional Regulation (2-Part Series)** 

This 2-part workshop is designed to help you support your child through big emotions and explosive behaviors. Come prepared to think critically about your child's temperament, strengths, emotional and behavioral challenges. Opportunities to brainstorm and practice ways to be a source of co-regulation for your child wil be given as well as strategies. January 9th and 16th, 9:30 - 11:30am

<u>Understanding the Impact of ADHD on Eating</u> Behaviour, Habits and Nutrition:

Clinical Psychologist, Roberto Olivardia, Ph.D., from Harvard Medical School will join us over Zoom to give caregivers specific strategies for healthier eating habits, choices and mindfullness around food and how it can impact people with ADHD.

Monthly Support Brown: Last Wednesday of every month beginning January 24, 2024 6 - 7pm







Come together with other caregivers of children and adolescents with ADHD for an unforgettable potluck event filled with laughter, connection, and mouthwatering dishes!

All ages are welcome. Please bring a dish to share with the group. Coffee, tea, hot chocolate and water will be provided.



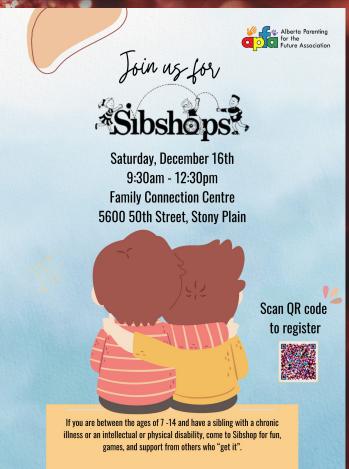
December 12 6-7:30pm





5600 50th Street. **Stony Plain** 

More Info: Jamie@apfa.ca



### "Click on the Images for Links"









Get your kids involved - check out programs at the <u>Tri-Leisure.</u>

You may qualify for a <u>subsidized</u> <u>pass</u>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.









# **Upcoming adult sessions**

"click on Image"

# Grief Support During The Holidays

#### **SUPPORT GROUPS**

#### **CARING FRIENDS BEREAVEMENT SUPPORT GROUP (Peer-Led)**

Date: 2nd Thursday of the month

Time: 7 -8:30 p.m.

Location: Stony Plain Community and Social Development, #107, 4613 52 Avenue, Stony Plain

Contact: 780 -963 -8583

#### LIVING WITH LOSS TO SUICIDE (Peer-Led)

Date: Last Monday of the month

Time:6:30 - 8:30 p.m.

Location: AHS, Stan Wolyshyn Building, 205 Diamond Ave, Spruce Grove

Contact: 780 -342 -1354

#### I'M FINE..PREGNANCY AND INFANT LOSS

Date: 1st Tuesday of the month

Time: 6:30 - 8 p.m.

Location: Family Connection Centre, Stony Plain Contact: 780 -963 -0549 or danita@apfa.ca

#### **EVENTS AND SEMINARS**

#### **SURVIVING THE HOLIDAYS** - Spruce Grove Alliance Church

The holidays are challenging when you're grieving a loss. GriefShare's "Surviving the Holidays" provides encouragement, support & valuable tools to navigate the season.

Date: November 25, 2023 Time: 1:00-3:00 PM

To register visit: www.sgac.net

#### **NAVIGATING GRIEF AND THE HOLIDAYS**

Alberta Hospice Palliative Care Association is offering a free online webinar to assist Albertans who are experiencing grief and loss or anticipatory grief during the holidays.

Date:November 29, 2023 Time: 6:30 PM - 8:00 PM MST

To register visit: https://www.eventbrite.ca

#### **BLUE CHRISTMAS** - Stony Plain Alliance Church

On one of the longest nights of the year, we invite you to a quiet reflective service that shines Christ's light into the darkness, offering hope in the midst of the realities of our pain, grief and struggles.

Date: Wednesday, December 20, 2023

Time: 7:00PM

Website: spaconline.com

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact connect@stonyplain.com . Please note, being included on this list does not constitute an endorsement by the Town of Stony

Plain Community and Social Development.



# Tri-Municipal Region Food Resource Guide

# ways to give Tri-Region







Working together to coordinate Christmas giving in our region and ensure everyone in need gets support.



### Kinsmen / Kinette Christmas Hampers

www.stonyplainkinsmen.ca

#### www.sgkinettes.ca

Grocery Gift Cards and Gifts, Christmas Hampers for residents with modest income in Tri-Region

Volunteer: visit website.

**Donate:** monetary donations, local grocery store gift cards, new unwrapped gifts for children under 10, gift cards for youth age 11-17 **Donation Locations:** Available across Spruce Grove, Stony Plain, Parkland County and Acheson.

#### Wabamun Hampers

wabamunchristmashamper@gmail.

#### com

780-237-6135

Food and gifts for isolated families, individuals, singles residing west to HWY 759, north to Lac Ste. Anne Boundary, east to Range Road 34 **Donate:** Turkeys, gifts for kids, grocery gift cards.

# Hampers 4 Hope Parkland Pregnancy Support

www.parklandpregnancy.com

780-962-5505

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

**Donate:** Baby/Child clothing,

supplies.

Volunteer: Intake, sorting.

#### **Christmas Day Dinner**

#### **Stony Plain United Church**

5012-51 Ave, Stony Plain

780-937-6053 doreen07@shaw.ca

**Donate:** Monetary,

**Volunteer:** Dinner prep, serving.

#### Supporting Seniors

Provides gifts for seniors who may be isolated and facing the season alone.

<u>Donate</u>: Adopt a senior or adult, provide hope and connection (item suggestions provided)

Volunteer: email/visit websites.

#### NeighbourLink Parkland Stockings of Care

www.neighbourlinkparkland.ca 780-960-9669

## • Parkland Santa 4 Seniors

parklandcryseniorsecretsanta@gmail.com

### Senior's Wishlist Program

780-233-0700

c.a.n.uwishprogram@gmail.com

## Christmas Kettle Campaign

**Salvation Army** 

780-458-1937 Supports local residents with basic

needs throughout the year. **Volunteer**: Bell Ringer shifts

starting Nov 14.

#### Giving Tree or Toy Mountain Spruce Grove Public Library

35 5 Ave (King Street Mall) 780-962-4423

#### www.sgpl.ca

- Add a donation to Kinette hampers using the Toy Mountain.
- Engage with the Giving Tree, in Indigenous way, giving is the same as receiving. If you care about others, everything you give returns to you.

**<u>Donate</u>**: Meaningful and useful items. No perishable items.

#### Mitten Tree

#### Stony Plain Public Library

5216 50 Street 780-963-5440

#### www.mysppl.ca

Place a gift on the tree to be donated to a person in need.
\*Accepting donations for Kinsmen hampers

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

#### Coats for Kids apfa

5600 50 St, Stony Plain

780-963-0549

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

accessories.

**Donate:** Gently-used winter wear,

all sizes (kids-adult).

If you are considering donating this season, please support these local initiatives.



# HELP FOR THE SEASON TRI-REGION SEASONAL GUIDE



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



#### SEASONAL FOOD/GIFT HAMPERS

Kinsmen and Kinette Christmas Hampers For individuals and families in need. Register by Dec. 9 at Parkland FoodBank 780-962-4565, ext.1

Gift pickup in **Stony Plain**: www.stonyplainkinsmen.ca

- Stony Plain residents;
- Parkland County residents west of Boundary Road (RR 275) to RR 32, including Duffield

Gift pickup in **Spruce Grove**: www.sgkinettes.ca

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

Gift pickup in Yellowhead Central Santa's Anonymous. Christmas dinner menu items included. Parkland County residents:

- East of Highway 759 (including Seba Beach)
- South to Township 514
- West to Highway 32 (excluding Peers)
- North to Yellowhead County border 780-325-3782

Wabamun Christmas Hamper For Parkland County residents:

- West of HWY 759
- East to Range Road 34
- North to Lac Ste. Anne Boundary Register at Wabamun Servus Credit Union or Wabamun ATB wabamunchristmashamper@gmail.com

<u>wabamunchristmashamper@gmail.com</u> 780-237-6135

#### **SENIOR GIFT HAMPERS**

For seniors/single adults who may be isolated and facing the season alone.

Stockings of Care NeighbourLink Parkland www.neighbourlinkparkland.ca Referrals/Register 780-960-9669

Yellowhead Stockings for Seniors For Parkland County residents eligible for Yellowhead Central Santa's Anonymous hamper. *Register* 780-325-3782

Senior's Wishlist Program c.a.n.uwishprogram@gmail.com Register 780-233-0700

Parkland Santa 4 Seniors
For seniors in Parkland County
parklandcryseniorsecretsanta@gmail.com

#### **SEASONAL MEALS**

December 25, 1PM-

Christmas Day Dinner Stony Plain United Church, 5012-51 Ave

RSVP by December 24, 2022 <u>doreen07@shaw.ca</u> 780-937-6053







