



# 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.

**FREE  
Family  
Sessions**

2023-2024

Various early years topics.  
Series runs from Oct. to May.



## 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](mailto:fristy.thomas@psd.ca)

p: 780-963-8412

780-819-9607

**Strong Families:  
Bedtime Yoga**

FOR THE WHOLE FAMILY



FOR THE WHOLE FAMILY



## 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 :**

- Application overviews (FSCD, AISH, PDD, DTC, RDSP)
- Qualifying factors
- Where and how to apply
- Question and answer period



**3 PART SERIES HELD ON:**

 **October 4th, 2023**  
6:30 - 8:30pm **Part 1**

 **January 10th, 2024**  
6:30 - 8:30pm **Part 2**

 **April 10th, 2024**  
6:30 - 8:30pm **Part 3**

 **Family Connection Centre**  
5600 50th St., Stony Plain, AB

780-963-0549  
 heidi@apfa.ca  
 @albertaparenting



SCAN QR CODE FOR MORE INFORMATION AND REGISTRATION







**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.













# CityUniversity




Counselling Clinics

## 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"




## Winter 2024 ADHD Workshop Series

**Decreasing Explosive Behaviour Through 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 will be given as well as strategies. January 9th and 16th, 9:30 - 11:30am


**Understanding the Impact of ADHD on Eating 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 mindfulness around food and how it can impact people with ADHD. February 13, 6 - 7:30pm

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


SCAN QR CODE  
TO REGISTER



IN PARTNERSHIP  
WITH:




**CASA**  
Child, Adolescent and Family  
Mental Health



QUESTIONS?  
CONTACT:

Heidi at 780-963-0549  
albertaparenting.ca

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



Alberta Parenting  
for the  
Future Association



## Saturday Morning Magic

### AT THE CHRISTMAS STORE

"Where shopping is just for kids!"

Saturday Morning Magic is an inclusive and low sensory addition to our Christmas Store line up. The time slot below was created specifically for families with unique needs.

SATURDAY

9  
DEC

9 - 11 AM

Scan QR code to register and reserve your time slot!




# Potluck Event

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.




Scan QR code to register!

**Tuesday  
December 12  
6 - 7:30pm**




**5600 50th Street,  
Stony Plain**

**More Info: [Jamie@apfa.ca](mailto:Jamie@apfa.ca)**



Join us for

## Sibshops

Saturday, December 16th  
9:30am - 12:30pm  
Family Connection Centre  
5600 50th Street, Stony Plain



Scan QR code to register



If you are between the ages of 7 -14 and have a sibling with a chronic illness or an intellectual or physical disability, come to Sibshop for fun, games, and support from others who "get it".



**"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.**





## 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](http://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: [spaonline.com](http://spaonline.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](mailto: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](http://www.stonyplainkinsmen.ca)

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

### Christmas Day Dinner

**Stony Plain United Church**

5012-51 Ave, Stony Plain

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

**Donate:** Monetary,

**Volunteer:** Dinner prep, serving.

### Supporting Seniors

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

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

**Volunteer:** email/visit websites.

#### • NeighbourLink Parkland Stockings of Care

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

780-960-9669

#### • Parkland Santa 4 Seniors

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

#### • Senior's Wishlist Program

780-233-0700

[c.a.n.uwishprogram@gmail.com](mailto: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](http://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.

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

### Mitten Tree

**Stony Plain Public Library**

5216 50 Street

780-963-5440

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

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

\*Accepting donations for Kinsmen hampers

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

### Coats for Kids apfa

5600 50 St, Stony Plain

780-963-0549

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

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

### Wabamun Hampers

[wabamunchristmashamper@gmail.com](mailto: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](http://www.parklandpregnancy.com)

780-962-5505

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

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

**Volunteer:** Intake, sorting.

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](http://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](http://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](mailto:wabamunchristmashamper@gmail.com)  
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](http://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](mailto:c.a.n.uwishprogram@gmail.com)

Register 780-233-0700

#### Parkland Santa 4 Seniors

For seniors in Parkland County  
[parklandcryseniorsecretsanta@gmail.com](mailto:parklandcryseniorsecretsanta@gmail.com)

### SEASONAL MEALS

**December 25, 1PM—**

Christmas Day Dinner

Stony Plain United Church, 5012-51 Ave

RSVP by December 24, 2022

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

780-937-6053

