



PARKLAND
SCHOOL DIVISION

Stronger Together

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

MAY 2024

Mental Health Awareness Month

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Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, shaping every aspect of our lives, from relationships to work and beyond. Mental health is a vital component of overall well-being, influencing how we interact with the world around us. Visit www.mentalhealthweek.ca



Every year CMHA dedicates a week in May to raise the awareness of Mental Health. This year Mental Health Week will run **May 6-10**, and Hats On! for Mental Health Day will take place on **May 8**. Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Participating schools will encourage students and teachers to build understanding by wearing hats to school. Students will also participate in a coordinated lesson on understanding mental health and the importance of removing the stigma associated with mental illnesses. Click on the image for more details!!



Date and Time: May 8,
from 7:00 PM to 8:30 PM
Location: Starbucks, 3011
43 Ave, Stony Plain, AB

⇒ Join for a special Mental Health Week event, promoting the healing power of compassion through the artful storytelling of poetry with the Parkland Poet's Society. Click on the image for more information.

⇒ Together, let's navigate the journey of mental health awareness, fostering empathy, resilience, and a culture of support.

Strong Families: Stress, Trauma and Addictions

In our upcoming session, we will be joined by professional counselor Jenn Banas, who will walk participants through the nature of trauma, how it can manifest in the brain and our behaviors. You'll discover how unprocessed trauma, which includes attachment trauma, can predispose children to addictive behaviors. You may attend this session virtually over Zoom OR in- person (Links will be sent on the day of the event.) click on the links to access more information.

Location: PSD- Centre for Education office (4603 48 Street in Stony Plain) .

Date & Time: Mon, Apr 29, 2024 6:30 PM - 8:00 PM MDT

**Strong Families: Healthy Living Across the Lifespan**

We will be joined by Cathy Traynor, Health and Wellness Facilitator at Parkland School Division, to explore strategies and approaches to support healthy living across the lifespan and learn to prioritize nutritious eating, emphasize the importance of active living and regular physical activity and to limit sedentary activities. The session will also talk about the importance of sleep and setting routines and being a positive role model to create an environment that promotes a positive wellbeing.

Location: PSD- Centre for Education office (4603 48 Street in Stony Plain) .

Date & Time: Mon, May 07, 2024 6:30 PM - 8:00 PM MDT

**PSD Family Session: New to ASD & Community Supports**

Join Joel Pukalo, Psychologist, as he provides information on Autism. Whether your child has a new diagnosis or you are wanting to gather more information and have questions, he is ready to support. You will also learn about next steps and resources available. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at **780-963-8429**.

Location: Family Connection Centre, 5600 50 Street, Stony Plain.

Date & Time: April 26 @ 9:00 am - 10:30 am





Calling All Teens! Explore Art with Acrylics Workshop! Unleash your creativity in this hands-on workshop! Dive into the world of acrylic painting with step-by-step guidance. No experience needed! Ages 13-17. Limited spots available, sign up today!

Click on the image to register online!!



Looking for summer fun? Check out Spruce Grove's Adventure Camps! From outdoor exploration to arts and crafts, there's something for everyone.

Click on the image for more details!!



- ⇒ Discover an amazing summer at TLC! Fun, adventure, and friendship await with our caring staff. From crafts to games, it's a summer they'll love!
- ⇒ Registration: March 19 for MEMBERS, March 21 for NON-MEMBERS. Camps for ages 3-11, with swimming and skating days! Click on the image for more details and registration.

Click on the images for details!

Mental Health Awareness Week

May 5th to 10th

Stony Plain Youth Centre will be hosting an activity to acknowledge Mental Health Awareness Week.

**May 7th
4-5:30pm**

Healthy Together

Health program designed to provide participants with information, skills and experiences to support them making healthy food choices

May 6th and 27th

4-5:30pm

Stony Plain Youth Centre



STONY PLAIN YOUTH TEAM

Volunteer Opportunities are now available for youth 11-17 yrs

SPECIAL EVENTS TEAM TRAINING

May 1st, 8th, 11th, 15th, 22nd

4-6pm

ADVISORY TEAM

Want to be a part of planning Youth Centre Events and Initiatives?

May 14th, 15th, 28th

4-6pm

EMAIL: YOUTH@STONYPLAIN.COM
FOR MORE INFORMATION.

Scan me



Self Defence



Want to learn about self defence? The new business in town EMPOWERED DEFENCE CENTRE will be coming in and teaching you about basic self defence!

Free!

Ages: 11-17

**May 17th & 24th
6:30-8pm**

Stony Plain Youth Centre

Register online or call the YC - (780)968-3846

Register online at stonyplain.com/youth-centre
or call (780)968-3846



JOIN US TO REMEMBER AND HONOUR WALK TO END VIOLENCE



**Missing and Murdered
Indigenous People**



Sunday, May 5, 11:30-4 P.M.

Registration & Opening Comments: 11:30 A.M.

Walk Begins: 12:30 P.M.

Start of Walk: South Business Park

43 Ave and 28 St, Stony Plain

End of Walk: Skydancer Indigenous Cultural Centre

99 Campsite Rd, Spruce Grove



Scan the QR Code for Info
Contact Information:
587-400-8249



Counselling Program - Spruce Grove's Community Social Development (CSD) supports the emotional and mental well-being of Spruce Grove and Parkland County Residents aged 14+ through counselling supports. The City of Spruce Grove employs a Community Counsellor who provides free single-session counselling which is a time-limited model focused on addressing specific issues or goals within a relatively brief period. Services are provided primarily through appointments within the Spruce Grove CSD office, but walk-in services may be available depending on counsellor availability. Call 780-962-7618 for more details !!



Join Stony Plain Public Library every Thursday from January 11th to May 30th, 3:30-4:30pm, for Laughter Club! It's a free, drop-in event led by a therapeutic laughter coach. Laughing not only reduces stress but also offers numerous physical health benefits. Come for a fun time and meet new people while improving mental and physical well-being!

MOOSE HIDE CAMPAIGN DAY TAKE ACTION ◆ MAY 16, 2024

TALKING CIRCLE

Family Connection Centre
5600 50 St
Stony Plain, AB
Date: May 16, 2024

Theme: Moose Hide Campaign
*Taking a stand against violence towards
women and children*

Circle will start at 5:30 p.m.
where we will hear from a
local Elder.

Talking Circles come from the
culture and traditions of
Indigenous People in North
America. All community
members are welcome at these
Talking Circles.

Listen deeply with an
opportunity to understand,
learn, and establish of sense of
community.



2SLGBTQ+ 101

WANT TO LEARN ABOUT INCLUSIVITY BUT
DON'T KNOW WHERE TO START?

COME SPEND AN EVENING WITH THE
OUTLOUD FOUNDATION TO LEARN ABOUT
PRONOUNS, WHAT TO DO WHEN PEOPLE
COME OUT, AND WHAT ALL THOSE LETTERS
MEAN!

**TUESDAY, MAY 21ST
6 - 7PM**

SPRUCE GROVE PUBLIC LIBRARY

SCAN QR CODE TO REGISTER



Red Cross Babysitting Course

Coming to a community near you!

Register online or call:
780-727-3947

Red Cross STAY SAFE! Program

www.parklandcounty.com/redcrossprograms

Parkland County Family and Community Support Services



Register online or call: 780-727-3947
www.parklandcounty.com/redcrossprograms





- ⇒ Discover expert strategies for navigating children through grief with compassion and confidence.
- ⇒ Explore developmental stages, communication techniques, and collaborative approaches with experienced counselors.
- ⇒ Elevate your support skills and make a lasting difference. Registration available online!



Dive into a wealth of workshops tailored for students and educators, covering leadership, mental wellness, and more. Explore practical tools and strategies to unlock your full potential. Don't miss out – visit **Be Empowered Alberta** !





May 2024

35 Fifth Avenue Spruce Grove, AB T7X 2C5
780-962-4423 • library@sgpl.ca • www.sgpl.ca

SpruceGroveLibrary sg_library SGPL Library SpruceGroveLibrary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* = Registered/ In-person program</p> <p>** = Registered/ Online program</p>			<p>1</p> <p>Community Craft (while supplies last)</p> <p>Architects Crew 4-5pm*</p> <p>Computer Classes 6-7:30pm*</p>	<p>2</p> <p>Toddler Time 10:30-11:00am*</p> <p>Author Presentation by Judy I. Lin 4-5pm*</p>	<p>3</p> <p>Indigenous Story Telling 10:30-11am</p> <p>Poetry 'n Prose 1-2:30pm</p>	<p>4 COMIC CON 10am-3pm</p> <p>(see sgpl.ca for full schedule of events)</p>
<p>5</p> <p>MMIP Walk 10am-1pm</p> <p>Connecting Threads 1-4pm*</p>	<p>6</p>	<p>7</p> <p>Family Storytime 10:30-11am</p> <p>Tick Tock Time 10:30-11:30am*</p> <p>Tech Savvy Seniors: 2 sessions 10am & 12pm*</p> <p>D&D Special Event 5:30-7:30pm*</p>	<p>8</p> <p>Computer Classes 6-7:30pm*</p> <p>Convo Cree 6:30-7:30pm</p>	<p>9</p> <p>Toddler Time 10:30-11:00am*</p> <p>Interactive Speaking 6-8pm*</p> <p>Pyjama Storytime 6:30-7pm*</p> <p>Becoming Conscious Allies: 2SLGBTQ+ Inclusion 6:30-8pm*</p>	<p>10</p> <p>Indigenous Story Telling 10:30-11am</p> <p>Teen Takeover 3-5pm*</p>	<p>11</p> <p>Minecraft Mania! 1-3pm*</p>
<p>12</p> <p>Connecting Threads 1-4pm*</p>	<p>13</p>	<p>14</p> <p>Family Storytime 10:30-11am</p> <p>Tick Tock Time 10:30-11:30am*</p> <p>Tech Savvy Seniors: 2 sessions 10am & 12pm*</p> <p>Pokémon Club 6:30-7:30pm*</p>	<p>15</p> <p>Cryptid Club 4-5pm*</p> <p>Computer Classes 6-7:30pm*</p>	<p>16</p> <p>Toddler Time 10:30-11:00am*</p> <p>Interactive Speaking 6-8pm*</p> <p>Talking Circle: Moose Hide Campaign Day 5:30-8:00pm</p>	<p>17</p> <p>Indigenous Story Telling 10:30-11am</p> <p>Poetry 'n Prose 1-2:30pm</p> <p>Teen Takeover 3-5pm*</p> <p>Craft-Tea Days 3:30-4:15pm*</p>	<p>18</p>
<p>19</p> <p>Connecting Threads 1-4pm*</p> <p>Medieval Arms & Armour 1-2:30pm*</p>	<p>20</p> <p>VICTORIA DAY</p>	<p>21</p> <p>Family Storytime 10:30-11am</p> <p>Tick Tock Time 10:30-11:30am*</p> <p>Tech Savvy Seniors: 2 sessions 10am & 12pm*</p> <p>2SLGBTQ+ 101 6-7pm</p>	<p>22</p> <p>Computer Classes 6-7:30pm*</p>	<p>23</p> <p>Toddler Time 10:30-11:00am*</p> <p>Interactive Speaking 6-8pm*</p>	<p>24</p> <p>Teen Takeover 3-5pm*</p>	<p>25</p>
<p>26</p> <p>Connecting Threads 1-4pm*</p>	<p>27</p>	<p>28</p> <p>Family Storytime 10:30-11am</p> <p>Tick Tock Time 10:30-11:30am*</p> <p>Tech Savvy Seniors: 2 sessions 10am & 12pm*</p> <p>Let's Play Roblox 6-7:30pm*</p>	<p>29</p> <p>Full STEAM Ahead: Electrical Innards 4-5pm*</p> <p>Computer Classes 6-7:30pm*</p>	<p>30</p> <p>Interactive Speaking 6-8pm*</p>	<p>31</p> <p>T.A.C.O.S. 4-5pm*</p> <p>NERF Battle Royale 6:30-7:30pm*</p>	



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Food for the Soul - 49 Boulder Blvd. Stony Plain 10-1pm drop in for bagged lunch
5	6	7 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch	8	9	10 Grace's Table - 250 Century Rd. Spruce Grove 5-6:30pm hot meal to go for pick up. *need to register by noon on the Monday before. Call 780-962- 4700 or www.sgac.net/eventregistration	11
12	13	14 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch	15	16	17	18 Food for the Soul - 49 Boulder Blvd. Stony Plain 10-1pm drop in for bagged lunch
19	20	21 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch	22	23	24	25
26	27	28 Auggie's Café - 131 Church Rd. Spruce Grove Drop in for take out bagged lunch	29	30	31 Community Table - 180 Century Rd. Spruce Grove 5- 6:30pm hot meal to go for pick up. *need to register by calling 780- 962-5611 or www.sgconline.breezecomms.com/forms/communitytable	

Contact Us for more details:

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