



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

**November 2024**

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## Contact Us

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Family Support Coordinator

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Family Support Coordinator

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## Strong Families- ADDICTION AND TEEN DRUG USE



Click images for link

### WHEN:

Thu, Nov 28, 2024 6:00 PM - 7:30 PM MST

### WHERE:

Parkland School Division - Division Office

You may attend this session virtually over Zoom OR in-person at the Parkland School Division Centre for Education office ( 4603 48 Street in Stony Plain)

### TO REGISTER:

<https://www.eventbrite.ca/e/strong-families-addictions-and-teen-drug-use-tickets-1010813639807?aff=ebdssbdestsearch>



Alberta Parenting  
for the  
Future Association

## NOVEMBER( burr )

Welcome November!

"May this month be as comforting as a warm blanket"- Unknown

Winter clothing for children, families, and adults: coats, mitts, toques, scarves, snow pants, winter boots including adult insulated work boots.

Monday - Friday 9:00 a.m. - 4:00 p.m.

Located at the Family Connection Centre (FCC) 5600-50 Street, Stony Plain.

Call 780-963-0549 or visit [www.apfa.ca](http://www.apfa.ca) for more information.

Click on images  
for link







**Coats for Kids & Families**

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

**ITEMS ACCEPTED**

- Winter coats
- Infant winter wear
- Toques, mitts, and scarves
- Snow pants (all sizes)
- Winter boots
- Insulated work wear - men's and women's
- Insulated work boots

**Keeping our community warm.**

If you're in need of winter wear call or text 211

Collecting items  
**October to February**

Thanks to our sponsors:







**DO LOCAL GOOD**

For more information or to donate online, please visit [coatsforkidsandfamilies.ca](http://coatsforkidsandfamilies.ca)



NOVEMBER 11TH 2024

# REMEMBRANCE DAY SERVICE



Join us to remember and honour those who served, those who continue to serve, and those who made the ultimate sacrifice to defend our country. The Royal Canadian Legion Branch 281, in partnership with the City of Spruce Grove, organizes and hosts the annual Remembrance Day service.

**When:** Monday, November 11, 2024. Please be seated by 10:15 a.m.

**Where:** South Field inside the TransAlta Tri Leisure Centre, 221 Jennifer Heil Way

## Remembrance Day Service

The Pavilion at Heritage Park Spruce Grove

Monday November 11th 2024

10:00 am—1:00 pm

All are invited to join us for the Remembrance Day Service to honour and remember Canada's Veterans. The service starts at 10:40 am please arrive at the Pavilion by 10:15 am.

Click on images  
for link

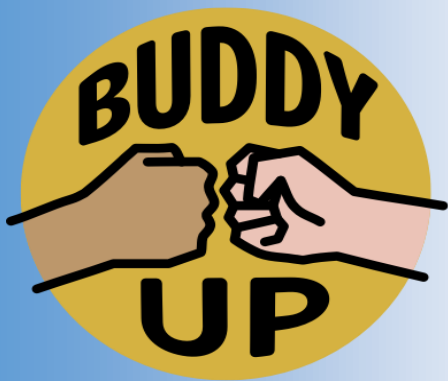






Click on  
images for  
link

## The Buddy Up Campaign



### New Suicide Crisis Helpline

**9-8-8**

People anywhere in Canada can now call or text 9-8-8 to access bilingual, trauma-informed, and culturally appropriate suicide prevention and emotional distress support 24/7/365.

For more information, visit <https://988.ca>

This is a men's suicide prevention campaign:

A call to action for men, by men, to drive authentic Conversation amongst men and their buddies.

This is suicide prevention.

Participate in the campaign year-round,

Completing activities that promote connection and wellbeing.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

[ca.movember.com](http://ca.movember.com)



**MEN'S  
HEALTH  
AWARENESS  
MONTH**

Through awareness, education and accessible resources, we can combat the stigma surrounding men's mental health



Fall Break in Parkland County

Click on images for link

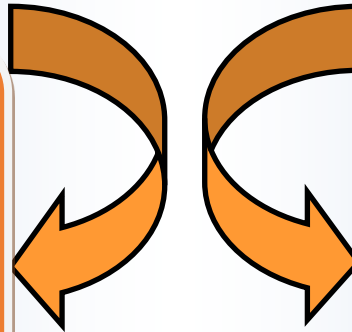
FALL CAMPS BREAK

November 12th—15th 2024

-3 hour camp ( ages 3– 5 years )  
( 7 hour ) ( ages 6—12 years ) full day camp, pre and post care camp, PD day camp

<https://registration.trileisure.com/>

TRILEI-  
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This multi-activity experience combines the best parts of our Adventure and Art Explorer summer camps wrapped up into four days. Participants will stay active with outdoor experiences, explore a variety of art mediums, meet new friends, and go on field trips!

Dates: November 12 - 15 (Tuesday - Friday)

Time: 9 a.m. - 4 p.m.

Ages: 6-12

Location: Border Paving Athletic Centre, #100-9 Tri Leisure Way, Spruce Grove  
Program Fee: \$180

TO REGISTER:

ONLINE: SPRUCEGROVE.ORG/ONLINEREG

BY PHONE: 780-962-7632

IN PERSON: BORDER PAVING ATHLETIC CENTRE, 9 TRI LEISURE WAY



For more information visit: [sprucegrove.org/SchoolBreakCamp](https://sprucegrove.org/SchoolBreakCamp)



Drop in/Drop off activities for Youth  
In Parkland County– Parkland County  
Family and Community Support Services

Funded by:  
Parkland County  
Family and Community  
Support Services

**Parkland Village Youth Group**

For youth in grades 4 through 7

**besties**

Parkland Village Community Centre  
60 Parkland Gate Rd

Each week the group will cook together and participate in fun and engaging physical activities meant to support lifelong health! Join at any time throughout the year by scanning the QR code.

Wednesdays  
4:30 - 6 PM  
Beginning Sept. 11

SCAN ME!

Drop in/ Drop off activities for youth in Parkland County  
-APFA-Alberta Parenting for the Future Association

NCSA, Alberta Parenting for the Future Association, City of Spruce Grove

**Youth Night**

For youth ages 11 - 17

Join us  
OCTOBER  
3rd, 17th,  
and 31st

4 - 6pm  
Family Connection Centre  
5600 50th St, Stony Plain

Learn new life skills while building relationships and connecting with your peers!  
This is a safe and welcoming space that is supported through an Indigenous worldview.

SCAN QR CODE TO REGISTER



## Community Empowered - Special Community Event for Family Violence Prevention Month

Join us for a special community event for Family Violence Prevention Month 2024, **hosted by the Tri-Region Municipal Collaborative**. View screenings of three amazing short films followed by a panel discussion including lived-experience, Indigenous, ACWS, and Crown representation. Together we can better support people affected by family violence in our community.

**DOORS OPEN AT 6 PM**

**By ALBERTA COUNCIL OF WOMEN'S SHELTERS :**  
**Wednesday, 20 November 2024 from 6:30 PM (PST) to 8:30 PM (PST)**  
**Landmark Cinemas 130 Century Crossing, Spruce Grove, AB T7X 0C8**

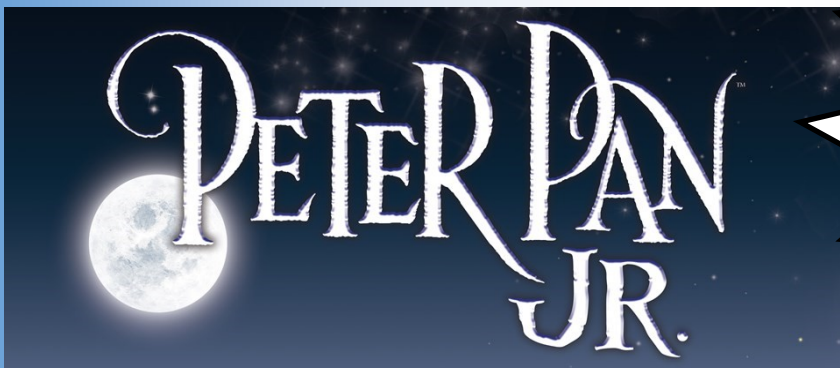
**Disclaimer:** A list of registrants will be provided to the event host (The Town of Stony Plain) to confirm registration at the event.

**Audience: +18 - Mature subject matter** This event is also a fundraiser for the Alberta Council of Women's Shelters (ACWS). Please consider making a donation when you register.



**Horizon Players' Youth Production of Peter Pan Jr.**

**NOVEMBER 21st–23 rd, 7:30 pm**



**To Purchase tickets:**  
**Click on images for link**





## LIGHT UP CENTRAL PARK

The City of Spruce Grove gets into the Holiday spirit on Saturday, **November 30, 2024** with Light Up in Central Park. The fun starts at 3:00 with free hot chocolate and hot dogs, cookie decorating, family activities, crafts, live choirs, and more. Then join the countdown for the Light Up at 5:30 pm followed by an outdoor disco party in the park and free public skating in the Agrena!



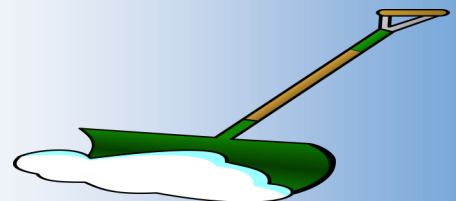
**When:** Saturday, November 30, 2024  
**Time:** 3:00 pm – 6:30 pm  
**Where:** Central Park & Agrena  
**Address:** 450 King Street, Spruce Grove  
**Website:** [www.sprucegrove.org](http://www.sprucegrove.org)



## Snow Removal Subsidy Program

**Parkland County** has funding support available to residents with disabilities for snow removal from their private driveways. More information and application available on line.

**Parkland County**  
[Snow Removal Subsidy Program](#)  
c/o Parks, Recreation & Culture  
53109A HWY 779, Parkland County,  
AB T7Z 1R1



**SPRUCE GROVE & EAST PARKLAND  
2024 CHRISTMAS HAMPERS**



**November 1<sup>st</sup> 2024- Register with the Parkland Food Bank:** Call 780-962-4565

**Closing date: December 14<sup>th</sup> 2024**

**Pick up time and location: To be discussed when you register**

**Hamper request line: 780-962-4565**

**Monday -9:00 am – 2:00 pm**

**Tuesday -9:00 am – 4: 00 pm**

**Wednesday -9:00 am – 8:00 pm**

**Thursday – 9:00 am – 2:00 pm**

**Friday -9:00 am – 4:00 pm**

**Saturday 9:00 am – 12:00 pm**

Click on images  
for link

**PARKLAND COUNTY COLD WEATHER SUPPORT**

**Stay Warm**

When the temperature drops, there is a serious risk of harm. Please seek out warm spaces.

**Warm Up Locations**

**Westview Health Centre**  
4405 S Park Drive, Stony Plain  
8PM - 9AM (Nightly)  
*\*Please register with security*

**Stony Plain Public Library**  
5216-50 Street, Stony Plain  
9AM - 8PM (Monday-Friday)  
11AM-4PM (Saturday)

**St. Matthew Lutheran Church**  
5021-52 Avenue, Stony Plain  
9AM - 3PM (Monday - Thursday)

**Call 911 to access Emergency Services**

**TOWN OF STONY PLAIN**

Stony Plain Community and Social Development,  
#107, 4813-52 Ave, Stony Plain AB T7Z 1E7  
[www.stonyplain.com/csd](http://www.stonyplain.com/csd) 780-963-8583

**211**  
24-hour information and referral line connecting you to social, health and government services.



**The Community Homeless Winter Emergency Response is a joint effort between the City and several community partners to provide a place for unsheltered people to escape the cold winter weather.**

**The Winter Emergency Response (WER) is a temporary, emergency cold weather response intended to mitigate risk for unsheltered people who are vulnerable to serious, critical, or potentially fatal health impacts as a result of cold weather exposure. It runs annually from November 1 to March 31 and is a collaboration between several Tri Region partner organizations, including the City of Spruce Grove.**



## November 12th –18th

2024

Click on images  
for link

*In the Spirit of Bringing Communities Together*

**1:00 PM - 8:00 PM**

 **Jubilee Hall (5132 53 Ave, Wabamun AB, T0E 2K0)**

- Everyone welcome.
- Transportation available.

- **Pipe Carrier:** Howard Mustas
- **Emcee:** Al Crawford
- **Stickman:** Nathan Pahtaykan
- **Drummers have been invited**

- **Feast:** 1:00pm
- **Round Dance:** 2:00pm- 8:00pm

### Sober event.

Photo courtesy of The Town of Stony Plain

For more information, email [fcss@parklandcounty.com](mailto:fcss@parklandcounty.com) or scan the QR code.



**November 14th  
5 - 7pm  
Family Connection Centre  
5600 50th St, Stony Plain**



Scan QR code  
for more information



Register for free online training!  
Learn how to recognize and respond to  
seniors in need.

**For more information:**  
**Spruce Grove 780-962-7618**  
**Stony Plain 780-963-8583**



**Senior Connect is a free, online training program that teaches residents how to recognize and respond to seniors in need.**

## 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
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### 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
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### 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 <sup>st</sup> , 3 <sup>rd</sup> Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain .....	780-963-3110
Grace's Table (2 <sup>nd</sup> 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