



PARKLAND
SCHOOL DIVISION

Stronger Together

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

March 2025

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Stronger Families– Sleep Hygiene



Click images for link

This discussion will explore the critical role sleep plays in mental health

Contact Us

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Family Support Coordinator
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WHEN:

Tuesday March 11th 2025 6:00 PM - 7:30 PM MST

WHERE:

Parkland School Division - Division Office
4603 48 Street Stony Plain, AB T7Z 2A8

To Register:

<https://www.eventbrite.ca/e/strong-families-sleep-hygiene-tickets-1037069712427?aff=ebdssbdestsearch>



Alberta Parenting
for the
Future Association

March 2025
"IN LIKE A LION , OUT LIKE A LAMB"

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 for more information.



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. Collecting items October to February

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

Thanks to our sponsors:

DO LOCAL GOOD
For more information or to donate online, please visit coatsforkidsandfamilies.ca



Help Closet, Furniture Program
 Keep in Touch Program, Referral Assistance
 Financial Assistance
 Neighbours Helping Neighbours
<https://neighbourlinkparkland.ca/what-we-do>

780-963-0668

neighbourlinkparkland.ca

Serving Spruce Grove, Stony Plain and Parkland County

March 2025



CONNECT PARENT GROUP

Tuesdays, Jan 14 - Mar 18
6 - 8pm
Family Connection Centre

Connect is a 10 week program to support parents of pre-teens and teens with difficult behavioural and emotional struggles.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development.

Pre-registration is required. Please scan QR code to register.

Join us for **Sibshops**

Saturday, January 25th and March 15th, 2025
10:00am - 12:30pm
Family Connection Centre
5600 50th Street, Stony Plain

Scan QR code to register for the date of your choice

If you are between the ages of 6 - 14 and have a sibling with a disability, neurodiversity, special health, or a developmental concern, come to Sibshop for fun, games, and support from others who "get it". Lunch is provided.



ADHD Caregiver Support Group
March 26th 2025 @ 6:00pm-7:30 pm
 In partnership with Little Oaks Psychology
 Family Connection Centre-Stony Plain
 Pre registration required:
<https://albertaparenting.ca/event/adhd-caregivers-support-group/2025-03-26/>



March 2025

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
* = Registered! In-person program ** = Registered! Online program 2 Connecting Threads 1-4pm** Adult Anime Club 1:2-3:30pm**	3 LIBRARY CLOSED	4 Family Storytime 10:30-11am Teen Lunch Space 11:30am-1pm	5 Tick Tock Time 10:30-11:30am** Morning Tech Help 10:30am-12pm** Junior Paleontology Society 4-5pm Computer Classes 6-7:30pm**	6 Toddler Book Club 10:30-11:00am** Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	7 Poetry 'n Prose 1-2:30pm Teen Takeover 4-5pm**	8 Community Craft (while supplies last) Job Fair 10am-5pm
9 Connecting Threads 1-4pm**	10 LIBRARY CLOSED	11 Family Storytime 10:30-11am Teen Lunch Space 11:30am-1pm Pokémon Club 6:30-7:30pm**	12 Tick Tock Time 10:30-11:30am** Morning Tech Help 10:30am-12pm** Computer Classes 6-7:30pm**	13 Toddler Book Club 10:30-11:00am** Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	14 LIBRARY BOOK SALE Teen Takeover 4-5pm**	15 LIBRARY BOOK SALE Global Kids Sewing Party 10:30am-12pm** Minicraft Mania! 1-3pm**
16 LIBRARY BOOK SALE Connecting Threads 1-4pm** Adult Anime Club 1:2-3:30pm**	17 LIBRARY CLOSED	18 Family Storytime 10:30-11am Teen Lunch Space 11:30am-1pm Let's Play Roblox 6-7:30pm**	19 Tick Tock Time 10:30-11:30am** Morning Tech Help 10:30am-12pm** Computer Classes 6-7:30pm** REEL Wednesdays Movie 7-9pm**	20 Toddler Book Club 10:30-11:00am** Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm March Talking Circle 5:30-8pm	21 Poetry 'n Prose 1-2:30pm Teen Takeover 4-5pm**	22 Spring 2025 program registration opens Tuesday March 11! 28 NERF Battle Royale 6:30-7:30pm**
23 Connecting Threads 1-4pm** True Crime Book Club 3-4pm** Connecting Threads 1-4pm** True Crime Book Club 3-4pm** 30	24 LIBRARY CLOSED LIBRARY CLOSED 31	25 Family Storytime 10:30-11am Teen Lunch Space 11:30am-1pm Let's Play Roblox 6-7:30pm**	26 Tick Tock Time 10:30-11:30am** Morning Tech Help 10:30am-12pm** Computer Classes 6-7:30pm**	27 Toddler Book Club 10:30-11:00am** Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	28 NERF Battle Royale 6:30-7:30pm**	29 Reptile Meet & Greet 10:30-11:30am**

Click on images for link

Check out the Events Calendar at the Spruce Grove Library

The Town of Stony Plain: A Celebration of Men and Mental Health

When: February 19th 2025

Where: Mr. Mikes Steakhouse Stony Plain

Cost: \$12.00

Time: 6:00 pm—9:00 pm

In person as well as VIRTUAL

To register, click on the link : <https://calendar.stonyplain.com/default/Detail/2025-02-19-1800->



Date and Time— Fri March 21st 2025— 8:00 pm— 11:00 pm

Sat March 22nd 2025— 11:00 am—5:00 pm

Location—Heritage Park , Stony Plain, 5100-41 Ave Stony Plain

120 + Vendor Market



ROTARY BIKE-A-THON



Rotary BIKE A THON

A wonderful opportunity to connect with students as they raise money for cancer research

For more information or to register,

EMAIL:

<https://mchs.psd.ca/contact>

Date-March 21st 2025

Location-Memorial Composite High School

Time-8:30 am—3:00 pm

COST-Contact the school

What- ROTARY BIKE-A-THON

Why-To raise money for Cancer

BIKES ARE PROVIDED



PARKLAND
SCHOOL DIVISION

Parkland County Events


Pass the Feather
Men's Group

Coffee, food, sharing circle, activities

Facilitator: Don Fales

March 16th 2025 2pm-5pm
Skydancer Indigenous Cultural Centre
99 Campsite Road, Spruce Grove

To register, contact Don:
bremmaexteriors@hotmail.com
(780) 619-7891




Laughter is Medicine

February 22nd 2025, a night of celebration honoring Indigenous Culture and Humor

Refreshments and laughter emceed by Barbara Scott and headlined by renowned Indigenous comedian Howie Miller

Doors open at the Horizon Stage, Spruce Grove at 5:30 pm

To purchase tickets follow the link: <https://skydancerindigenous.com/laughter-is-medicine>



Change Adventure Club

In partnership with Parkland County; After school club programs

Wabamun - Monday and Wednesdays
2:45pm-4:45pm

Entwistle- Tuesdays 3:35pm-5:35pm

Healthy meal preparation, interaction with nature, physical activity and much more

To register : <https://changehealth.ca/adventure-camp-2/after-school-club/>



Click on images for link

FAMILY FUN
CHARACTER DINING [https://
www.eventbrite.ca/e/smittys-
character-dining-spruce-grove-
tickets-1234061694749?](https://www.eventbrite.ca/e/smittys-character-dining-spruce-grove-tickets-1234061694749?)

Smitty's Character Dining, Spruce Grove

When-Last Monday of Every Month

What time-5:00pm-6:00pm

Cost-Free

-Bring your little ones dressed in their favor-
ite costume to meet and dine with different
characters every month

Reservation-780-962-9898

[https://www.eventbrite.ca/e/smittys-character
-dining-spruce-grove-tickets-
1234061694749?aff=ebdssbdestsearch](https://www.eventbrite.ca/e/smittys-character-dining-spruce-grove-tickets-1234061694749?aff=ebdssbdestsearch)



Ultimate PD and Spring Break Camps 2025
(3-5 yrs. old)- 5 half days, 9:00am-12:00pm
(6-12 yrs. old) 5 full days 9:00am-4:00pm
Camp Pre Care (8:00am-9:00am)

For more information contact:

[https://registration.trileisure.com/TRILEISURE/
public/category/browse/CAMPS](https://registration.trileisure.com/TRILEISURE/public/category/browse/CAMPS)



Town of Stony Plain Upcoming Programs and Events



Community Volunteer Income Tax Clinic:
MARCH-APRIL 2025
-Must be a resident of Stony Plain, Parkland County or First Nations Community within Parkland County, and have a modest income and simple tax situation
Register: www.stonyplain.com/CVITP
Or by phone- 780-963-8027- Leave a message with full name and phone number

Stony Plain YOUTH PROGRAMS



Stony Plain Youth Event Team
Thursdays beginning March 6th 2025-Focus on empowering youth in building their work experience skills through volunteerism and community involvement
Ages 11- 17 operating concession booths at various local community events and initiatives
TIME-4PM-6PM
Location- Stony Plain Youth Centre

Youth Leadership Team
Tuesdays beginning March 11th 2025
Time 4pm-6pm
Location- Stony Plain Youth Centre
Age- 11- 17 yrs old
Empowering youth in building leadership skills. Involvement in planning and participating in various community events and initiatives
https://www.stonyplain.com/en/live/youth-centre.aspx



STAY SAFE

Teaches age appropriate skills to increase and reinforce a youth's capacity to improve their safety, in their community or home. They will be given tools to stay safe in a variety of situations
Time- 10 am-3 pm
Location- C&SD Office
Register: https://www.stonyplain.com/en/live/youth-centre.aspx

Community Supports



TRIREGION FOOD RESOURCES

FOOD HAMPERS

PARKLAND FOOD BANK

105 MADISON CRESCENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

WECAN FOOD BASKET

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable
Food Basket

587-338-1101

Order by first Friday, pickup on third
Thursday of Month

Monday - Friday, 9AM-4PM

COMMUNITY MEALS

AUGGIE'S CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out
Tuesdays 12-1PM

FOOD FOR THE SOUL

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go
First and Third Saturday 10AM-1PM

GRACE'S TABLE

250 CENTURY ROAD, SPRUCE GROVE

Meal to Go
Second Friday of Month 5PM-6:30PM
www.sgac.net/eventregistration
or call 780-962-4700

COMMUNITY TABLE

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up
Last Friday of the month, Sign up at:
www.sgcconline.breezechms.com/form/communitytable
or call 780-962-5611

BASIC NEEDS HELP

COMMUNITY HELPS TEAM

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

helpsesprucegrove.church

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

Serving Spruce Grove, Stony Plain and
Parkland County

www.neighbourlinkparkland.ca

neighbourlink.parkland@telus.net

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 (1st, 3rd Sat 10AM-1PM)
49 Boulder Blvd., Stony Plain 780-963-3110
- Grace’s Table (2nd 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