



PARKLAND
SCHOOL DIVISION

Stronger Together

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

May 2025

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Stronger Families: Youth and Social Media



Strong Families:
Youth and Social Media

Click images for link

- This discussion will include topics such as : Parental Controls, Impact of Social Media on Mental Health, Acronyms, Slang, Emojis, Criminal harassment, Bullying and Extortion and more

Contact Us

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WHEN:

Monday May 12th 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-youth-and-social-media-tickets-1037084185717?aff=ebdssbdestsearch>



Alberta Parenting
for the
Future Association

May 2025

“ The month of May is the gateway to summer”

Jean Hersey



Click on images for link

Red Cross Babysitting Course

Red Cross STAY SAFE! Program

www.parklandcounty.com/redcrossprograms

parkland county

Call 780-727-3947
 OR register on line
 @
[https://
 app.univerusrec.com/
 parklandcountypub/
 index.asp](https://app.univerusrec.com/parklandcountypub/index.asp)

The Alberta Teachers' Association
 Raise awareness of the importance of
 mental health in schools , wear a hat on
 May 7th 2025

Wednesday, May 7, 2025

**Hats on!
 for Mental
 Health**

CanWeTalk.ca

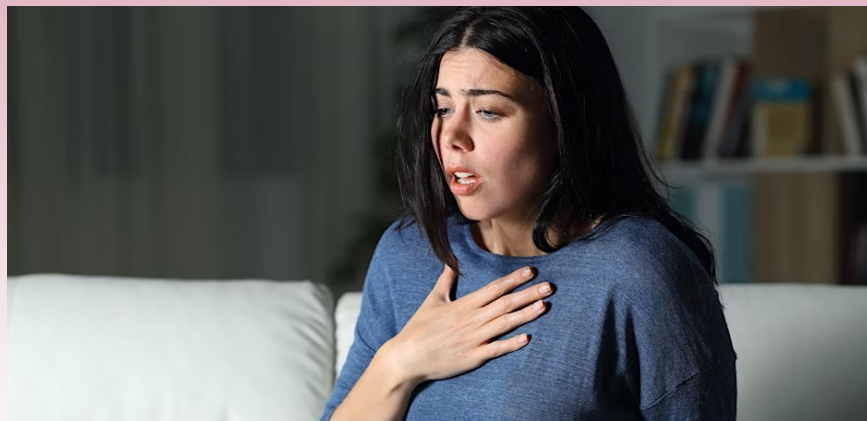
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Wear a special hat to school
 to raise awareness of the
 importance of good
 mental health.

The Alberta Teachers' Association Global

May 2025

Anxiety Workshop



Anxiety Workshop-May 20th 2025

Register online @ <https://www.eventbrite.ca/e/adhd-workshop-anxiety-tickets-1302249014859?aff=ebdsoporgprofile>

This session will enhance your understanding of how to support individuals dealing with anxiety

SIBSHOP



APFA– Alberta Parenting for the Future Association

May 10th 2025, 10:00am-12:00pm

Sibshops are for brothers and sisters who have siblings who have a disability, neurodiversity, special health, or a developmental concern.

For sibs age 6-14 years old

Register @ <https://www.eventbrite.ca/e/sibshop-tickets-1258464223369?aff=ebdsoporgprofile>



Alberta Parenting for the Future Association

**Stony Plain Farmers Days
Rodeo and Exhibition
May 30th 2025-June 1st 2025**

**Click on images
for link**



The Town of Stony Plain in partnership with Stony Plain Kinsmen , present Stony Plain Farmers Days events, including: park N ride , kids korral, midway, markets , parade and more



Pancake breakfast, Pioneer Museum, Live Music ,Local vendors and more

Click on the image to see what's going on at the Spruce Grove Public Library in May, Family events for all ages

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1-2:30pm 3-4pm 5-6pm 7-8pm 9-10am 11-12pm 1-2:30pm 3-4pm 5-6pm 7-8pm 9-10am 11-12pm</p>	<p>3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>

Comic Con
Join us on Saturday
May 3, 2025 to
celebrate Free
Comic Book Day



**GRAND
OPENING**
SATURDAY, MAY 10
2-7 P.M.

Live Music, public skating,
pop up playgrounds, games
and more

Click on images
for link



Runway of Dreams
 Fashion Show fundraiser , raising money for local families in the Tri Region Area
 Heritage Park Stony Plain
 Register for tickets @ <https://www.eventbrite.ca/e/runway-of-dreams-tickets-1258470953499?aff=ebdssbdestsearch>
 Hosted by Parkland County Runway of Dreams Society





TRIREGION FOOD RESOURCES

Updated: March 2025

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
Monthly Food Hampers, by appointment,
• Tuesdays 8:30AM-4:30PM
• Wednesday 9AM-2:00PM + 6:20-8PM
• Friday 8:30AM-4:30PM
• Saturday 8:30AM-12:30PM
780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)
Monthly Hampers, by appointment on Wednesdays, Call before
Tuesday for appointment.
780-727-4043

Wecan Food Basket

4904-52 Ave., Stony Plain, AB (Columbus Academy)
Fresh Nutritious Affordable Food Basket
Order by first Friday, pickup at back lane on third Friday of
month 11AM-2PM
www.wecanfood.com

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
Mini food pantry of non-perishable items.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
780-960-9669
www.neighbourlinkparkland.ca
office@neighbourlinkparkland.ca



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
5600 50 Street, Stony Plain
(Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
49 Boulder Blvd., Stony Plain
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
Last Friday of the month
<https://www.sgconline.breezechms.com/form/communitytable>
780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
Dine-in or take-out options
Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
Drop-in for bagged lunch
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Hot meal to go for pick up
Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
780-962-4700

Community Table

180 Century Road, Spruce Grove
Hot meal to go for pick Up
Last Friday of the month (No meal in December)
www.sgconline.breezechms.com/form/communitytable
780-306-1955

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

- Hope Mission (*ages 16+*)..... 780-422-2018
- Mustard Seed (*Strathcona*) 780-619-9885
- (Central)*..... 780-919-1735
- WEAC (*women only, emergency*)..... 780-423-5302
- Elizabeth Fry (*women only*)..... 780-784-2200
- YESS (*ages 15-21*)..... 780-468-7070
- Maskokamik Shelter..... 587-525-8222
- Salvation Army (*Transitional, \$17/day*) 780-244-2962

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
- Addictions Recovery Centre 780-342-5900
- Youth Addiction&MH Services 780-408-8783

I NEED A SAFE CONSUMPTION SITE

- George Spady Centre 780-424-8335
- Radius 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&MH Services 780-408-8783
- Young Adult Services (*ages 16-25*) 780-887-9781
- 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 9-3pm) 780-962-5505

WHERE CAN I FIND FOOD?

- Parkland Food Bank 780-962-4565
- WeCan Food Basket..... 780-413-4525

WHERE CAN I FIND A COMMUNITY MEAL?

- Auggies Café (*Dine in/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
(W 11-330PM) 5600-50 Street, Stony Plain 780-963-0549

I NEED TO TALK TO SOMEONE NOW (24H)

- Suicide Crisis Help..... 988
- 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
- Wellness Together—Text Wellness
Adults..... 741741
Youth 686868

I NEED IMMEDIATE HELP Call 911

- Emergency Financial Assistance
..... 1-866-644-5135
- Access 24/7 (*Adults, addictions & MH*) 780-424-2424
- Children & Family Services Crisis Unit
..... 780-422-2001
- Kids Kottage (*children’s crisis prevention shelter*)
..... 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.

Parkland County FCSS
5217-52 St, Wabamun, AB
780-968-8342

HELP FOR HARD TIMES

TRI-REGION SUPPORT GUIDE

<p>Spruce Grove Community Social Development #414 King Street Spruce Grove, AB 780-962-7618</p>	<p>Stony Plain Community and Social Development #107, 4613 - 52 Avenue Stony Plain, AB 780-963-8583</p>
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