

Stronger Together

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

June 2025

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June is Men's Mental Health Month

June is recognized as Men's Mental Health Month in Canada, a time dedicated to raising awareness about the mental health challenges faced by men and boys. Statistics show that men are less likely to seek help for mental health issues, often due to societal stigma and expectations. This month serves as a reminder that seeking support is a sign of strength, not weakness.

**MEN'S
HEALTH
AWARENESS
MONTH**

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



Men and boys face unique mental health challenges and are less likely to reach out for help. That's why we're proud to support initiatives like:

Contact Us:

Fristy Thomas

Family Support

Coordinator

e: fristy.thomas@psd.ca

p: 780-963-8412

Tracy Power

Family Support

Coordinator

e: tracy.power@psd.ca

p: 780-963-8412

⇒ **Buddy Up Campaign** – A nationwide movement encouraging men to look out for their buddies by having real conversations that could save lives. buddyup.ca

⇒ **CMHA Alberta Men's Mental Health Programs** – Providing practical tools, supports, and services to help men take care of their mental well-being. alberta.cmha.ca



MEN HAVE A SUICIDE RATE 3× HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



1 • PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry



2 • START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



3 • KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?"
Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 • STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Following the conversation, check in with him often.
- Call or text the Suicide Crisis Helpline together: 9-8-8.



BUDDYUP.CA



centre for
suicide prevention



9th Annual Try-Me Try-Athlon



Registration is open for the Try-Me Try-Athlon on Powerschool!

The Try-Me Try-Athlon is a division-wide event celebrating physical literacy in children and youth through swimming, bicycling and running. It encourages students to train in school and at home, allowing them to build their skills and work toward feeling competent and confident in multiple environments. The Try-Athlon is designed to offer youth the opportunity to experience the sport of triathlon in a positive environment that offers age-appropriate distance levels.

Date: Friday, June 6, 2025

Time: Race starts at 10:30am (9:15 - 10am check-in/race kit drop-off, 10am course walk-through/warm-up)

Location: Stony Plain Outdoor Pool and surrounding area ([5210 55th Ave, Stony Plain](#))

Fee: \$35 (or \$15 each person on a 3-person individual leg team—one swimmer, one biker, one runner. Teams also have the option to select one or two events. (i.e. the swimming, cycling, or running leg of the Try-Athlon). Participants would then pay an entry fee of \$15 for one event or \$25 for 2 events.)

Children age 5 and up are welcome to register for this event with the support of their classroom or school-based teacher, and with a responsible adult available to attend the entire event.

To start the registration click here.

Event Details & Registration

For full event details, please visit the [Try-Me Try-Athlon](#) page.



**PARKLAND
SCHOOL DIVISION**



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 18 for MEMBERS, March 20 for NON-MEMBERS. Camps for ages 3-11, with swimming and skating days! Click on the image for more details and registration.**



11AM-4PM • SAT
JUNE 1

June Jamboree

**A COMMUNITY
EXTRAVAGANZA
TO CELEBRATE
BUSINESS**

SPRUCE GROVE
City Centre
BUSINESS
ASSOCIATION

SUMMER
at the Centre

**Join us for free
family friendly fun!**

**AT THE CITY CENTRE
(MAIN & MCLEOD)
SPRUCE GROVE**

www.sprucegrovecitycentre.org/events

Family Paint Party



When: Sunday, June 1, 2025 | 6:00 PM – 8:00 PM

Where: Smitty's Restaurant, Unit 2 - 16 Nelson Drive, Spruce Grove

Unleash your creativity at this fun, family-friendly Paint Night! No experience needed, our artist Erin Koskitalo will guide you step-by-step as you create your own masterpiece. Enjoy snacks, drinks, and great music in a welcoming atmosphere. Arrive early for food and extra drinks!

Perfect for all ages—come connect, create, and make lasting memories.





The Town of Stony Plain in partnership with Stony Plain Kinsmen bring you The Farmers' Days Rodeo and Exhibition! This is a jam packed three-days of family fun and is the town's biggest event of the year! This year's event takes place from May 30 to June 1, 2025.



Free Online Workshop for Working Women

When: Virtual via Zoom | Edmonton, AB

Duration: 90 minutes

Feeling stressed, overwhelmed, or stuck in routine? Ready to find calm, passion, and joy? Join this free, empowering online workshop designed to help working women:

- Identify and manage stress
- Build resilience
- Practice self-care tailored for you

Connect with like-minded women and discover your strengths in a supportive space. Leave inspired and ready to take action toward a more meaningful life. **Reserve your spot today!**



TOWN OF STONY PLAIN COMMUNITY AND SOCIAL DEVELOPMENT

Supporting residents of all ages in Stony Plain and Parkland County through prevention-focused programs, projects and events for a healthy and connected community.

Upcoming Programs and Events

Visit [Calendar – Town of Stony Plain](#) for more information.



Walk for Wellness

A community initiative in Stony Plain that fosters mental and physical well being through neighbourhood walks and meaningful discussions about mental health and wellness. For more information, and to see if the program is active in your neighbourhood visit www.stonyplain.com/programs

Mental Health Week Activities – Relax and Renew Movement – May 22

Celebrate Mental Health Week with this transformative session blending mindful movement, strength, and breath to restore balance, reduce stress, and boost vitality. Leave feeling refreshed, with improved mood and sleep.

Time: 630–730PM, Location: Meta Fitness & Wellness Centre, Cost: \$10, Ages 16+, Registration: www.stonyplain.com/calendar

Dementia Connections – Trail Explorers – June 4 & 18

For more information on the programs and supports for people living with dementia and their care partners visit www.stonyplain.com/dementia, Cost: Free – Drop in.

Uproot Abuse – June 14

Join us as we stand against elder abuse for World Elder Abuse Awareness Day. Visit our booth for free petunias, treats for kids, resources and information.

Time: 9AM–1PM, Location: Stony Plain Farmers Market, More information: www.stonyplain.com/calendar

Plan Today, Protect Tomorrow: Wills & Estates Information Session – June 18

Learn about essential planning tools—including wills, power of attorney, and personal directives—and how they can help you protect your assets, ensure your wishes are respected, and ease the burden on your loved ones.

Time: 130–330PM, Location: 414 King Street, Spruce Grove, More information: www.stonyplain.com/calendar



If you are in crisis or distress, please phone the distress line at 780-442-4357 (HELP). If you are inquiring about community, social, and government services, please call [211 Alberta](#) | [211 Alberta, Help Starts Here](#).

CONTACT US

780-963-8583
107-4613 52 Ave, Stony Plain
connect@stonyplain.com



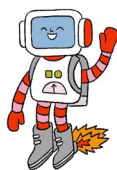
Teen Programs

Summer Reading Club Kick Off:

Murder Mystery Party

Registered, 12-18 years
Friday June 28 @ 3pm-5pm

We've gone back to the 80s and have a totally tubular murder to solve at this pop album release party. It's totally outrageous!



No Bake Summer Treats

Registered, 12-18 years
Tuesday July 19 @ 3pm-5pm

Have fun learning to make no bake treats this summer including ice cream in a bag, watermelon cereal, or a bagel dessert pizza.

Summer Water Games

Registered, 12-18 years
Friday August 2 @ 3pm-4pm

Enjoy the sunshine and cool off this summer! Let's have some outdoor fun at the park with water games and challenges.

Teen Camp Day

Registered, 12-18 years
Friday August 9 @ 3pm-5pm

Join us at the Spruce Grove Public Library for Teen Camp Day! We'll be doing tie dye, making s'mores, and other related camp activities.

Library Hours of Operation

Monday: Closed
Tuesday-Thursday: 10:00am - 8:00pm
Friday-Saturday: 10:00am - 6:00pm
Sunday: 12:00pm - 6:00pm
Statutory Holidays: Closed



REMINDER: Children under the age of 12 years must be accompanied by a parent or caregiver while in the library.

*All program information is subject to change.

Please visit the library or sgpl.ca for more information.

SGPL reserves the right to cancel registered programs due to low attendance. Registered participants will be notified of any cancellations.



Our SRC is accessible to everyone. Ask our staff for details about resources for those with print disabilities.

Contact Us

Phone: 780-962-4423

Email: library@sgpl.ca

SRC Email: asgprogramming@yrl.ab.ca

Visit: sgpl.ca

Follow Us:



SpruceGroveLibrary



@sg_library



@sprucegrovelibrary

Developed by



In partnership with



Title sponsor



Reading fun for kids, from Canada's public libraries
tdsummerreadingclub.ca



To the Stars...and Beyond!

July 2 - August 17

Summer Reading Club

Registration opens Tuesday June 11, 2024

Summer Reading Club Kids Kick Off

Tuesday July 2 @ 10am-2pm

Drop by to register, celebrate with refreshments and enjoy some fun activities.

What Shines Up There?

Drop-in, All Ages, Tuesday July 2 @ 1pm-2pm

Come and enjoy this series of short films presented by the National Film Board of Canada. Short films about the Milky Way, space travel and friendly aliens.

How the Kids Summer Reading Club Works:

- Register online at sgpl.ca, give us a call at 780-962-4423 or stop by the library in-person and our staff will be happy to register you.
- Complete the reading sheet found online or at the library and submit it to the SRC email: asgprogramming@yrl.ab.ca or in-person at the library.
- To complete your reading sheet, keep track of your reading (fill in one circle each time you complete 30 minutes of reading).
- To win a prize, send in your reading sheets and winners will be chosen at the end of every week throughout the summer.



Out of town during the summer? Not to worry! Send a photo of your completed reading challenge log to asgprogramming@yrl.ab.ca to be entered in the weekly prize draws.

Storytimes

Summer Storytime

Drop-in, Outdoors
2-6 years with caregivers
Thursdays

July 4-August 15 @ 10:30am-11am

Stories are being taken outside for some sunshine and fun! Weather permitting.

Program taking place at Central Park



Be Our Guest: Storytime Series

Registered, 2-10 years with caregivers
Tuesdays in July @ 10:30am-11:15am

Join us for stories and fun this summer with a special guest presenter each week!

Family/All Ages Programs

Let's Go to the Movies

Drop-in, All Ages

Wednesdays July 3-August 14 @ 2pm-4pm

Come and enjoy Family Movie Afternoon here at the Library.

*Movies may have a PG rating and may not be suitable for all children

Bee Kind

Registered, All Ages, Friday July 5 @ 11am-1pm

Join us at this special event by [Sweet Infusion Honey](http://SweetInfusionHoney.com) to learn all about bees. This presentation includes a real life hive of honey bees!

Family Forts: After Hours

Registered, All Ages, Friday July 12 @ 6:30pm-7:30pm

Join us as we build forts, read some books, and enjoy some snacks all after the library has closed for the night!



Special Events

Swiftie Spectacular

Registered, 9-12 years,
Wednesdays July 24 @ 5pm-7pm

Join us at this special event to celebrate all things Taylor Swift. We'll have music, karaoke and friendship bracelets galore!

PokéPalooza

Registered, 7-12 years, Tuesday August 6 @ 5pm-7pm
Let's celebrate all things Pokémon and have a party.

Neon Nights: Kids Glow Party

Registered, 7-12 years, Friday August 16 @ 4:30pm-5:30pm
Let's throw a glowtastic party for the end of summer! We'll have glowsticks, tie dye painting, dancing, facepaint, snacks and more...



Kids Writing Camps

Registered, 7-12 years

Session 1: Wed July 10

Session 2: Wed August 7

@ 2pm-3:30pm

This just might be the "write" camp for you to get started down your literary path.

Kids Coding Workshops

Registered, 9-12 years

Session 1: Tues July 9

Session 2: Tues August 13

@ 2pm-3:30pm

Learn the tips and tricks of coding this summer.

*Registrants must bring their own device



Big Kids

Craftopia

Registered
6-12 years

Thursdays July 4; July 18;
Aug 1; Aug 15 @ 2pm-3pm
Get crafty this summer.

Weird Science

Registered, 6-12 years
Thursdays @ 2pm-3pm

July 11; July 25; Aug 8
Join us for a session of STEAM-based activities and learning focused play this summer.

Fun in the Sun

Registered, Outdoors
7-12 years

Fridays July 12-August 9
@ 2pm-3:30pm

This popular program is back! Let's have some outdoor fun at the park with games, crafts and activities.

Reach for the Stars

Registered, 7-12 years
Tuesday July 16

@ 2pm-3pm

Join us as we explore and create STEAM-based projects that take a trip closer into the cosmos.

Try a Talent Challenge

Registered, 7-12 years
Tuesday July 30

@ 2pm-3pm

Join us as the 'Wheel of Talents' dares you to sing, balance, dance, juggle, play instruments, and more...

Little Kids

Drive-In Movie for Tots

Registered, 3-8 years

Friday July 19 @ 10am-12pm

Build your own car and come watch a favourite tv show with a yummy snack.

Squishmallows Adoption Party

Registered, 6-12 years
Wednesday July 17

@ 11am-12pm

Join us to celebrate all things Squishmallow!

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) 780-424-2424
 Addictions & Mental Health 780-422-2001
 Child Intervention Services 780-944-2888
 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



TRIREGION FOOD RESOURCES

Updated: August 2023

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

5600-50 St, Stony Plain
Fresh Nutritious Affordable Food Basket
Order by first Friday, pickup on third Thursday of month
Monday - Friday, 9AM-4PM
587-338-1101

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
Mini food pantry of non-perishable items. Hours 11AM-8PM.

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
neighbourlink.parkland@telus.net



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
www.sgconline.breezechms.com/form/communitytable
780-306-1955