



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

**October 2025**

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Celebrating Community

Click images for link

NEIGHBOURLINK PARKLAND  
**25<sup>th</sup>**  
ANNIVERSARY



## Contact Us

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NeighbourLink Parkland: Strives to improve the quality of life of your neighbours with hope, compassion and help for those hurting and in need

### **CELEBRATING 25 YEARS OF FAITHFUL COMMUNITY SERVICE**

Saturday October 18th 2025 celebrate with fine food, conversation and live music.

Tickets and additional information -

[https://www.eventbrite.ca/e/neighbourlink-parkland-tickets-1373563378039?](https://www.eventbrite.ca/e/neighbourlink-parkland-tickets-1373563378039?aff=ALLEVENTS&utm_source=AllEvents.in&utm_medium=event-discovery-platform&utm_campaign=stony+plain-events)

[aff=ALLEVENTS&utm\\_source=AllEvents.in&utm\\_medium=event-discovery-platform&utm\\_campaign=stony+plain-events](https://www.eventbrite.ca/e/neighbourlink-parkland-tickets-1373563378039?aff=ALLEVENTS&utm_source=AllEvents.in&utm_medium=event-discovery-platform&utm_campaign=stony+plain-events)

October 2025

Alberta Parenting for the Future Association

Click on images for link



### **Building Connections Teen Group**

A safe space for teens of all abilities to foster friendships

Start date– September 19th 2025 On going event

Register at Eventbrite- <https://www.eventbrite.ca/e/building-connections-teen-group-registration-1489343569709?aff=ebdsoporgprofile>

### **Connect Parent Group**

Tuesday October 14th 2025-December 9th 2025

9 week program to support parents of pre teens and teens with difficult behavioral and emotional struggles

Pre registration required—<https://www.eventbrite.ca/e/connect-parent-group-registration-1520358887359?aff=ebdsoporgprofile>



Click on Image  
for link



Alberta Parenting  
for the  
Future Association



Alberta Parenting  
for the  
Future Association

# ADHD WORKSHOPS AND SUPPORT GROUP

## IPP & IEP - SUPPORT FOR YOUR CHILD'S SUCCESS

**WEDNESDAY, SEPT. 17  
6:30 - 8PM  
FAMILY CONNECTION  
CENTRE OR ZOOM**

Learn what an IPP/IEP is, how to confidently advocate for your child, and communicate with the school team. You'll leave with a foundation of knowledge and resources to support you.



## THE IMPACT OF NUTRITION AND EXERCISE ON ADHD

**SATURDAY, SEPT. 20  
10AM - 1PM  
CANTIRO COMMUNITY CENTRE**

Learn how nutrition and exercise play a part in managing ADHD symptoms and supporting athletic performance. Bring a bagged lunch and learn strategies for healthier eating habits, choices and mindfulness around food. For ages 13 - 17 years and their caregivers.



ADHD Association  
of Greater Edmonton

## STRATEGIES FOR MANAGING ANXIETY & STRESS

**TUESDAY, SEPT. 23  
6:30 - 8PM  
OVER ZOOM**

This workshop will focus on strategies for managing anxiety and stress responses in children - or what NOT to do when dealing with ADHD. Caregivers will learn how to develop an "I can" mentality instead of a "I can't" belief in kids.



## NOURISHING YOUR ADHD CHILD'S FULL POTENTIAL

**SATURDAY, OCT. 4  
9:30AM - NOON  
FAMILY CONNECTION  
CENTRE**

This workshop allows parents and caregivers of children/youth with ADHD to explore ways of growing their potential. We will explore strategies for areas of difficulty such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, and emotion regulation.



Seeds of Hope  
HOPEWORKS SERVICES



## YOGA FOR KIDS

**WEDNESDAY, DEC. 3  
6:30 - 8PM  
FAMILY CONNECTION  
CENTRE**

Glow Yoga Kids is leading a family yoga session! Explore the opportunities yoga can provide with physical movement and emotional regulation in a welcoming environment. For children ages 5-12 years old, along with their caregivers.



GLOW YOGA KIDS  
let your light shine

Yoga, Creativity & Mindfulness for the Young at Heart



October 2025

Parkland County Events

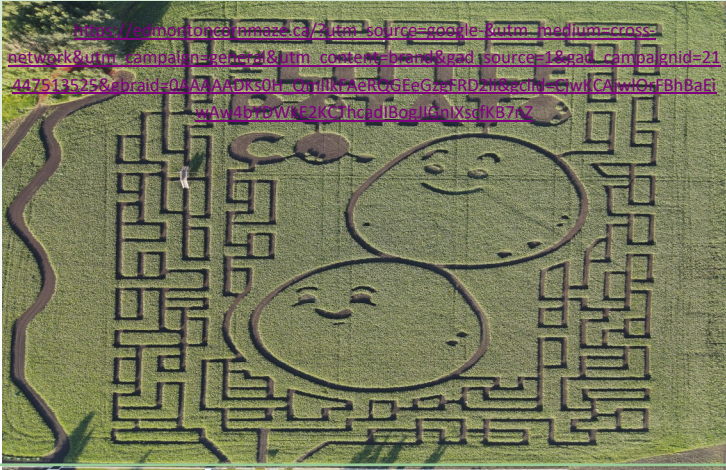
## Edmonton Corn Maze

This year's Maze— The little potato company

51529 Range Road 262

Spruce Grove AB

Fall dates-September 2nd—October 27th 2025

Online tickets- <https://edmontoncornmaze.ca/>

## Kiwi's Nursery      Haunted House

31313 118 Ave Acheson, AB T7X 6M6

All ages welcome

Time— 5:30 pm- 09:00 pm

Cost-\$100-\$15.00

Tickets online via website-<https://kiwinurseries.com/event/kiwis-haunted-house-october-3/>The Walking Dead HouseOctober 26th 2025Heritage Park, Stony Plain, ABTime— 10am-4pm

Cash donations for the Parkland Search and Rescue and/or a non perishable food donation to the Parkland Food bank

Click on images  
for link





Click on images  
for link



Teen Hangout at the Stony Plain Public Library

Age— 11 years—21 years

Address-5216 50 St Stony Plain, AB

Date Starting Tuesday October 7th 2025

D&D Club at The Stony Plain Public Library

Date— Wednesday October 15th 2025

Time— 5:30 pm— 8:00 pm

Cost— Free

Ages—15+



Pokémon Club  
Spruce Grove Public Library

Sept 9th, Oct 14th ,  
Nov 18th and Dec  
9th 2025

Time-6:30 pm—7:30  
pm

Ages 5-12 yrs.



# KIDS POKÉMON CLUB

Join us for all things Pokémon in a supportive and welcoming space

\*This program will be held in a program room.  
The library will be open during regular operating hours and all services are available.



Tuesday September 9,  
October 14, November 18\*,  
and December 9, 2025  
from 6:30-7:30PM

Ages 5-12  
Registration is required



**Community Supports**



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**Family and Community Support Services**

- Counselling Services-Regional Housing Program Support
- Tax Preparation Services-Comprehensive information and referral
- Community Navigation Services for Residents-Youth specific programming

414 King Street Spruce Grove  
Phone— 780-962-7618

**Community Aim**

Works with Family Support for Children with Disabilities( FSCD) -Out of School Care-Community Access Support

Respite Support ( Hourly & Overnight)-Community Homes( Out of Home Placements) Summer camps, Social nights



**Kidsport Parkland**

-Provides grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland County can play a season of sports

Grants of up to \$350.00 per child/year, or kids who live in Parkland County

Apply online at- <https://kidsportcanada.ca/alberta/parkland/>





## Community Supports



### TRI-REGION 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](http://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.sgconline.breezechms.com/form/communitytable](http://www.sgconline.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

[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

##### **NEIGHBOURLINK PARKLAND**

By appointment 780-960-9669

Serving Spruce Grove, Stony Plain and  
Parkland County

[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)

[neighbourlink.parkland@telus.net](mailto: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 (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