

# Copperhaven School

## Newsletter



COPPERHAVEN  
COBRAS

June 1, 2022

### Principal's Message

At this time with the long overdue and very welcome warm weather we are reviewing with our students the expectations for appropriate clothing for the school environment. Especially for our older students it is important that they learn that in the world of work dress codes exist. For example, check out these dress codes from businesses in our area:

- **Winners:** The dress code is **business casual**. Jeans, t-shirts, and sneakers are all acceptable. Shoes must cover your feet well (for safety reasons), no brands on clothing, no hats, and nothing too revealing.
- The Home Depot dress code requires employees to wear **collared shirts, an orange apron, and either slacks, jeans, or shorts (no shorter than 4 inches above the knee)** as of 2022. Home Depot is lenient with piercings, tattoos, and dyed hair as long as they are not offensive and don't pose any safety risks.
- City of Edmonton: Ensure that employees' clothing is suitable for the conditions and the work being performed, with due regard for personal safety, the need for identification as a Civic employee, and presentation of an acceptable image of the Civic Service to the public as identified by individual departmental requirements.

Please have a look at the Copperhaven Code of Conduct which outlines our school's dress code. We will be reinforcing appropriate clothing expectations and want to partner with our families in helping students understand and comply with our dress code.

[Copperhaven Code of Conduct](#)

*Linda Simmonds*

### Dates to Remember

- June 13 - Grade 6 PAT Language Arts Part B
- June 14 - Grade 9 PAT Language Arts Part B
- June 15 - Grade 6 PAT Math Part A and Part B
- June 16 - Grade 9 PAT Math Part A and Part B
- June 17 - Grade 6 PAT Science
- June 20 - Grade 9 PAT Science
- June 22 - Grade 6 PAT Social
- June 23 - Grade 9 PAT Social
- June 29 Last Day of School for Students, Report Cards Released

### Library Book Due Date

Copperhaven Library will close for book circulation on June 20 in order to complete inventory and to give our librarian Mrs. Shmyr time to reshelve all books. That means that students must return all Copperhaven School library books during the week of June 13-17 during their regular library class. Classroom books are still available for reading and a visit to the Spruce Grove public library would also be a great place to keep that reading going over the summer.

## **Extra-curricular Sports News**

Grade 7 - 9 Track and Field:

What a Team! We sent 96 students to the Division track meet held Friday May 27. At that track meet our team took 6th place with a total of 14 students placing in the top 3 of their event/s which allows them to go on to the next level of competition in Sherwood Park. Good luck competitors!

Rome Phillips - 1st Place 100 M, 2nd Place 800 M AND 2nd Place High Jump

Ben Everett - 4th Place 400 M

Max Conniff - 3rd Place 800 M

Sam Corbett - 2nd Place 1500 M

Jr Relay Team - 1st Place

Earl Ilaga - 2nd Place 400 M

Dalton Warwaruk - 3rd Place 1500 M

Aidan Stearns - 4th Place 200 M, 3rd Place Triple Jump AND 2nd Place Shot Put

Bayden Depradines - 3rd Place 800 M

Karlee Bonnet - 3rd Place 800 M and 2nd Place Hurdles

Emily Lowe - 3rd Place Javelin

Matison Arch - 3rd Place 800 M and 4th Place High Jump

Tatianna Dolotina - 3rd Place Triple Jump

Keanna Lockert - 3rd Place Shot Put

Kaydence Elder - 4th Place Javelin

Ariel Lewis - 3rd Place 1500 M

Emily Koza - Triple Jump

Kaelin Martel - 4th Place Shot Put, 4th Place Discus

Thank you to Mr. Jared Olson and Mrs. Keri Bradshaw for their work in taking the lead in getting our Track and Field Team to the competitions!

At "press time" grade 4-6 students who qualified are in attendance at the Elementary Zone Track Meet in Stony Plain. 26 of our grade 4-6 students qualified for this next level of competition. We are wishing them good luck.

Thank you in particular to Mr. Rich Presseau and Ms. Brittany Ward for their work in organizing our Elementary Track events and accompanying competitors to the Zone meet.

## **How to Help Your Child's Reading—A Guide Book For Parents**

### **PHONOLOGICAL AWARENESS:**

### **Summer in the City**

If you are looking for summer programs for your children to pass away the summer months check it out here:

Link to the webpage: [Summer in the City](#)

### **Council**

There is no meeting for the month of June. We are looking for some new faces to join our school council in September when the Annual General Meeting and elections will be held. Thank you to all of the parents who attended and contributed during this school year.

Sean, Amy, Chantelle, Jacqueline and Brianne

## Parkland School Division Family Supports Newsletter June, 2022

Dear parents and caregivers,

This newsletter is all about kindness, caring and compassion. In the difficult times we have had in the past two years we have seen so many people, helping others and making a real difference. Sometimes it is hard to feel this empathy for others as we worry about ourselves and our families. However, we are better together, helping each other and gaining strength from our families, friends and community. Remember this as you go about your daily lives. Speak kindly, be honest in your intentions and live with integrity. We have done, and will continue to do hard things together.

Stay brave and kind

Vicky and Dena



### Family Vision with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars

Low cost counseling for children and adults

Winning sports teams all have one thing in common. All the players have bought into the game plan and are working together as a team to achieve a common goal. For the game plan to work every team member needs to believe in it. If some players catch a vision for the game plan but other players follow their own plan, chaos will ensue.

Children buy into the family game plan when the vision is clearly communicated and they know parents have their best interest in mind. If children believe their parents are being overbearing or demanding, it will be very difficult to develop a shared vision and work together towards common goals. Parents can communicate a clear vision for their children and find practical ways to work towards mutual goals helping their children to identify small steps to grow and achieve their goals. Without a voice or a shared vision, children often reject the parents' ideas and decide to do things their own way. In this approach, parents get frustrated that their child won't listen and children are frustrated that their parents won't listen or consider their perspective. Without a shared vision, parents and children often feel like they are playing on opposing teams instead of working together towards a common goal.

Thankfully, as connection-based parents we can avoid the fight altogether by learning to co-drive together. Connection-based parents recognize that letting go feels scary but holding onto control is a luxury they cannot afford. Instead of letting go of control all at once and falling into a child-driven approach, connection-based parents work with their children to find small practical steps to progressively help their children grow in responsibility. Developing a shared vision of growing your child's circle of responsibility is a game changer that has helped many parents switch from working against their children to working with their children.

Without a shared parent-child vision, parenting may often seem like a fight. When parents and children have different visions, it's impossible to work together. Getting on the same page is not easy, especially with teenagers. But in helping many families on this journey, I have discovered first hand that it's simpler than we make it out to be. A first step to move towards getting on the same page is simply asking your children to identify areas they would like to be more autonomous or in the driver's seat. I'm sure some of their ideas might scare you but listen thoughtfully to each idea seeking to understand why it's important for your child. Some ideas will be well beyond your comfort zone, so remember to listen thoughtfully while withholding judgment. Listen carefully for the ideas that you can endorse and work with your child on.

**As a family you can build a vision of kindness, caring and compassion. Why is this important?**

**Caring kids are** "likely to be **happier** and **more successful**. They'll have **better relationships** their entire lives, and strong relationships are a key ingredient of happiness. In today's workplace, success often depends on collaborating effectively with others, and children who are empathic and socially aware are also **better collaborators**." (Harvard Graduate School of Education)

**Check out this great article and handout from Harvard Graduate School of Education**

<https://mcc.gse.harvard.edu/resources-for-families/7-tips-raising-caring-kids>



**Empathy: What is it?**

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

**Empathy encourages kind, helpful behavior**

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

**Empathy creates a safer school culture**

- Less bullying and a more tolerant environment is developed through increased empathy.

**Empathy fosters positive student relationships**

- Children who show empathy are more popular with their peers.

**Empathy leads to school success**

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

**MORE RESOURCES**

[Greater Good Science Center: Empathy for students](#)  
[Big Life Journal: Strategies to teach children empathy](#)  
[MyHealth Alberta.ca: Promoting positive Mental Health](#)

Information on mental health, community supports, programs and services in your area:

MyHealth Alberta.ca  
 Addiction Services Help Line 1-866-332-2322  
 Mental Health Help Line 1-877-303-2642

811 Health Link Health Advice 24/7

Alberta Health Services

**Volunteering as a family can be a great way to spend time together, to help your community and to model caring and empathy to your children.**

There are lots of informal ways to help others (shoveling a walk, walking someone's dog, checking on an elderly neighbour, etc) and more formal opportunities that you can investigate in Stony Plain and in Spruce Grove.

TOWN OF STONY PLAIN  
 LOVE HOPE GIVING YOU CAN HELP  
 contribution HELPFUL HELP DONATION CARE DONOR LOVE COMMUNITY CARE  
 support volunteercentre@stonyplain.com  
 4613-52 AVENUE 780.963.8603  
**Stony Plain Volunteer Centre**

<https://app.betterimpact.com/PublicOrganization/c42091da-fe0c-4867-8b5f-bd2f0ee94520/1>

Or check out opportunities in Spruce Grove <https://www.sprucegrove.org/community/volunteer/>

Random Acts of Kindness Foundation <https://www.randomactsofkindness.org/kindness-at-home>

All resources are generously provided for free and they are great activities for your family.



**make  
kindness  
the norm.**   
**AT HOME**

At the Random Acts of Kindness Foundation, we believe kindness starts with one, and there is no "one" better than you—the parent or guardian to the kids in your family—to start a kindness revolution at home. You have the power to set a kind tone for your entire household. There's never been a better time to infuse more kindness at home!

### **Welcome to our new Kindness at Home program!**

When you sign up for the Kindness at Home program, you'll get:

- Quick, convenient kindness activities for families of all ages,
- Discussion topics, and
- Journal prompts emailed right to you each week.

Each month covers a different kindness concept and offers more detailed activities and a final concept project—beyond the emails—to help you bring your family closer together through kindness. [Download the parent / guardian guide](#) to read details on how the program works & what you'll be doing. Fill your home with kindness.

### **Grandparents As Parents (GAP) group**

Are you a grandparent raising your grandchildren? Check out the grandparents group!

Kathy (Facilitator)  
Stony Plain Senior's Center  
Friday Morning 945am-12pm  
Following REP program  
780-963-3897



## 2022 Summer Day Camps

Parkland County is proud to partner with Alberta Parenting for the Future (APFA) to run summer camps in Parkland County. Join us for summer activities, games, challenges and crafts! Camps will run Monday to Thursday\* from 9 a.m. - 4 p.m.

- Drop off 8:30 a.m. - 9:00 a.m.
- Pick up 4:00 p.m. - 4:30 .pm.
- Outside of camp time: staff will be there to monitor children but there will not be programming.
- \*August 2-5 camps will run Tuesday to Friday

Cost \$85.88

Registration for Parkland County residents is now open (registration links below).

Registration for residents of Stony Plain, Spruce Grove and other areas will open June 15.

*Refunds are not available two weeks prior to camp starting unless COVID-19 related.*

Tips to make camp a fun experience for you and your child:

- Children must be 6-11 years old and have completed Kindergarten
- Apply sunscreen before arriving at camp
- Bring extra sunscreen and bug spray
- All campers must bring their own lunch and snacks
- All campers must have a water bottle
- Bring a hat and running shoes
- Do not bring valuables or electronics
- Label all personal belongings

Please contact APFA with any questions at [\(780\) 963-0549](tel:7809630549)

[July 11-14 Wabamun- Jubilee Hall](#)

[July 11-14 Clymont Hall](#)

[July 18-21 Tomahawk Agra Centre](#)

[July 18-21 Golden Spike Hall](#)

[July 25-28 Muir Lake Hall](#)

[July 25-28 Golden Spike](#)

[August 2- 5 Duffield Hall](#)

[August 2-5 Bright Bank Hall](#)

[August 8-11 Graminia Hall](#)

[August 8-11 Parkland Village Hall](#)

[August 15-18 Wabamun- Jubilee hall](#)

[August 15-18 Muir Lake Hall](#)



Get your kids involved - check out programs at the Tri-Leisure. <https://www.trileisure.com/programs/>

**Funding is available!! Your family may be eligible!**

KidSport Parkland  
<https://kidsportcanada.ca/alberta/parkland/>  
 We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Parkland, or in one of the other communities we serve.



**Check out the Stony Plain Youth Centre on Instagram**

-call [\(780\) 968-3846](tel:7809683846) to find out more about **free** drop in and other programs



<https://www.instagram.com/spyouthcentre/?hl=en>

**Youth and Anger: Understanding and Healing Big Emotions**

This program will encourage youth to non-judgmentally consider the origins of their anger and the ways in which it is affecting them and those around them. Youth will learn the brain science behind the expression of anger in conjunction with a shame-free, strength-based, plan to regulate when big emotions are activated.

Offered in partnership through **Spruce Grove FCSS, Alberta Parenting for the Future, Parkland County, and the Spruce Grove Public Library.** Facilitated by: Alycol Integrative Health Services

**Dates:** Tuesdays; May 31, 2022 and June 7, 2022 **Ages:** 13 - 17, parental consent required

**Cost:** Free **Location:** Spruce Grove Public Library, 35 Fifth Avenue, Spruce Grove

**Registration:** via [Eventbrite](#)



**LD Edmonton**

Learning Disabilities Association of Alberta - Edmonton Chapter

**LDEdmonton  
Campabilities is back!**

Many children with learning disabilities, ADHD, Tourette, ASD or Anxiety, camp can be a stressful, high anxiety environment. Choosing the right camp for your child is a decision that can make or break your child's summer experience. Camp should be the nurturing place where children enjoy the outdoors, form new friendships, take risks, and experience new activities and adventures.

LDEdmonton focuses on

- Highly trained staff with skills specific to working with this population
- Lower staff to participant ratio than most camps
- Understanding of the special needs of youth
- Individualized attention with focus on recognizing and developing each campers unique gifts and strengths
- Wrapped into every program is emphasis on developing organizational skills, social skills, and life skills set in a fun environment

The Camp Abilities program is structured for kids ages 8-12yrs and 13-17yrs who are struggling at making and keeping friends and interacting with their peers. Participants will learn social skills in a safe setting in the morning and then practice what they have learned out in the community in the afternoon at City of Edmonton Facilities

**Our groups specialize in children with ADHD, ASD,  
Tourettes and Learning Disabilities.  
But all are welcome!**

All summer camps take place at the Inglewood Community League 12525 - 116 Ave Edmonton, AB T5M 4C5

**Camp Abilities ages 8-12 years  
Monday - Friday 9:30am until 3:00pm  
July 11-15, 2022  
August 8-12, 2022  
August 15-19, 2022  
Teen Camp Abilities ages 13-17 years  
Monday - Friday 9:30am until 3:00pm  
July 18-22, 2022**

Families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend camp through community aid hours. Contact your FSCD worker to see if your child qualifies.



### Summer Interactive Skills Sessions

**JULY 25–29, 2022** 6–9 year olds: 9 am–12 PM 10–12 year olds: 1–4:30 PM

#### **PARENT MEETING:**

Thursday, July 21 at 7–8:30 PM

Our goal is to help children enhance their ability to understand group interaction, and build skills in interacting with others in a successful and comfortable way.

#### **Description**

This is a fun week-long psychoeducational group consisting of 5 sessions, Monday to Friday. Each session is 3 or 3.5 hours in duration.

Participants will be invited to engage in fun and interesting activities in which they interact with others. During each session the facilitators assess the needs of the participants while they engage in activities or discussions, and provide coaching to achieve successful outcomes. Activities may include outdoor games, conversations, cooking activities, scavenger hunts, card/board games, or group building, construction and art projects.

A session for parents is held before the start of the program, where the supervising psychologist provides parents with an overview of the program philosophy and coaching language, we use with the children we work with, so that parents may coach their child at home to help generalize the skills outside of the program. This is both a good introduction to our Training in Core Social Skills Program and a great way to practice previously learned skills for those who have been with us before!

#### **Emphasis will be on the following:**

- Creating opportunities for participants to engage in social interaction.
- Providing “on the spot” coaching to participants to help them overcome barriers they experience in relation to social interaction.
- Providing a safe and caring environment for students to develop skills in connecting with others in a successful way.
- Teaching conversational skills, cooperation and problem solving skills, inviting, questioning and initiating skills in a fun and interactive way.

#### **Program Dates**

**AUGUST 15-19, 2022**

6-9 year olds: 9 am–12 PM  
10-12 year olds: 1–4:30 PM

#### **PARENT MEETING:**

Thursday, August 4 at 7–8:30 PM

**AUGUST 8–12, 2022**

8–11 year olds: 9 am–12 PM  
12–15 year olds: 1–4:30 PM

**PARENT MEETING:** Thursday, August 4 at 7–8:30 PM

**Participants can register for one or more program dates!**

**Location:** Edmonton West – address will be provided upon registration.

#### **Program Cost**

**Please call our office to enquire.** The cost of psychological services are reimbursed by many employee extended health insurance plans, and some children’s services agencies if you are a client. FSCD approves this program as respite for its clients. Appropriate receipts will be provided.

#### **Registration**

Contact us at [office@eckertchildpsych.ca](mailto:office@eckertchildpsych.ca) or call **(780) 454-4634** to discuss whether this group would be appropriate for your child. A telephone intake interview will be scheduled and if the program will be a good fit for your child, a registration form will then be emailed to you.

**\*Prior program participants do not need to do an intake interview.**



**Spruce Grove Public Library** will be launching our Summer Reading Club on Friday 1 July, with summer programming running 5 July – 13 August.

We have a great line-up of **FREE in-person** and hybrid programs in store for you, including a Kids Writing Camp, Kids Coding Workshops, movie showings, STEAM science programs and a Family Fair!

Register for the TD Summer Reading Club at <https://sgpl.ca/programs/programs/summer-reading-club> and start tracking your reading progress to be entered for weekly prizes! (registration opens 1 June)  
Open to ALL AGES (yes – teens and grown-ups too)! Check out programs at <https://sgpl.ca/>

### Summer Writing Camp

Calling all authors and poets, reporters and screen writers, graphic novelists and storytellers...this just might be the "write" camp for you to get started down your literary path. Join us in our writing camp held in-person and register today!

**Kids Writing Camp Registered**  
Ages 7 - 12  
July 27-29,  
2:00pm - 3:30pm

To apply, register online starting June 1. Don't delay—space is limited. See SGPL website for details.



**Program Registration: It's as easy as 1, 2, 3...**

Registration opens June 1 and ends August 13

1. In-person at the library (35 Fifth Avenue)
2. Online at [sgpl.ca/programs/programs/summer-reading-club](https://sgpl.ca/programs/programs/summer-reading-club)
3. Download your reading challenge logs or bingo sheets online or pick them up at the library when you register!

**Library Hours of Operation**

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



*\*All program information is subject to change. Please visit the library or [sgpl.ca](https://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.



Although age recommendations are sometimes noted, SGPL welcomes all community members to participate in our programs.

**Contact Us**

Phone: 780-962-4423  
Email: [library@sgpl.ca](mailto:library@sgpl.ca)  
SRC Email: [asgprogramming@yrl.ab.ca](mailto:asgprogramming@yrl.ab.ca)  
Visit: [www.sgpl.ca](https://www.sgpl.ca)  
Follow Us:

 [SpruceGroveLibrary](https://www.facebook.com/SpruceGroveLibrary)  
 [@sg\\_library](https://www.instagram.com/sg_library)

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



Reading fun for kids, from Canada's public libraries [tdsummerreadingclub.ca](https://tdsummerreadingclub.ca)



**Once Upon A Time Myths and Legends**  
July 1- August 13

**TD Summer Reading Club**


If you love to read, do fun activities, and enjoy winning prizes, the TD Summer Reading Club is for you! Come visit your local library and pick up everything you need to get started. Please see the front desk for all information and keep an eye on [sgpl.ca](https://sgpl.ca) for special events!

All programs for Summer Reading Club are **FREE!**

**Weekly programs take place July 5 - August 13**

### How the Summer Reading Club Works:

- Register online at [sgpl.ca/programs/programs/summer-reading-club](https://sgpl.ca/programs/programs/summer-reading-club), 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](mailto: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.




**Out of town during the summer?** Not to worry! Send us a photo of your completed reading challenge log/bingo sheet to [asgprogramming@yrl.ab.ca](mailto:asgprogramming@yrl.ab.ca) to be entered in the weekly prize draws throughout the summer.

### Storytimes

**Stories in the Sun**  
Outdoors/In-Person (Drop-in)  
Ages 2-6 with caregivers  
Tuesdays & Fridays @ 10:30am - 11:00am  
Stories are being taken outside for some sunshine and fun! Weather permitting.  
Program taking place at Central Park by the Log Cabin

**Steps for the Story**  
Outside Walking Path by Library (Summer Long)  
All Ages  
Take a (Story)Walk through the path by the Library and enjoy the fresh air and the sun while reading a fun children's story!



### Family Programs

**Popcorn Pictures**  
Registered (All Ages)  
Spruce Grove Library  
Tuesdays @ 2:00pm - 4:00pm  
Come and watch a movie with us here at the Library. Pick-up your snack kits before the showing. Register at [sgpl.ca](https://sgpl.ca) for snack kits as they are limited!  
*\*Movies may have a PG rating and may not be suitable for all children*

**Tech Bowl**  
Drop-in  
All Ages (children 12 & under must be with a caregiver)  
Tuesdays & Wednesdays @ 1:00pm - 5:00pm  
Take a splash in our Tech Bowl, a place filled with your favorite technology from the Tech Tank. Look for the location at the library!

### Kids Programs

**Fun in the Sun**  
Registered  
Ages 7-12  
Fridays @ 2:00pm - 3:30pm  
Get ready for more outside fun! Anytime outside is an exciting time, especially when there are fun games to play! Maximum 20 registrants per day. (Meet inside at the library; weather permitting)

**Full STEAM Ahead**  
Registered, (July 14, July 21, August 4)  
Ages 7-12, All Ages  
Thursdays @ 10:30am - 11:30am  
Learn and participate in all that is Science, Technology, Engineering, Art, and Math (STEAM). Program occurs every two weeks.

### Craft Program

**Out of the Bag Crafts**  
Registered  
In-person/Zoom  
All Ages  
Thursdays @ 3:00pm - 4:00pm  
Come together as a community and make crafts with the Library in-person or from the comfort of your own home using Zoom! You will receive a bag of supplies you need to create the craft and save your spot for the program! Maximum of 20 participants each activity.



### Adult Programs

**Virtual Reading Club**  
Virtual (SGPL Website)  
July - August  
Connect with others in the reading community and discuss diverse literary discoveries!  
*More information can be found on the [sgpl.ca](https://sgpl.ca) website.*

### Special Events

**Be Our Guest Drop-in**  
Ages 2-6, All Ages  
Saturdays @ 10:30-11am  
Come and welcome special guests to the library every weekend!

**Family Fair**  
All Ages  
Saturday July 23  
Get ready for some summer fun for the whole family at our carnival. Activities, games and special performances!

**AHS Presentation: Bikes, Blades, Boards, & Helmets**  
Registered  
All Ages  
Wednesday, July 6 @ 6:00pm - 7:00pm  
Join us for a presentation put on by AHS about safety during the summer!

**Kids Coding Workshops**  
Registered  
Ages 7-12  
Wednesdays  
Session 1: July 13  
Session 2: August 3 @ 2:00pm - 3:00pm  
For the coding workshops, there will be 2 separate themes for each session.  
*This program requires registrants to bring their own device!*

To register for programs go to - [go to mysppl.ca](http://mysppl.ca)




Stony Plain  
Public  
Library

# MAY READER

- All Ages** Events for the whole family.
- Preschool** Events geared toward 0-6 year olds.
- Kids** Events for Kindergarten to Grade 7
- Teens** Events especially for Grades 7-12
- Adults** Events for 18+

Donate to the Capital Campaign Fund to help pay for our beautiful new library! Donations can be made at [mysppl.ca/support-sppl/donations](http://mysppl.ca/support-sppl/donations) through



Stony Plain Library appreciates the support it receives from community organizations and individuals.

We have a NEW Director! Join us in welcoming Robert McClure at a Meet & Greet 2-3pm Friday May 6. Families of young children are invited to join him for a special drop in Storytime Mon May 9 10:30-11am.

**Wednesday Evening Book Club** Adults 1st Wednesday of the month May 4-June 1 7:00-8:00pm  
Love to read and talk about books? Join us for lively discussions on all types of fiction and non-fiction. Contact the library for more information!

**Makerspace Magic** Ages 6-12 Drop in 4th Thursday of every month May 26 4:30-5:30pm  
Try something new! A surprise activity every time!

**Chess Club** all ages/all levels Drop in Tuesdays, May 3-June 28 4:00-8:00pm  
Playing chess develops focus, analytical skills, and abstract thinking. Want to learn how to play chess? Already love playing chess but need new opponents? Discover... or rediscover this great game!

**Nintendo Switch Gaming** Ages 9-12 Drop In Wednesdays May 3-June 28 3:30-4:30pm  
Do you have what it takes to beat our Tech Coordinator in Smash Bros or Mario Kart?

**Tuesday & Wednesday Tech Help** for Adults Are you new to computers? Would you like to upgrade your computer skills? Book an appointment for FREE computer training with our Technology Coordinator!





Dates, times, or location are subject to change!  
Check our Website and Social Media!

**GSA - Youth Group**  
**Gender Sexuality Awareness**  
2<sup>nd</sup> & 4<sup>th</sup> Friday - 7:00pm to 9:00pm

2SLGBTQ+ youth & allies are welcome!  
Ages 12 – 24

- |   |  |
|---|--|
| February 25 <sup>th</sup>                   | March 11 <sup>th</sup> & 25 <sup>th</sup>    |
| April 8 <sup>th</sup> & 22 <sup>nd</sup>    | May 13 <sup>th</sup> & 27 <sup>th</sup>      |
| June 10 <sup>th</sup> & 24 <sup>th</sup>    | July 8 <sup>th</sup> & 22 <sup>nd</sup>      |
| August 12 <sup>th</sup> & 26 <sup>th</sup>  | September 9 <sup>th</sup> & 23 <sup>rd</sup> |
| October 14 <sup>th</sup> & 28 <sup>th</sup> | November 11 <sup>th</sup> & 25 <sup>th</sup> |
| December 9 <sup>th</sup>                    | January 27 <sup>th</sup> , 2023              |

*You Be You!*

Pre-register for GSA by email or text!

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

Please ensure you are healthy before attending GSA.  
(no coughing, sneezing, runny nose, sore throat, fever)

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory. Traditional lands of Cree, Michif Piyii (Métis), ᓂᓄᓂᓄᓂᓄᓂ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipeewyan), Sauteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesa@gmail.com sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa  
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



7 pm – 9 pm  
3<sup>rd</sup> Thursday  
each month

**SAFE**

**Support & Advocacy for Everyone**  
Gender Sexuality Awareness

2SLGBTQ+ adults & allies are welcome!  
**Adults 18+**

- |                            |                                 |
|----------------------------|---------------------------------|
| March 17 <sup>th</sup>     | April 21 <sup>st</sup>          |
| May 19 <sup>th</sup>       | June 16 <sup>th</sup>           |
| July 21 <sup>st</sup>      | August 18 <sup>th</sup>         |
| September 15 <sup>th</sup> | October 21 <sup>st</sup>        |
| November 18 <sup>th</sup>  | January 20 <sup>th</sup> , 2023 |

*You Be You!*

Please pre-register for each meeting by email

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

Please ensure you are healthy before attending.  
(no coughing, sneezing, runny nose, sore throat, fever)

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory. Traditional lands of Cree, Michif Piyii (Métis), ᓂᓄᓂᓄᓂᓄᓂ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipeewyan), Sauteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa sprucegrovesa@gmail.com  
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



**Spruce Grove GSA**  
Gender Sexuality Awareness  
ages 12-24

For the safety of our communities and to ease the strain on our healthcare system the following rules have been implemented as we share our space with other groups:

*You Be You!*

- Proof of Covid vaccinations
- Pre-registration by email or text
- Covid health checks before attending
- Masking - Physical distancing - Hand sanitizing

**SAFE**  
Support & Advocacy for Everyone  
ages 18+

Please ensure you are healthy before attending our events and meetings.

No coughing, sneezing, runny nose, sore throat, fever.

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory. Traditional lands of Cree, Michif Piyii (Métis), ᓂᓄᓂᓄᓂᓄᓂ Nēhiyaw-Askiy (Plains Cree), Denesuliné (Chipeewyan), Sauteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa sprucegrovesa@gmail.com

**Because I Love You**  
Parent and Youth Support Groups

**B.I.L.Y. TRI REGION**

**Family In Crisis?**

**We Can Help!**

**Weekly Support Group MEETINGS**

We are a group of parents who understand. We offer creative solutions that can help and tools to improve communication. Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.

**Meetings are Free of Charge! Tuesdays at 7 PM Call Today for Location 587-588-8633**

**Parents.....**

**Are you dealing with**

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?

**Is your child between the age of 2 and 5? Can you relate to any or all of these issues? This parent support group is for you!**

**B.I.L.Y. TRI REGION**  
bilytriregion@gmail.com  
587.588.8633

**Community Supporting Us**  
100 Women Who Care Tri Region  
Tri Region Guidance Thru Crisis Society

**FACT**  
Family Action Centre

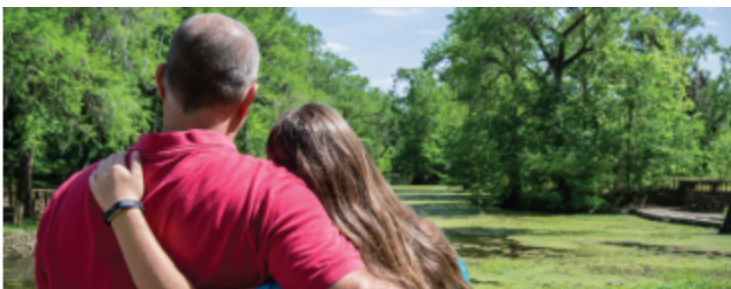
**CLUB OF STONY PLAIN**

**Rotary**  
Club of Stony Plain

**B.I.L.Y**

We are a group of parents and youth who have been through crisis situations and now are helping those through similar situations. We understand. We support one another by giving, sharing, listening, creating a safe environment, and providing practical resources. Our desire is to see you and your family succeed.

**For more information contact 587-588-8633**



**Caring Friends**

**Caring Friends** is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. Group meets the second Thursday of each month.

To register, please call: 780-963-8583

**Stretch your food hamper through our free - Community Kitchen**

- learn food preparation tips and safety
- select budget friendly healthy options
- prepare 3 family portion meals to take home
- sign up at [www.apfa.ca](http://www.apfa.ca) for any of the dates available or call 780-963-0549 to arrange a time convenient for you
- call if you require transportation or childcare assistance
- 5600 50 Street Stony Plain

**Family CONNECTION CENTRE**

**apfa** Alberta Parenting for the Future Association

**United Way** Alberta Capital Region



**Check out the Lighthouse Church Community Outreach Days on FB.**

**Check it out on facebook.**



**Offering help**

Offering a warm and nutritious meal on the second Friday of every month to those who would find it helpful in the Tri-Region Area



**If you need help you can reach out to the Parkland Food Bank**

**Just call 780-962-4565 to register and book an appointment**



**WECAN Food Basket** <https://wecanfood.com/>

**(Family Connections Centre Stony Plain)**

**The WECAN Food Basket Society** operates as a 'warehouse without walls' – we buy all of our food in bulk and distribute to our community-based depots. As a member (\$5 annually), you enjoy access to purchase fresh and nutritious food at an affordable price.

What is Wecan?

- We are a non for profit organization that believes everyone has the right to purchase fresh fruit and vegetables and freshly frozen meat at an affordable price.

How much does this cost?

- The cost for one full order is \$35.00 per month.

What will I get for my \$35.00?

- You will receive three types of fruit, three types of vegetables and two to three types of freshly

frozen meat.

How do I know that this food is any good?

- We have a team of dedicated volunteers who meet once a month with the supplier to order the fruits and vegetables and then on the morning of depot days we have a group of volunteer who help sort and pack the orders for the depots and our team looks over the order to make sure that everything is good.

How is Wecan able to offer food at an affordable price?

- We are able to do this by buying in bulk and relying on our community volunteers to distribute the food.

How does this work?

- Our members pay at the beginning of the month, as we have a few extra dollars at the beginning of the month, and as the month goes on, our money is gone and are cupboards are getting bare.

### ***Something For Everyone!***

**Look below to see the incredible number of sessions that are being offered over the next couple of months. These opportunities are certainly something positive that has come from the pandemic. We hope you find something that sparks your interest and feeds your curiosity. All sessions are free and online.**



### **Supporting Children with Anxiety Symptoms**

For parents and guardians wanting to learn some practical tips and strategies to help their children who are experiencing symptoms of anxiety. Participants will leave equipped with the skills to coach their children through uncomfortable feelings at home and help encourage their children to manage their stress.

Date	Time	# of sessions	Call to Register	Weblink	Offered by:
June 21	7:00 – 8:30 PM	2	780.395.262 6	<a href="http://edmontonsouthsidepcn.ca/workshops">edmontonsouthsidepcn.ca/workshops</a>	ESPCN

### **Caregiver Education Series**

**I HAVE, I AM, I CAN**

#### **Building Resilience in Children and Youth**

In today's world, our children need to feel supported, resourceful, and equipped so that they can foster resilience and 'bounce back' from life's challenges more effectively. In this session, we will look at foundational strategies that help children and youth to engage with supportive relationships and communities ("I have!"), identify their internal strengths and abilities ("I am!"), and access practical skills ("I can!") to help them cope through daily stressors and work towards positive goals.

**Date: Thursday, May 26, 2022**

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; [for adults only](#).

Sessions are offered online through the Zoom conferencing application. A link to access the online session will

be sent by email to those who have registered for the session.

To register go to: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

**Date: Tuesday, May 31, 2022**

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

#### Registration:

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

To register [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Community Education Service

**TO REGISTER: go to <http://community.hmhc.ca/sessions/?p=webex> and click on the poster tab by the session you would like to attend.**

May 24 - Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members  
\*\*\* please register using the poster only\*\*\*

1:00 PM - 3:00 PM

This workshop will support parents and caregivers to create a more inclusive family environment. Deepen your understanding of the differences between sex, gender, and sexual orientation, and discuss the impacts of homophobia, biphobia, transphobia on LGBTQ2S+ children and youth. Participants will also gain practical tools and skills to support their LGBTQ2S+ family members and friends.

**Do you need more information about ADHD? Check out <https://www.additudemag.com/>**

**ADDITUDE** *Inside the ADHD mind*

**Register here:**

**ON-DEMAND PARENTING WEBINARS**

**Live Webinar on June 15: For Dads With (and Without) ADHD: How to Understand and Support Your Kids**



UPCOMING LIVE WEBINAR  
**For Dads with (and Without) ADHD: How to Understand and Support Your Kids**  
June 15 at 1pm ET  
EXPERT  
Brendan Mahan, M.Ed., M.S.  
[Register now ▶](#)



## Reach out for support



When it comes to **mental health**, now more than ever, every action counts.

Visit [letstalk.bell.ca](https://letstalk.bell.ca) to learn more.



- FREE to ALL Albertans aged 16+ through a partnership with the Alberta Government and Alberta Health Services.
- A safe, online, 24/7 peer community where members remain anonymous to each other and can share their lived experiences with common mental health concerns.

**New year, new stress?** There can be a lot of pressure surrounding the start of a new year. However, setting achievable goals can be a valuable step towards positive mental health. @togetherall have shared their tips for setting achievable goals for the year ahead. Togetherall is an anonymous online community to support your mental health, join today for FREE at <https://bit.ly/31PTBBm> using your Postal Code.

### [Register Here](#)

**a free, province-wide online peer-to-peer mental health community that may be of interest to you**

- Registered mental health practitioners moderate and monitor the community to ensure individuals are safe and feel supported. Moderators help signpost resources and escalate those at risk, but they do not provide 1:1 counselling or therapy.
- Access to self-assessments, resources and self-guided courses to help foster wellbeing.



**One in 5 Canadians experience a mental illness or addiction problem - and nearly half of Canadians reported that their mental health worsened during the pandemic.**

Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

**Download the APP from the Apple APP Store or Download the APP from Google Play**

**Need mental health or substance use support?**  
Help is just a call or click away.

<b>Call:</b> 1-866-585-0445		<b>Indigenous Peoples – Hope for Wellness Help Line:</b> 1-855-242-3310 <a href="https://hopeforwellness.ca">hopeforwellness.ca</a>
<b>Visit:</b> <a href="https://wellnesstogether.ca">wellnesstogether.ca</a>		<b>Suicide Prevention Service:</b> 1-833-456-4566 <b>Quebec:</b> 1-866-277-3553 (1 866-APPELLE)
<b>Text:</b> Adults text <b>WELLNESS</b> to 741 741 Youth text <b>WELLNESS</b> to 686 868 Front line workers text <b>FRONTLINE</b> to 741 741		
<b>App Stores:</b> PocketWell		

**If you are in immediate danger, call 911 or your local emergency line.**

[CANADA.CA/HEALTH](https://CANADA.CA/HEALTH)

### Reach out for support in our community...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Michelle Enright - 780-217-4146 Stony Plain and Prabh Gill - Spruce Grove and Greater Parkland area 780-217-8701

Youth Mental Health **-NEW** Intake number 825-402-6799 (see next page for updated information)

AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895

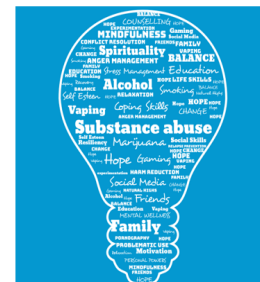
Parenting support (APFA) - Triple P Parenting 780-963-0549

Adult Crisis Response - 780-342-7777

Support Network Distress Line - 780-482-4357

Adult Mental Health Referral and Treatment - 780-424-2424

Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422



## Youth Substance Use Services

**Counselling services are free and confidential**

We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent capable and promote the positive mental health of youth, families and communities.

Meet in-person    Telephone    Video Call (Zoom)

**Lisa Kimmerly**  
Substance Use Therapist  
Spruce Grove/Stony Plain and Area  
780-868-1895 (text or call)



A 50-minute therapy session

In-person or virtually

Exploring possible issues & solutions

101-505 Queen St. Spruce Grove, AB

## Youth Mental Health Clinic

### Walk in Service

Available to Youth 11-17

Fridays only: 10AM -2PM  
First come, first serve.

Book by phone:

Day: Fridays

Time: 9AM-12PM

Phone: 780-960-9533 Ext. 221

Location: 101, 505 Queen St., Spruce Grove

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



## Children, Youth & Families Addiction and Mental Health - Edmonton Zone Community Clinics & Crisis Services

### General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

### Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

### Intake Services

**Intake Services:** Phone: 825.402.6799  
Fax: 780.408.8776

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

### Youth Addiction Services

Youth Addiction Services Edmonton (YASE)  
780.408.8783  
#300, 11634 142 Street, Edmonton, AB

Rutherford Mental Health Clinic  
780.342.6850  
# 202, 11153 Ellerslie Rd, Edmonton, AB



March 2022

1

## Walk-In Services

**Walk-In Service** is available to children/youth aged 5-17. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

### Locations and Hours:

- Northgate Mental Health Clinic: 780.342.2700; #2020, 9499 137 Ave, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- Rutherford Mental Health Clinic: 780.342.6850; #202, 11153 Ellerslie Rd, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- St. Albert Mental Health Clinic: 780.342.1410; 30 Sir Winston Churchill Avenue, St. Albert, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)
- Leduc Mental Health Clinic: 780.986.2660; 4906 49 Avenue, Leduc, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)

## Crisis Services

The **Crisis Team** offers immediate crisis support through the Crisis Line (780.407.1000) to children/youth, aged 5-17, and their care providers. The Crisis Team also provides support to professionals in the community. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call. Available 7 days a week 8:00 a.m. – 11:30 p.m.

Emergency Department Resources:

- **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- **Community Hospital Emergency Department** – Physicians will assess, determine a treatment plan, and consult as necessary for children/youth who have an emergency mental health concern.

## Crisis Phone Numbers within Alberta (24/7)

Health Link Alberta:	811 (Health Advice and/or to locate a family physician)
Mental Health Help Line:	1.877.303.2642 (toll free within Alberta)
Crisis Addiction Help Line:	1.866.332.2322 (toll free within Alberta)
Kids Help Phone: or text 686868 or chat <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)



# Addiction Services Information & Referral

- AHS-Addictions and Mental Health** (Formerly AADAC).....780-963-6151
  - Information, prevention and counseling services.
 Stony Plain Office, 4405 SouthPark Drive, Stony Plain  
 Spruce Grove every Monday at 105, 505 Queen Street, Spruce Grove  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)
  
- Al-Anon**.....780-963-4905 or 780-963-2246 or 780-963-0957
  - Support group for those affected by someone else’s drinking.
 Meets every Monday 8 p.m. and every Wednesday at 1 p.m., United Church, 5014 - 51 Ave, Stony Plain.
  
- Alcoholic Anonymous**, Stony Plain, Spruce Grove and Parkland County.....780-424-5900  
*meetings run every day of the week in Stony Plain. For a schedule go to <http://edmontonaa.org/>*
  
- Cocaine Anonymous Online**.....780-425-2715  
<http://www.ca-online.org>
  
- Edmonton Addiction Youth Services**.....780-422-7383
  - Prevention, counseling, treatment.
 12325 - 140 Street, Edmonton
  
- Gamblers Anonymous**, Help Line.....780-463-0892
  
- Men For Sobriety**.....780-965-9991
  - Self-recovery program for men with an addiction problem.
 Every Wednesday 7:30 p.m. to 8:45p.m. at 105, 505 Queen Street, Spruce Gove
  
- Narcotics Anonymous**, 4914 - 50 Avenue, Stony Plain.....780-421-4429
  
- Problem Gambling Resources Network**, 3312 Parsons Rd, Edmonton.....780-461-1259
  
- Women For Sobriety**, Edmonton meetings.....780-429-3855

Forest Green Plaza  
107, 4613 – 51 Avenue  
Stony Plain

*Serving Residents of Stony Plain and Parkland County*

**780-963-8583**

[www.stonyplain.com/fcss](http://www.stonyplain.com/fcss)




# HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

## WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line ..... 780-482-4357(HELP)  
 Addiction Helpline..... 1-866-332-2322  
 Child Mental Health (8am-11:30pm) 780-427-4491  
 Kids Help Phone ..... 1-800-668-6868  
 Bullying Helpline ..... 1-888-456-2323  
 Seniors Abuse Helpline ..... 780-454-8888  
 Family Violence Info Line ..... 310-1818  
 Sexual Assault Center (9am-9pm) 780-423-4121  
 First Nations & Inuit Mental Health  
 Hope for Wellness ..... 1-855-242-3310

### I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance  
 .....780-644-5135  
 Access 24/7 (Adults)  
 Addictions & Mental Health .....780-424-2424  
 Westview Health Centre.....780-968-3600  
 Child Intervention Services .....780-422-2001  
 Kids Cottage Crisis Childcare ...780-944-2888  
 Parkland RCMP .....825-220-2000  
 Poison Control ..... 1-800-332-1414  
 NeighbourLink Parkland (practical crisis help)  
 Monday-Friday 9am-4pm .....780-960-9669  
 Pay Forward Kindness (homeless supports)  
 .....587-286-4663

### I DON'T EVEN KNOW WHERE TO START?



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



or download **HelpSeeker**, onto your phone to find local supports and resources.

### 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, \$12/day)  
 ..... 780-429-4274

### I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters  
 ..... 1-866-331-3933

### I NEED DETOX SUPPORT

George Spady ..... 780-424-8335  
 AHS Detox Centre..... 780-427-4291  
 Youth Edmonton Detox ..... 780-422-7383

### I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106  
 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 Addictions and  
 Mental Health (adults)..... 780-424-2424  
 Youth Addiction Services ..... 780-422-7383  
 Access Open Minds (youth 16-25) ... 780-415-0048  
 Child and Adolescent  
 Mental Health Services ..... 780-342-2701  
 Westview PCN Youth  
 Mental Health Clinic (ages 11-24) ... 780-960-9533

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) .....811

### WHERE CAN I FIND FOOD?

Parkland Food Bank  
 105 Madison Cres, Spruce Grove..... 780-962-4565  
 Auggies Café (Tuesday Free Lunch)  
 131 Church Rd, Spruce Grove ..... 780-962-5131

Spruce Grove FCSS #105 - 505 Queen Street, Spruce Grove, AB 780-962-7618  
 Stony Plain FCSS #107, 4613 - 52 Avenue, Stony Plain, AB 780-963-8583

