



# Stronger Together

## Parkland School Division Family Supports Newsletter November 19, 2020

Dear parents and caregivers,

Giving is a great way to help others and make your family feel happy at the same time. Giving can happen in so many ways, without costing you any money, sometimes it is just the gift of time. We hope your holidays are happy ones and you enjoy this time with your family.

Take care, Vicky Mamczasz -Family Support Facilitator(780-668-7422), Dena Davis- Sunrise Supports Program Liaison(780-977-6241)

From "Greater Good - 5 Ways Giving is Good For You"

Giving back to others can take many forms. It can be a gift of your time, support, help, a listening ear, a gift, volunteering in your community and just doing something kind for someone else. When we give back we are actually giving to ourselves. In '5 Ways Giving Is Good For You', Jill Suite and Jason Marsh describe the benefits of giving. The list below is adapted from this article. [5 Ways Giving Is Good for You | Greater Good](#)



### 1. Giving feels great

- it makes us feel happy
- it activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect.
- giving releases endorphins in the brain, producing the positive feeling known as the "helper's high."

### 2. Giving is good for our health

- it helps us to live longer.
- It reduces stress for the giver

### 3. Giving promotes cooperation and social connection.

- when you give to others, your generosity is likely to be rewarded by others down the line—sometimes by the person you gave to, sometimes by someone else.
- It promotes a sense of trust and cooperation that strengthens our ties to others
- having positive social interactions is central to good mental and physical health.
- when we give to others, we don't only make them feel closer to us; we also feel closer to them.



### 4. Giving evokes gratitude.

- whether you're on the giving or receiving end of a gift, that gift can elicit feelings of gratitude—it can be a way of expressing gratitude or instilling gratitude in the recipient. And research has found that gratitude is integral to happiness, health, and social bonds.
- It helps us to be more optimistic, and feel better about life overall.
- expressing gratitude to a close friend or romantic partner strengthens our sense of connection to that person.
- Barbara Fredrickson, a pioneering happiness researcher, suggests that cultivating gratitude in everyday life is one of the keys to increasing personal happiness.

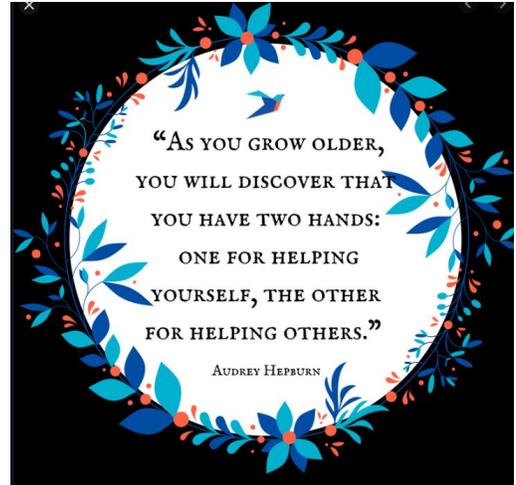
### 5. Giving is contagious.

- When we give, we don't only help the immediate recipient of our gift. We also spur a ripple effect of generosity through our community.
- Giving has also been linked to the release of oxytocin, a hormone that induces feelings of warmth, euphoria, and connection.

Learning how to give back is a great gift to give our kids.

- Kids learn how to give back by watching us
- They learn important social skills which they carry into adulthood
- They learn empathy and kindness for others
- They learn it is OK to ask for help
- It teaches them they are connected to their community

Giving back does not have to be about money - it can be about sharing your time to help others.



**the COMMUNITY TABLE**  
Aug 28 - Sept 25 - Oct 30  
2020

**FRI, NOV 27 AT 5 PM UTC-07**  
**the Community Table**  
Spruce Grove, AB

**FRIDAY, NOV 27**  
5 PM UTC-07

Interested   Going   Share   More

Public · Hosted by **Spruce Grove Community Church**

Friday, November 27, 2020 at 5 PM UTC-07 – 7 PM UTC-07  
Next Week · -4-1°C Partly Cloudy

Spruce Grove Community Church

We want to invite all families and individuals to come out and get a hot meal entirely on us! If you live in Spruce Grove, Stony Plain, or Parkland County, then you are welcome! The meal will be served take out style with all food packaged for pick up so families can take home and eat or stay and eat outside in a designated seating area. Sign up for a meal for you or your family

<https://sgconline.breezechms.com/form/communitytable>

For more information contact 780-306-1955 or email [helps@sprucegrove.church](mailto:helps@sprucegrove.church)

## If you need help this holiday season.....



### Christmas Hampers

**Parkland Food Bank and Stony Plain Kinsmen are working together to do Christmas Hampers this year.**

To register Call 780-962-4565

<https://parklandfoodbank.org/need-help/>

- Register over the phone
- It is a simple process
- If you are a facebook client you can register over the phone or by using the online form on the website
- Kinsmen or Kinettes are providing gift hampers only for families with children under 17.
- Registration for the gift hamper **ends November 21, 2020 at 12 pm.**
- **Pick up for the gift hamper is only on December 18 between 10 am and 5 pm.**

If you need food support for the holidays, book in for a Food Hamper anytime from Dec. 1 – Dec. 23.

### 2-1-1

2-1-1 is here to help you find the right community and social services. It is a confidential, multilingual, and available 24 hours a day across many parts of Alberta including Parkland County. Don't feel stuck this holiday season. Call 2-1-1 today to get connected with the resources you need to get ahead.

**If you would like to donate** – contact the Spruce Grove Kinette and Stony Plain Kinsmen Christmas Hamper Volunteers

- they accept all monetary, gift card and toy donations
- you can donate at designated drop locations around Spruce Grove and Stony Plain
- Cheques can be mailed, or can be picked up by one of our volunteers o Cheques can be made payable: Spruce Grove Kinette Christmas Hampers Box 3664 Spruce Grove, AB T7X 3A9 Stony Plain Kinsmen Christmas Hampers Box 2231 Stony Plain, AB T7Z 1X7
- The gifts will be organized and assembled for each family the week of December 14th, 2020; in Spruce Grove at the Alliance Church and in Stony Plain at the Pavilion at Heritage Park. Due to COVID, we will be strictly adhering to health guidelines and restrictions, and kindly ask that you bring us your donations as outlined, above.

For additional group and cause information, please refer to [www.sgkinettes.ca](http://www.sgkinettes.ca) and [www.stonyplainkinsmen.ca](http://www.stonyplainkinsmen.ca). Please direct any questions to Carolyn Dumont [carolynd.sgkinettes@gmail.com](mailto:carolynd.sgkinettes@gmail.com) (780) 960-0550 and to Ed Berney [eberney7@gmail.com](mailto:eberney7@gmail.com) (780) 903-7668.

THANK YOU for your incredible support of local families at Christmas. Best wishes for a safe, happy and healthy holiday season!

Sincerely, The Spruce Grove Kinette and Stony Plain Kinsmen Christmas Hamper Volunteers

## Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Michelle Enright - 780-217-4146/Simonne Massner - 780-221-7973 Stony Plain and Prad Gill -  
Spruce Grove and Greater Parkland area 780-217-8701  
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment)780-342-2700  
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000  
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895  
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 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 - [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)  
Sunrise Supports - Dena Davis - [dgdavis@psd70.ab.ca](mailto:dgdavis@psd70.ab.ca)

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## Virtual Programs for Youth

This fall, Spruce Grove FCSS will offer free, virtual programs for youth to support social connection, resiliency and mental well-being. Due to the current situation with COVID-19 and based on guidelines from the Province of Alberta, FCSS Fall Programs will operate a bit differently this year. Virtual Programs will be held through Zoom. A meeting link will be provided by email. Registration is required.

To register, visit [sprucegrove.org/onlinereg](https://sprucegrove.org/onlinereg) or call 780-962-7618. For more information, please email [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org).

### Healthy Relationships (ages 14–18)

Youth will learn about the different relationships they have, what makes for a healthy relationship and strategies for creating positive social connections with others. Focuses include creating boundaries, navigating conflict and effectively communicating. Participants are encouraged to attend all dates because the information covered builds from week to week. Space is limited.

Wednesdays: Nov. 25, Dec. 2 and Dec. 9  
4:30–6 p.m.

Format: Virtual through Zoom

Facilitated by: Chartered mediator from [Laurier Mediation](#)

**Registration deadline: Nov. 18 at 4 p.m. Registration deadline: Nov. 18 at 4 p.m.**

### Understanding Stress and Anxiety (ages 12–18)

Stress and anxiety can affect us physically, emotionally and mentally. This program is designed to teach youth the difference between stress and anxiety, and provide healthy ways to cope and handle with stress. Format: Virtual through Zoom. Facilitated by: Registered psychologist from Family Life Psychology. **Tuesday, Nov. 17 4-5:30 pm**

**Registration deadline: Nov. 13 at 4 p.m.** Social Emotional Skills and Strategies for Self-Regulation (ages 12–18) Learn how to express your emotions in a healthy and effective way. Youth will learn practical skills to self-regulate their own emotions and communicate effectively when they are feeling overwhelmed. Tuesday, Dec. 15

Format: Virtual through Zoom

Facilitated by: Registered psychologist from [Family Life Psychology](#)

**Registration deadline: Dec. 11 at 4 p.m.**

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**Share your light** - color one light bulb every time you give back to someone - post on your fridge to celebrate your kindness to others. (next page) Print the page and color.

