

Dear parents and caregivers,

Welcome to our Stronger Together newsletter and to Parkland School Division's Family Supports. Each month we will be sharing information and available community supports for parents. This newsletter is available on your school website as well as on the PSD website and is sent out during the third week of every month. Each month we organize Strong Families sessions that are virtual and free. We will highlight upcoming sessions in each newsletter. If you are in need of connections to specific community supports, we look forward to working with you individually. Please contact your school principal who can begin the process of accessing what you need.

We wish you and your families every success this year.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis - Sunrise Supports Program Liaison



Family Tips for supporting family communication with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

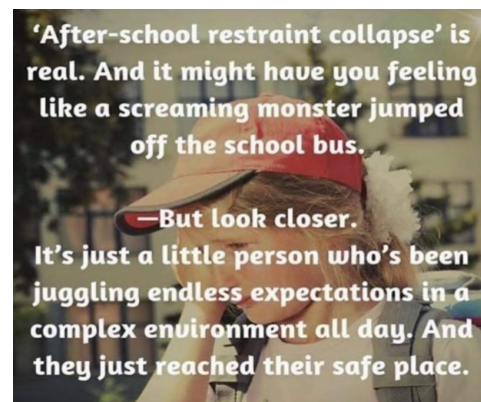
- Free online webinars
- Low cost counselling for children and adults

Communication enables individuals to work towards a common purpose. Improving communication between family members improves our ability to work as a team. 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. When every teammate follows their own game plan, the entire team suffers, making everyone on the team lose.

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. Effective communication is the foundation for building team culture in a family where parents communicate a clear vision for their children and find practical ways to work towards mutual goals. Connection-based parents help children to identify small steps to grow in responsibility and help their children achieve their goals. In the parent-driven approach, parents are in the driver's seat as the holders of all information and decision-making power. Children are put in the backseat with no voice or decision-making power. Instead of working collaboratively with children to grow their circle of responsibility, parents make decisions for the child without taking into consideration their thoughts or ideas. Without a voice or a shared vision, children often reject their 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.

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 firsthand 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. Join our session on family communication on September 14th to learn practical communication strategies to building a team culture together with your children. Register below!



<http://www.teachergoals.org/>

September 14, 2021 REGISTER HERE: <https://www.eventbrite.ca/e/family-communication-tickets-169324904347>

6:30 - 8:00 - virtual session

Family Communication- Especially During Covid Times

Presenter: Joel Pukalo, Family Life Psychology

Communication enables individuals to work towards a common purpose, improving effective communication between family members improves our ability to work as a team, especially during uncertain times. Join this session on family communication to learn practical communication strategies to build a team culture together with your children as they navigate the “new normal”.



<https://alberta.cmha.ca/news/a-parents-guide-to-back-to-school-during-covid-19/>

“Parents want to be a steady figure for their child(ren) during COVID-19, allowing their family to balance normalcy throughout an inherently stressful period. As September approaches, families are lost on how to best support their children. The Alberta Division of the Canadian Mental Health Association (CMHA) has provided some guidance with actions and conversations parents can engage in to help make children’s transitions a little easier. “By planning ahead, you can help your child make the adjustment into their school routine and ease them into any changes that it may bring.” (Morneau Shepell, n.d.)”

Actions to take

- Design a personalized daily routine
- Model calmness
- Encourage social interactions
- Normalize wearing a mask
- Conversation to have
- Listen to and accept your child's feelings
- Keep asking questions and stay open
- Focus on your child's interests at school
- Connect your child to external support

Check out these sessions to support your child's return to school this September.



Panic and Anxiety in Youth: Strategies for families to conquer back-to-school stress

6:30 PM - 8:00 PM

Going back to school is both exciting and nerve wracking for youth, and this year will pose more uncertainty than most. This presentation will focus on understanding what panic and anxiety looks like in youth and how it affects activities, such as returning to school. Practical strategies will be offered to youth and caregivers for managing back-to-school worries. As well, tips for reducing parenting stress will also be shared with caregivers.

Register here: <http://community.hmhc.ca/sessions/?p=webex>



3 Ways to Rethink Education in Response to Covid-19

10:30 AM - Noon

*** SATURDAY MORNING PRESENTATION***

In May 2021, a global leadership organization, The International Women's Forum asked Dr. Shimi Kang, a leading expert in the neuroscience of learning, motivation and mental wellness the question - "What are 3 ways to rethink student education in response to Covid-19?". Her response of proposing a new dimension of learning based on neuro-education and incorporating social, emotional, and cognitive skills was welcomed around the world. Dr. Kang believes we certainly cannot go back to "normal". We must act now to change the trajectory of this generation, predicted to be the first in human history to not outlive the one that came before them. Dr. Kang will provide science-based solutions that every parent, teacher, administrator and caregiver can use to guide today's youth towards a deeper, powerful and innate utilization of their own incredible neuro-biology.

In this interactive presentation, Dr. Kang will provide science, storytelling and tools for:

- 1) Understanding the stress vs learning systems universally applicable to all students regardless of age, gender identity, culture and background.
- 2) Regulating the function of the gut brain through emotional skills & practices such as breath work, nature-based learning, mindfulness, visualization and gratitude.
- 3) Enhancing the connections of the heart brain through social skills of empathy building, healthy assertiveness, perspective taking, and positive communication and community.
- 4) Optimizing the intelligence of the head brain through cognitive skills of developing a "play mindset", being comfortable with uncertainty, letting go of perfectionism, critical thinking, creative problem solving, adapting to an ever-changing world, and innovating.

*This interactive webinar or live event will be divided into 15 min sections with a Q&A for each part. Dr. Kang will end with an open 15 min Q&A conversation.



Register here: <http://community.hmhc.ca/sessions/?p=webex>



A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself (Covid-19 edition)

6:30 PM - 8:00 PM

The COVID-19 pandemic has been tough on all of us and as we begin to recover it's important to work on lingering stress, anxiety, and low mood. Cognitive-behavioural therapy is a well-established way of reducing these issues in adolescents and adults. In this workshop, you'll learn how to implement practical CBT strategies to support your children and teens in managing their thoughts, feelings, and behaviours. Tools to support parent well-being will also be included as well as examples of how these strategies can be used in everyday life and how they can be used to support families as we begin to recover from the pandemic. By the end you should feel you have strategies that will help you help your kids!

Register here: <http://community.hmhc.ca/sessions/?p=webex>



Girls and Covid Nine-Teen

6:30 PM - 8:00 PM

The presentation will include the most up-to-date developments regarding COVID-19, teen health and schools.

The pandemic has significantly harmed the mental health of teenage girls.

Amy will speak to:

- Expected teen development (social-emotional stages of development)
- COVID-19 and special effects on teen girls (online school, masking, lockdowns, social distancing, increased media access and exposure)
- Mental health consequences (depression, anxiety, body dysmorphia, addiction)
- Related consequences (self-harm, suicide, eating disorders, substance abuse, domestic violence, hospitalization & medication)
- Red flags (signs, symptoms, how and where to get help)
- Building hope through validation, compassion, resiliency, and positive social connection



Register here: <http://community.hmhc.ca/sessions/?p=webex>



Back to School - Teen Mental Wellness

6:30 PM - 8:30 PM

Back to school, this can be an exciting time in your teen's life and yours. It can also be challenging for teens and their parents, anxiety can increase and self-esteem can decrease. Emotions can change quickly as teens learn to deal with school, their friends, and perhaps a different life of their pre-pandemic life.

What is typical at this age and what is troubled? This session will share information on how the teen brain develops, how you can support positive mental health and promote healthy brain development.

Register here: <http://community.hmhc.ca/sessions/?p=webex>

September
16

Social Confidence: How to Help Students with ADHD Re-Acclimate to In-Person School & Friends

Thursday, September 16, 2021 at 1pm Eastern Time

[Find it in your time zone »](#)

with *Caroline Maguire, M.Ed., ACCG, PCC*

Social anxiety is real, and its sources are different for girls and boys. When ADHD — and the absence of in-person socializing for more than a year — are factored into the mix, feelings of trepidation make all the more sense. Learn how to recognize signs of social anxiety and teach children and teens specific social strategies.

Register

https://www.additudemag.com/webinar/social-anxiety-back-to-school/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_august_2021&utm_content=083021&goal=0_d9446392d6-e8626d020c-296354393

Does your family have an emotional safety plan? Check out this interesting concept by Confident Parents Confident Kids -

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

FAMILY EMOTIONAL SAFETY PLAN



Do not teach your children never to be angry; teach them how to be angry.

- Lyman Abbott

Stony Plain Library FREE after school programs

Take a look at the great FREE community involvement activities that you might want to take advantage of, all at your local Stony Plain Public Library 😊

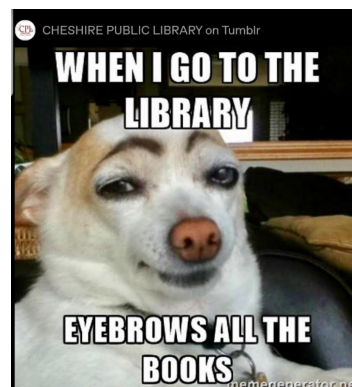
Be ready to register for our programs when we offer them on our website in a couple of weeks at www.mvsppl.ca .

Every after school program requires registration for the children and the space is limited, so register as soon as our website listings go LIVE.

The older adults of our community who are interested in dropping in to join the youth Tuesdays, Wednesdays, Thursdays and Fridays, do not need to register, just drop in when it is convenient for you! We would love to have you join in the fun anytime! Do you have a talent or interest to share... come in and share that too!

We are eager to connect the generations for our programs this year and welcome all to come play board games, share their talents, do some art, try your hand at 3D printing and more. Check out the different offerings and mark your calendars. We look forward to seeing you at the library!

See the schedule below.



Program Name	Day	Time	Description	Ages and where?	Partnership
Drama Club	Mondays (weekly) Sept 20- Dec 13 and Jan 10- June 13 (No program Oct 11, Nov 8,15, Jan 31, Feb 21, Mar 21,28, Apr 18, May 23)	4:00pm-5:00 pm	Create, act, film, design your own plays! BYO afterschool snack.	6-12 Registered Max 15 participants Program Room and Multicultural Centre.	Multi-cultural Centre
Entertainment Engineers	Tuesdays (weekly) Sept 21- Dec 14 and Jan 11- June 14 (No Program Nov 9, and Mar 22)	4:00pm-5:00 pm	Design, play and build your own games using the 3D printer! BYO afterschool snack.	6-12 Registered Max 10 participants Program Room and Creative Space Older adults drop in!	Darythe
Wong Style Tai Chi and relaxation exercises for mental health	1 st Wed of every Month Nov 3, Dec 8, Feb 2, Mar 2 and April 6	3:30pm-4:15 pm	Take some time to just breathe! Stretch, relax and learn some Tai Chi.	55+ Registered Max 10 Meet by the front desk of the library at 3:15pm	Trudy and Erin from the Three Robins
Big, Little Tale of Two Cities- Book Club with St. Thomas Public Library in Ontario	3 rd Wed of every month Oct 20, Nov 17, Jan 19, Feb 16, Mar 16, Apr 20, May 18, and June 15	4:00pm-5:00 pm	Connect with your adult and our favourite sister library in St. Thomas, Ontario Be prepared to share your love of reading!	9-12 Registered Max 5 families Program Room Older adults join in!	Sister Library St Thomas Darlene
Kids Can Cook – LIVE Virtual Program	2 nd and 4 th Wed of every month Oct 13, 27, Nov 24, Jan 12, 26, Feb 9, 23, Mar 9, April 13,27, May 11, 25 and June 8, 22	4:15pm-5:00 pm	Virtual cooking fun in your own kitchen! Fun and easy after school snack recipes!	Ages 6-12 Google meets event Registered Max 10	none
Insightful Innovations!	Thursdays (weekly) Oct 15- Dec 16 Jan 13- June 16 (No Program on Nov 11, Feb 10, Mar 24)	4:00pm-5:00 pm	Drop-in and inspire!! Crafts, technology, art, books and more! Bring your friends and creative ideas to the library. Exciting discoveries will be made!	6-12 Families and friends invited too Drop-In and meet at the Creative Space. Older adults drop in!	none
Game Generation My PATH Students and Older Adults that are young at heart	Every Friday September 3 – June 24 Noprogram on Stat holidays.	1:00pm-2:30 pm	Older Adults can drop-in and play, design, and discover games. Get active with Ping Pong or play your favourite board game as you connect with another generation.	Older Adults drop in and play games with the My PATH students Library Program Room, Meeting Room, and Creative Space.	My PATH (PSD)

National Day of Truth & Reconciliation



PROJECT OF HEART

Complete Learnings with Project of Heart

PROJECT OF HEART

The Project of Heart is a hands-on, collaborative, inter-generational, artistic journey of seeking truth about the history of Aboriginal people in Canada. Everyone is invited to join the Project of Heart and create their own piece of art.

Bring your art as a gesture of reconciliation to display at the Stony Plain Youth Centre on **September 30**.

Join the Native Counselling Services of Alberta for facilitated discussions on this project to learn more:

Day: Thursdays - September 2, 9, 16, 23

Time: 6:30 - 8:00 PM

Location: [Stony Plain Library](#)

Youth Sessions will be held every Thursday as well:

Day: Thursdays - September 2, 9, 16, 23

Time: 4:30 - 6:00 PM

Locations: [Stony Plain Youth Centre](#)

PROJECT OF HEART

Youth are invited to join local Elders throughout the month for discussions on reconciliation and healing.

September 2, 9, 16, and 23

4:30PM - 6PM

Stony Plain Youth Centre

THU, SEP 2 AT 3:30 PM UNK AND 3 MORE

Project of Heart

Stony Plain Youth Centre · Stony Plain

Big Brothers Big Sisters OF PARKLAND COUNTY

Programs in Spruce Grove, Stony Plain and Parkland County

[To Volunteer, Apply Here!](#) [Enrol a Child Now!](#)

<https://bbbsparkland.ca/>

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

B.I.L.Y. offers a **youth group** designed to work specifically with youth whose parents attend and participate in the parent group. To find out more call 587-588-8633.



🕒 September 22 @ 6:30 pm – 8:00 pm



Presenter Larissa Predy from Little Oaks Psychology.

In this presentation, we will review when a behaviour may be seen as clinically relevant, and uncover why the frequency and consistency of a behaviour matters.

We will discuss developmental patterns, indicators, and trajectories for Oppositional Defiant Disorder (ODD), and what we can do about it.

Registration is required. Please register [here](#).

<https://www.eventbrite.ca/e/adhdodd-registration-166086925465>

Parkland Village Youth Group

 **September 29 @ 4:30 pm – 6:00 pm**




Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a physical activity and a cooking activity meant to support lifelong health.

This group is for youth in grades 5, 6, 7, & 8.

Registration is required. Please register here.

<https://www.eventbrite.ca/e/parkland-village-youth-group-registration-166186116147>

Triple P Group

 **September 28 @ 8:00 pm – 10:00 pm** | Recurring Event (See all)



Triple P Group provides opportunities for parents to learn through observation, discussion, practice and feedback. The benefits of group sessions include support, friendship and constructive feedback from other parents as well as opportunities for parents to normalize their parenting experience through peer interactions.

Parents will be given a take-home workbook with simple exercises and information to help try new strategies at home.

This group is for parents of children 2-12 years old.

<https://www.eventbrite.ca/x/triple-p-group-registration-166081808159>

Caregiver Education Team Newsletter

September 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

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.

Drop-In Series

Understanding Anxiety

Part 1: An Introduction
Wednesday, September 15
6:00 – 7:30 pm

Part 2: Calming Our Bodies
Wednesday, September 22
6:00 – 7:30 pm

Part 3: Settling Our Minds
Wednesday, September 29
6:00 – 7:30 pm

Mental Health and Resiliency

Settling Into Routines
Thursday, September 16, 2021
6:00 – 7:30 pm

Giving Time and Attention to Our Big Needs
Thursday, September 23, 2021
6:00 – 7:30 pm

Strengthening Connections with Ourselves, Our Kids, and Our Communities
Thursday, September 30, 2021
6:00 – 7:30 pm

Sessions at a Glance

Lunch & Learn Webinars

Sleep and Your Family's Mental Health

Part 1:
Wednesday, September 15
12:00 – 1:00 pm

Part 2:
Wednesday, September 22
12:00 – 1:00 pm

More than Just a Bad Day: Understanding Depression in Adolescents
Tuesday, September 28
12:00 – 1:00 pm

Caregiver Education Sessions

Building Executive Functioning Skills: Promoting Success in Learning
Tuesday, September 14
6:00 – 7:30 pm

Technology and the Teenage Brain: Digital Wellness for Families
Monday, September 27
6:00 – 7:30 pm



Mental Health Foundation



To register go to <https://www.cyfcaregivereducation.ca/home>

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prabh 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 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

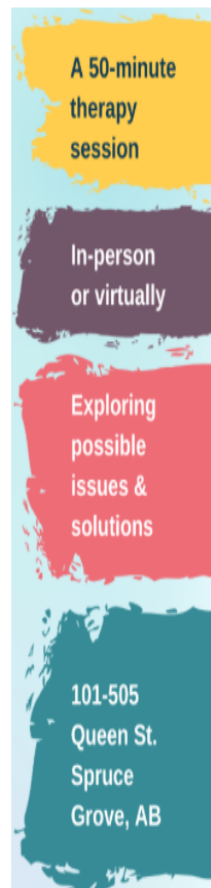
Video Call (Zoom)

Lisa Kimmerly

Substance Use Therapist

Spruce Grove/Stony Plain and Area

780-868-1895 (text or call)



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

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 Health780-424-2424
 Westview Health Centre.....780-968-3600
 Child Intervention Services780-422-2001
 Kids Cottage Crisis Childcare ...780-944-2888
 Parkland RCMP825-220-2000
 Poison Control 1-800-332-1414
 NeighbourLink Parkland (practical crisis help)
 Monday-Friday 9am-4pm780-960-9669
 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 16-29) ... 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

