



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

**January 2024**



## Happy New year from Parkland School Division!

### What's Inside

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Welcome to our 2024 newsletter edition, where the spirit of collaboration, excellence, and inclusivity thrives. In this festive season, our warmest holiday wishes extend to all our cherished families and schools. May the holiday season envelop you in joy, laughter, and precious moments with loved ones. As we express gratitude for the year gone by, let's eagerly anticipate the promise of January 2024 - a new year filled with fresh opportunities and shared accomplishments.

Stay tuned for more exciting updates as we usher in the new year together. Wishing you all a Happy Holiday season and a Happy New Year!

### Family Kitchen, Strong Families Style: Let's Meal Prep

Get ready for our upcoming Stronger Families session, where Parkland School Division collaborates with the Alberta Parenting For The Future Association for another enriching event. We present a FREE family-focused information session. Together, families will prepare three meals while receiving invaluable tips on budget meal planning, dealing with picky eaters, and gaining insights into food security resources. Childcare for children under five will be provided, ensuring an inclusive and engaging session led by Heidi Johnson-Hemeyer from Alberta Parenting for the Future Association. Click on the image below for more details.

Date: Saturday, January 20, 2024  
Time: 9:30 a.m. - 12 p.m.  
Location: Family Connection Centre (5600 - 50 Street in Stony Plain)

### Contact :

#### Fristy Thomas

Division Family Support  
Coordinator

e: [fristy.thomas@psd.ca](mailto:fristy.thomas@psd.ca)

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Coordinator

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### **PSD Family Sessions: Building Brains – Executive Functioning**

**January 19, 2024 @ 9:00 am - 10:30 am**

**Location: Family Connection Centre, 5600-50 street, Stony Plain**

Executive Functioning skills provide critical support for learning and development, and while we aren't born with these skills, we are born with the potential to develop them through interactions and practice. Through games and playful activities, children can practice and strengthen important executive function skills that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control. Click on the image for more details. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

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### **PSD Family Session: Early Years: Food, Feeding, and Eating**

**January 26, 2024 @ 9:00 am - 10:30 am**

**Location: Family Connection Centre, 5600-50 street, Stony Plain**



Come and join our Occupational Therapist, Jana Bromley, as she shares her tips and tricks to support your child's food repertoire. Additionally, she will provide strategies for feeding and increasing their independence. She will be happy to answer any individual questions you may have. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

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### **Postpartum Mood Disorders Support Group**

**January 12 @ 10:00 am - 11:30 am—Recurring Event**

( click on the image for more details )

*Postpartum Mood Disorder Support*

A support group for moms experiencing postpartum depression in partnership with Alberta Health Services

Group takes place at the Family Connection Centre  
5600 50th Street, Stony Plain  
Thursdays  
10:00 - 11:30am  
780-963-0549  
Scan QR code to register on Eventbrite.ca

Childcare is available.



Alberta Parenting for the Future Association

Upcoming adult sessions:



## FREE TRAINING COMING SOON: MENTAL HEALTH FIRST AID SUPPORTING OLDER ADULTS



**TRAINING DETAILS:**

- ✓ Participants must attend both full days of training (7 hr/day)
- ✓ Training will start at 8:30 A.M., with two coffee breaks and a lunch break
- ✓ Beverages and light snacks will be provided
- ✓ Participants will receive a certificate of completion from the Mental Health Commission of Canada (MHCC) via email

**WHEN: JAN. 18-19, 2024**  
**WHERE: Forest Green Plaza**  
**(#107-4613 52 Avenue, Stony Plain T7Z 1E7)**

To learn more or register for the training, please reach out to [connect@stonyplain.com](mailto:connect@stonyplain.com) or 780-963-8583.



## Winter 2024 ADHD Workshop Series

**SCAN QR CODE TO REGISTER**



**IN PARTNERSHIP WITH:**



**QUESTIONS? CONTACT:**

Heidi at 780-963-0549  
[albertaparenting.ca](http://albertaparenting.ca)

Family Connection Centre  
 5600 50th Street,  
 Stony Plain, AB



**Decreasing Explosive Behaviour Through Emotional Regulation (2-Part Series):**  
 This 2-part workshop is designed to help you support your child through big emotions and explosive behaviors. Come prepared to think critically about your child's temperament, strengths, emotional and behavioral challenges. Opportunities to brainstorm and practice ways to be a source of co-regulation for your child will be given as well as strategies. January 9th and 16th, 9:30 - 11:30am

**Understanding the Impact of ADHD on Eating Behaviour, Habits and Nutrition:**  
 Clinical Psychologist, Roberto Olivardia, Ph.D., from Harvard Medical School will join us over Zoom to give caregivers specific strategies for healthier eating habits, choices and mindfulness around food and how it can impact people with ADHD. February 13, 6 - 7:30pm

*Monthly Support Group:*  
 Last Wednesday of every month beginning January 24, 2024  
 6 - 7pm

## STRONG FAMILIES SERIES:



**Transitional Support Information Nights**

**3 PART SERIES HELD ON:**

- October 4th, 2023**  
6:30 - 8:30pm **Part 1**
- January 10th, 2024**  
6:30 - 8:30pm **Part 2**
- April 10th, 2024**  
6:30 - 8:30pm **Part 3**

**You Will Learn :**

- Application overviews (FSCD, AISH, PDD, DTC, RDSP)
- Qualifying factors
- Where and how to apply
- Question and answer period

**Family Connection Centre**  
 5600 50th St., Stony Plain, AB

780-963-0549  
[heidi@apfa.ca](mailto:heidi@apfa.ca)  
[@albertaparenting](https://www.albertaparenting.ca)

**SCAN QR CODE FOR MORE INFORMATION AND REGISTRATION**





**sagesse**



## FINDING OUR VOICES

Focus on self-esteem, communication, shame, compassion, and healthy relationships.

**To Register:**



**FREE 7-Week Women Peer Support Program**

**When:** Wednesday evenings, 5:30-7:30PM  
**Starting date:** Sept. 13

**Where:** In-person, Stony Plain  
 Childcare support available!

Or Call 780-962-7618 /  
 Email [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org)

**Upcoming sessions :**

**You're not alone.**



9-8-8  
toll free, 24/7



**9-8-8** Suicide Crisis Helpline

9-8-8 Suicide Crisis Helpline is funded by the Government of Canada

**PARKLAND COUNTY'S**  
**Seniors' Shuttle**



**Connecting senior residents  
to the services they need.**



**ADHD Workshop: Decreasing Explosive Behaviour**

This 2-part workshop is designed to help you support your child through big emotions and explosive behaviors. Come prepared to think critically about your child's temperament, strengths, emotional and behavioral challenges. You will have opportunities to brainstorm and practice ways to be a source of co-regulation for your child. With effective use of these strategies, parents and caregivers are likely to see improvements in their children's appropriate behaviors, self-regulation and resilience. Click on the image to register online.

Tue, Jan 9, 2024 9:30 AM




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

**skills for  
safer living**

**A free, virtual, four-week  
suicide prevention program for  
youth & their caregivers**

Register now for Winter 2023 sessions at  
[sprucegrove.org/FCSSPrograms](https://sprucegrove.org/FCSSPrograms)



“Click on the Images for Links”



**AVOID DISAPPOINTMENT... REGISTER NOW**

**Art Classes**  
January-February 2024

**RED BRICK COMMON**  
Food • Culture • Community

**Junior Art Club**  
**AGES: 5-8**  
Process art class where young artists explore drawing, painting, sculpture, printmaking, and textile arts. Parents are welcome.

**THURSDAYS**  
JANUARY 18 - FEBRUARY 22

🕒 4:15 - 5:15 PM or 5:45 - 6:45 PM  
💰 \$140 plus GST

**WEDNESDAYS**  
JANUARY 17 - FEBRUARY 21

🕒 4:15 - 5:15 PM or 5:45 - 6:45 PM  
💰 \$140 plus GST

**art club**  
**AGES: 9-13**  
A fun-filled class that lets youth use a wide range of art mediums and techniques.

**Adult & Teen Art Classes**  
For beginner & intermediate level artists. Have fun creating a weekly art practice as you loosen up and explore techniques in charcoal, paint, inks and mixed media.

**TUESDAYS**  
JANUARY 16 - FEBRUARY 20

🕒 4:15 - 5:15 PM  
💰 \$155 plus GST

*Dress for a mess!*

📍 PERC Building, Room 9, 5413-51 Street, Stony Plain, AB  
📧 [INFO@REDBRICKCOMMON.CA](mailto:INFO@REDBRICKCOMMON.CA)  
☎️ (780) 963-2777

Care is available during the holidays.

**PrimaryCare Networks**

**PrimaryCare Networks | Holiday mental health**

Visit [www.westviewpcn.ca](http://www.westviewpcn.ca) to view free mental health resources available to you this holiday season. 🌲

**Tri-Municipal Region Food Resource Guide**



**FOOD HAMPERS**

**Parkland Food Bank**

105 Madison Crescent, Spruce Grove  
 Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
  - Wednesday 8:30AM-2:00PM + 6:20-8PM
  - Friday 8:30AM-4:30PM
  - Saturday 8:30AM-12:30PM
- 780-962-4565 ext. 1

**WEE Community Food Bank**

5019 50 Ave Entwistle AB (Old Fire Hall)  
 Monthly Hampers, by appointment on Wednesdays, Call before  
 Tuesday for appointment.  
 780-727-4043

**Wecan Food Basket**

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

**Warming Hearts Pantry**

4911-50 St., Tomahawk (liquor store)  
 Food pantry of non-perishable items. No appointment necessary.

**BASIC NEEDS HELP**

**Community Helps Team**

180 Century Road, Spruce Grove  
 780-962-5611 / 789-306-1955  
[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

**NeighbourLink Parkland**

Serving Spruce Grove, Stony Plain, Parkland County  
 780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)



**FOOD RESCUES**

**Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Tuesdays 11-1PM

**apfa Food Rescue**

Family Connection Centre  
 5600 50 Street, Stony Plain  
 Thursdays 10AM - 3PM  
 Fridays 1-4 (Check facebook for updates)

**Food for the Soul**

Lighthouse Pentecostal Church  
 49 Boulder Blvd., Stony Plain  
 First and third Saturday 10AM-1PM

**Grace's Table**

250 Century Road, Spruce Grove  
 Second Friday of month 5PM-6:30PM

**Community Table**

180 Century Road, Spruce Grove  
 Last Friday of the month  
<https://www.sgconline.breezechms.com/form/communitytable>  
 780-962-5611

**COMMUNITY MEALS**

**Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Drop-in for take out bagged lunch  
 Tuesdays 11-1PM

**Food for the Soul**

49 Boulder Blvd., Stony Plain  
 Drop-in for bagged lunch  
 First and third Saturday 10AM-1PM

**Grace's Table**

250 Century Road, Spruce Grove  
 Hot meal to go for pick up  
 Second Friday of month 5PM-6:30PM  
[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)  
 780-962-4700

**Community Table**

180 Century Road, Spruce Grove  
 Hot meal to go for pick Up  
 Last Friday of the month  
[www.sgconline.breezechms.com/form/communitytable](http://www.sgconline.breezechms.com/form/communitytable)  
 780-962-5611

**Community Resources :**

**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 5-6:30PM)  
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