



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

**FEBRUARY 2024 - Self-care, Stress & Resilience**

## Okay, but how are YOU?

### What's Inside

- Upcoming Sessions #2
- Upcoming Sessions #3
- Community Events #4
- Community Resource #5
- Tri Region Food Resource & Calendar #6-7

After the holiday dust settles and the routine of the New Year has aligned (or not), February is the perfect time to do some personal self check-ins. How are those resolutions coming? What's working and what's not? After the stress of the holidays is over, starting the new semester and making sure your children are adjusting well, what about YOU? How are YOU? This month, we invite you to explore self-care, acknowledging your own resilience, and taking moments to practice stress relief strategies, or learn new ones. As they say, if your gas tank is half empty, you're only going to make it half way there. Self-care is giving the world (and your families) the best of you, instead of what's left you.

Join us for the next Strong Families session: [Self-care, Stress, & Resilience!](#) We are proud to partner with the Alberta Parenting for the Future Association to present another FREE session! In this session, attendees will learn about increasing resilience through meditation and art. Learn techniques to ground yourself, become self-aware, regulate emotions, and connect to nature through art. All art supplies are provided! Click on the image for more info!

### Contact Us

#### Fristy Thomas

Division Family Support  
Coordinator

**e:** fristy.thomas@psd.ca

**p:** 780-819-9607

#### Nicole Toma

Division Family Support  
Coordinator

**e:** nicole.toma@psd.ca

**p:** 780-819-1962





**PSD Family Session: Augmentative & Alternative Communication (AAC)**

**February 2, 2024 9:00am—10:30am**

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

This Augmentative and Alternative Communication (AAC) session is focused on how to use a variety of apps including Touch Chat and LAMP as well as low tech options. Our Speech and Language Pathologists, Emily Balon and Kirsten Noppers, will be here to support and guide you as you navigate these communication devices to support your child. This a free Parkland School Division Family Session. If you have any questions, please contact Parkland School Division Family Supports at 780-963-8412. Click on the image for more details!



**PSD Family Session: Fine and Gross Motor Development**

**February 23, 2024 9:00am-10:30am**

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



Children are constantly moving their body and enjoy both fine and gross motor movements. Please come and join our Occupational Therapist, Jana Bromley, while she explains the difference between fine and gross motor skills and how you can support these to further develop in your child. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429. Click on the image for more details!



**Youth Night! (recurring event)**

**For youth in grades 7-12**

**February 8, 2024 6:00pm—8:00pm**

**Location: Cantiro Community Centre**

Click the image for more details!

STONY PLAIN YOUTH CENTRE

# Healthy Together

mindful  
eating



REGISTER  
ONLINE

Scan me



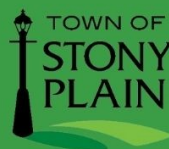
**A six week journey to health designed to provide participants with information, skills and experiences to support them in making healthy food choices. Each session includes cooking a healthy meal together. Facilitated by: Alberta Parenting for the Future (apfa)**

**DATES:** January 15th & 29th, February 12th & 26th and March 11th & 25th.

**TIME:** 4:30-5:30PM

**LOCATION - STONY PLAIN YOUTH CENTRE - 4902 51 AVE STONY PLAIN**

**CONTACT:** (780)968-3846 or youth@stonyplain.com



Alberta Parenting  
for the  
Future Association

# FUN WAYS TO DE-STRESS AND PRACTICE SELF-CARE THIS MONTH:



*Presented by Dance on Cloud Nine*

## *Valentine's Swing Dance*

Saturday, February 17th, 2024 @ 8 pm to 11 pm  
Stony Plain Community Centre, 5008 - 51 Ave, Stony Plain

C-Jam Big Band plays a great variety of ballroom & latin music;  
dance on a spacious cushioned hardwood floor

[cjambigband.com](http://cjambigband.com)

Admission: \$20 per person, at the door includes  
complimentary light refreshments, no bar

Dress Code: Semi formal

Call Debbie to reserve a table (780) 995-9947

**Directions:**

- West on Hwy 16 out of Edmonton & through Spruce Grove
- take the overpass on the right into Stony Plain (48 Street)
- South on 48 Street, turn right at 51 Avenue
- West for 2.5 blocks



## **Hanging with My Super Dad! Family Game Night at the Family Connection Centre!**

Date: Friday, February 2, 2024

Time: 6:00pm - 8:00pm

Click on Image for more info!



## **Lunar New Year Celebration @ Stony Plain Public Library!**

Date: January 27, 2024

Time: 1:00pm - 2:00pm

Click on Image for more info!



The Winter Emergency Response (WER) runs annually from November 1 to March 31. Currently, due to the extreme frigid temperatures in the Tri-Region, the Winter Emergency Response has been activated.

**What is the Winter Emergency Response?**

Winter Emergency Response is a temporary, emergency weather response intended to mitigate risk for unsheltered people who are vulnerable to serious health impacts as a result of cold weather exposure. It is a collaboration between several Tri Region partner organizations, including the City of Spruce Grove. The Winter Emergency Response is activated when the temperature is expected to reach -20C (including wind chill) for a sustained period of at least 4-6 hours. When the temperature threshold is reached, two support programs are activated:

- ◆ Daytime warming centres, which are open weekdays from 10am - 4pm at rotating locations within Spruce Grove and Stony Plain
- ◆ Late Night Café, which is open from 7pm - 7am, seven days a week at Congregational Christian Fellowship Church (445 King Street, Spruce Grove)

Both programs provide a warm, safe place to rest, hot meals, cold weather supplies, and access to further support or referrals.

To contact the WER coordinator, email [werc@sprucegrove.church](mailto:werc@sprucegrove.church) or call 780-306-1699



Pay Forward Kindness Society provides care and support to unsheltered and struggling individuals in the Spruce Grove area.

If you require immediate assistance, contact the team at 587-286-HOME (4663) and Check out their Facebook Page!

**Stay Warm**

When the temperature drops, there is a serious risk of harm. Please seek out warm spaces.

**Warm Up Locations**

**Westview Health Centre**  
4405 S Park Drive, Stony Plain  
8PM - 9AM (Nightly)  
*\*Please register with security*

**Stony Plain Public Library**  
5216-50 Street, Stony Plain  
9AM - 8PM (Monday-Friday)  
11AM-4PM (Saturday)

**St. Matthew Lutheran Church**  
5021-52 Avenue, Stony Plain  
9AM - 3PM (Monday - Thursday)

**Call 911 to access Emergency Services**

Stony Plain Community and Social Development,  
#107, 4613-52 Ave, Stony Plain AB T7Z 1E7  
[www.stonyplain.com/csd](http://www.stonyplain.com/csd) 780-963-8583

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



# TRIREGION FOOD RESOURCES

Updated: August 2023

## FOOD HAMPERS

### Parkland Food Bank

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

- Tuesdays 8:30AM-4:30PM
  - Wednesday 9AM-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)  
Mini food pantry of non-perishable items. Hours 11AM-8PM.

## BASIC NEEDS HELP

### Community Helps Team

180 Century Road, Spruce Grove  
780-962-5611 / 789-306-1955  
helps@sprucegrove.church

### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
www.neighbourlinkparkland.ca  
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  
(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  
Dine-in or take-out options  
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](https://www.sgconline.breezechms.com/form/communitytable)  
780-306-1955

## FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <u>Food for the Soul</u> 10am - 1pm (bagged lunches & take home food products)
4	5	6 <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	7	8	9 <u>Grace's Table</u> 5pm - 6:30pm (take-out supper & take home food products) *registration required	10
11	12	13 <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	14	15	16	17 <u>Food for the Soul</u> (bagged lunches & take home food products)
18	19	20 <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	21	22	23 <u>Community Table</u> 5pm - 6:30pm take-out supper & take home food products *registration required	24
25	26	27 <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	28	29		