



**PARKLAND**  
SCHOOL DIVISION

# Stronger Together

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

December 2024

## December Together: Learning, Growing, and Supporting Strong Families

### What's Inside..?

- Community Resources #2
- Upcoming sessions #3-6
- Christmas Supports #7
- Tri-Municipal Region Support Guide #8

As we welcome the crisp days of December and look forward to the holiday season, Parkland School Division celebrates the close of another successful year. As we welcome the season of snowflakes and celebration, we embrace the warmth of community and the importance of connection. December is a time for reflection, growth, and coming together to support one another.

To foster a supportive environment for our families, we're pleased to offer an information session through our Strong Families series, focusing on Addiction and Teen Drug Use.

This important session will provide valuable insights and resources for parents and guardians to better understand and address the challenges of teen drug use. Join us for this free event, where we will share practical guidance and answer questions on recognizing signs of substance use, strategies for communication, and how to seek support. Let's work together to create a safe, informed community for our youth.

Date: November 28, 2024

Location: Parkland School Division - Division Office(4603 48 Street Stony Plain).

For more details and to register, please click on the image below. This session will be available to attend online and In person.

### Contact Us

#### Fristy Thomas

Family Support

Coordinator

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

p: 780-963-8412

#### Tracy Power

Family Support

Coordinator

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**LIFE CAN BE HARD.  
FINDING HELP  
CAN BE EASY.**



Dial 2-1-1 to find help for all of life's challenges.





**Free. Confidential. Live Answers 24/7**

**2-1-1**

2-1-1 help you find the right community and social services. It is 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.



**Call 2-1-1 Text INFO to 211 Chat with 211**

**If you're having an emergency, call 9-1-1.**



**Coats for  
Kids & Families**

**Need a Coat?**

If you need a coat, please call 211 or call 780-482-4636 (INFO) to find an agency distribution depot near you. Coats are not distributed by United Way directly to the public; all coats are distributed through various community agencies in the greater Edmonton Area.



**Donate Coats**

Accepting clean, gently used, outgrown or new winter outerwear for adults and children. Monetary donations are also accepted and used to purchase coats to meet specific agency requests or to fill shortfalls in certain sizing. Coats and other winterwear may be dropped off at United Way's In Kind Exchange 14710 112 Avenue NW Edmonton, by appointment only, call **780-990 1000**.



⇒ The Winter Emergency Response is operational for the 2024/2025 winter season. When the temperature drops to -20°C or below, the response will be activated. Daytime Warming Spaces and the overnight Late Night Café provide warm, safe spaces to rest, hot meals, and access to supports and cold weather supplies for residents who need them. The program runs from November to March. Learn more at [sprucegrove.org/WER](https://sprucegrove.org/WER).







**Location:**  
TransAlta Tri Leisure Centre

**Time:**  
9 p.m. - 11 p.m.  
(Sign-in & bag checks start at 8:30 p.m.)

**Date:**  
December 14, 2024

**Ages:**  
13-18

**Cost:**  
Free!  
(registration required)

Teen Takeover is a night where parents stay home and teens "Takeover" the TransAlta Tri Leisure Centre. Teens have exclusive access to the pool and gymnasium at the TLC. Join us for a night of swimming, drop-in gym activities, food, and friends.

**TO REGISTER:**

- 🌐 ONLINE: [SPRUCEGROVE.ORG/ONLINEREG](http://sprucegrove.org/onlinereg)
- ☎ BY PHONE: 780-962-7632
- 👤 IN PERSON: BORDER PAVING ATHLETIC CENTRE, 9 TRI LEISURE WAY

For more information visit: [sprucegrove.org/TeenTakeover](http://sprucegrove.org/TeenTakeover)

## Mental Health Check-In

Have I been kind to myself?

Am I making time for self-care?

When did I last celebrate myself?

What do I need right now?

Do I need to talk about my feelings?

What's been on my mind lately?

Have I moved my body recently?

What's one small thing I can accomplish?

Have I given my body the fuel it needs?

Am I well-rested?

**Free Therapy Session for Youth 11-17**

Fridays, 9 am - 1 pm  
WestView PCN in Spruce Grove  
No booking needed

**WESTVIEW**

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

**Parent & Tot Groups**

**Parent and Tot Groups** A space to socialize with other parents while your children play in a cheerful, relaxed environment. Parkland Village Runs Tuesdays from September 10 until December 3 from 10 – 11:30 am Entwistle Community Recreation Centre Runs Fridays from September 13 until December 20 from 10 – 11:30 am (No group on November 12)



# Adopt a stocking



If you would like to adopt a stocking, sign up or call the office.

This is a great activity for youth groups, work places, church groups, etc.

*If you or someone you know would be blessed by receiving a stocking please call NeighbourLink's office, 780-960-9669.*



**FOOD FOR THE SOUL** F4S Food for the Soul (F4S) is an outreach of Lighthouse church which exists to provide **FREE** food to those in need within our community. It runs each month alongside her sister outreach Garments of Praise .

### GOP

Garments of Praise (GOP) is an outreach of Lighthouse church which exists to **FREE** clothing to those in need within our community.

Both the outreach programs run on the **1st** and **3rd** Saturday of each month from **10am -1pm!** **Phone Office: 780-963-3110**

**COMMUNITY BREAKFAST**  
**December 1st**  
**9 am - 11 am**

Hosted by *PVCC* **Seniors Connect**  
 Fundraising for seniors

**Pancakes (3), Eggs & Sausage (3) \$8**  
 or  
**Pancakes (2), Eggs & Sausage (2) \$6**

**Breakfast Sandwich \$5**  
**Juice & Coffee will be available**

**Bake Sale items prepared by the Seniors will also be available for purchase**

**Parkland Village Community Centre**  
 for more information visit [parklandvillagehall.ca](http://parklandvillagehall.ca)

**FREE ONLINE CLASSES**

- Obesity Nutrition
- Nutrition
- Heart Health
- Journey Through Grief
- Moving On With Persistent Pain

Call to sign up: 780-960-9533 (Ext. 3)  
 Info & dates: [westviewpcn.ca/healthy-living](http://westviewpcn.ca/healthy-living)

PrimaryCare Network  
 WESTVIEW





## BRIDGING CONNECTIONS

This program operates in person Wednesdays from 9 am -12 pm at the Wabamun Community Centre. Meet with a community Social Worker who will offer compassionate and confidential support. Assistance will be provided in identifying solutions, connecting residents to resources and navigating many of life's challenges. Bridging Connections also offers short-term counselling sessions the first Wednesday of every month for residents aged 16+. Call 780-962-7618 to book an appointment or drop in.



## Youth Mental Health Art Contest



Deadline:  
Dec. 20, 5 PM

Multiple \$50 prizes!

### Youth Mental Health ART CONTEST

For youth 11-25 in the tri-region!

Create a drawing or colouring page about mental health that could be featured in a community colouring book and/or other future youth-related projects!

Submit in person at the WestView Primary Care Network, 205 - 505 Queen St, Spruce Grove, or by emailing: [communityconnector@westviewpcn.ca](mailto:communityconnector@westviewpcn.ca).

Visit our Facebook page or website blog for the full details and drawing criteria:  
[www.westviewpcn.ca](http://www.westviewpcn.ca)

## Support is available

- Family Violence info line 310-1818
- Bullying Helpline 310-1818
- Child Intervention Crisis Unit 1-800-638-0715
- Child Abuse Hotline 1-800-387-5437
- Mental Health Helpline 1-877-303-2642
- Income Support 1-866-644-5135



## Spruce Grove Transit Centre

OPENING DECEMBER 2



[sprucegrove.org/TransitCentre](http://sprucegrove.org/TransitCentre)



### Annual Santa's Hollyday Blitz

Experience one of Stony Plain's largest Christmas celebrations at the Main Pavilion, Heritage Park!

**Activities:**

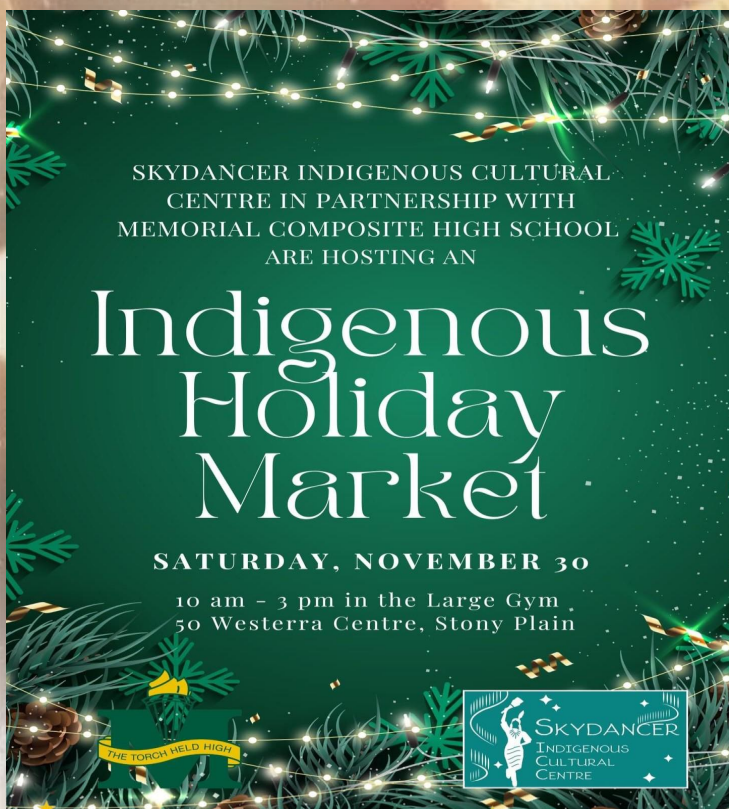
- **Sleigh Rides:** Enjoy a sleigh or wagon ride through the heritage grounds (weather permitting). Rides are complimentary, with pick-up and drop-off locations marked for convenience.

**Admission:**

Free with a toy or non-perishable food donation, benefiting the Stony Plain Kinsmen & Spruce Grove Kinette's Christmas Hamper Program.

**Event Details:**

- **Date & Time:** Saturday, November 30, 2024 | 10 am–4 pm Sunday, December 1, 2024 | 11 am–4 pm
- **Location:** Heritage Pavilion, 5100 41 Ave, Stony Plain, AB T7X 0N8





# CHRISTMAS SUPPORTS



## Do you need assistance this Christmas?

There are a variety of supports and opportunities available to you as a Parkland County resident throughout the winter and Christmas season.

## HELP FOR THE SEASON TRI-REGION SEASONAL GUIDE



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



### SEASONAL FOOD/GIFT HAMPERS

#### Kinsmen and Kinette Christmas Hampers

For individuals and families in need.

Register by Dec. 9 at Parkland FoodBank  
780-962-4565, ext.1

Gift pickup in **Stony Plain**:

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

- Stony Plain residents;
- Parkland County residents west of Boundary Road (RR 275) to RR 34, including Duffield

Gift pickup in **Spruce Grove**:

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

- Spruce Grove residents
- Parkland County residents east of Boundary Road (RR275) to 231 St

Gift pickup in **Yellowhead Central Santa's Anonymous**. Christmas dinner menu items included. Parkland County residents:

- East of Highway 759 (including Seba Beach)
- South to Township 514
- West to Highway 32 (excluding Peers)
- North to Yellowhead County border  
780-640-1242

#### Wabamun Christmas Hamper

For Parkland County residents:

- West of HWY 759
  - East to Range Road 34
  - North to Lac Ste. Anne Boundary
- Register at Wabamun Servus Credit Union or Wabamun ATB  
[wabamunchristmashamper@gmail.com](mailto:wabamunchristmashamper@gmail.com)  
780-237-6135

### SENIOR GIFT HAMPERS

For seniors/single adults who may be isolated and facing the season alone.

#### Stockings of Care

NeighbourLink Parkland

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

Referrals/Register 780-960-9669

#### Yellowhead Stockings for Seniors

For Parkland County residents eligible for Yellowhead Central Santa's Anonymous hamper. Register 780-640-1242

#### Senior's Wishlist Program

c.a.n.uwishprogram@gmail.com

Register 780-233-0700

### SEASONAL MEALS

December 7, 10AM-1PM

#### Food for the Soul Pancake Breakfast

Lighthouse Pentecostal Church

49 Boulder Blvd., Stony Plain

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

587-988-3465

December 13, 5PM-6:30PM

#### Grace's Table Christmas Meal

250 Century Road, Spruce Grove

[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)

780-962-4700

December 25, 1PM

#### Christmas Day Dinner

5012-51 Ave

RSVP by December 24, 2023

[doreen07@shaw.ca](mailto:doreen07@shaw.ca)

780-937-6053



Updated: October 2024







## TRIREGION FOOD RESOURCES

### FOOD HAMPERS

#### **PARKLAND FOOD BANK**

105 MADISON CRESCENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

#### **WEGAN FOOD BASKET**

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

587-338-1101

Order by first Friday, pickup on third

Thursday of Month

Monday - Friday, 9AM-4PM

### COMMUNITY MEALS

#### **AUGGIE'S CAFE**

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

#### **FOOD FOR THE SOUL**

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

#### **GRACE'S TABLE**

250 CENTURY ROAD, SPRUCE GROVE

Meal to Go

Second Friday of Month 5PM-6:30PM

[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)

or call 780-962-4700

#### **COMMUNITY TABLE**

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at:

[www.sgconline.breezechms.com/form/communitytable](http://www.sgconline.breezechms.com/form/communitytable)

or call 780-962-5611

### BASIC NEEDS HELP

#### **COMMUNITY HELPS TEAM**

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

[helpsesprucegrove.church](mailto:helpsesprucegrove.church)

#### **NEIGHBOURLINK PARKLAND**

By appointment 780-960-9669

Serving Spruce Grove, Stony Plain and

Parkland County

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

[neighbourlink.parklandetelus.net](http://neighbourlink.parklandetelus.net)