



PARKLAND
SCHOOL DIVISION

Stronger Together

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

February 2025

What's Inside

- Early Education Program #2
- Upcoming Sessions #3
- Community Resources #4-7
- Tri-Municipal Region Support Guide #8

**Strong Families:
School Refusal**

Monday, February 10, 2025, from 6pm to 7:30pm
4603-48 Street, Stony Plain

Alberta Parenting for the Future Association

Contact :

Fristy Thomas
Division Family Support
Coordinator
e: fristy.thomas@psd.ca
p: 780-963-4010

Tracy Power
Division Family Support
Coordinator
e: Tracy.power@psd.ca
p: 780-963-4010

Join Archie Lillico, Attendance Officer for Parkland School Division, for an insightful and supportive presentation on understanding and addressing school refusal. This session is designed to help parents and guardians navigate the challenges of children who struggle with attending school due to anxiety, social concerns, or other underlying issues. With practical strategies and actionable advice, this presentation will empower you to take meaningful steps to support your child.

During the session, you'll learn about the causes of school refusal, how to identify early signs, and ways to collaborate with schools and professionals for your child's success. You'll also gain tips for re-engaging your child with school and promoting a positive mindset. Whether this is a new concern for your family or an ongoing challenge, you'll leave with tools and resources to make a difference. Registration is open now Don't miss this valuable opportunity to support your child's educational journey. Click on the image for more details!

Location: 4603 48 St
Stony Plain, AB, T7Z 2A8
Time: 6 PM to 7:30 PM

Click on the image for more details!



PARKLAND SCHOOL DIVISION

EARLY EDUCATION PROGRAM

REGISTRATION OPENS FEB.10



Come play & learn with us!

We believe children are ‘mighty learners’ in Early Education at PSD. Learning is grounded in the FLIGHT Early Learning and Care Framework to facilitate strength-based programming to our earliest learners. We support development by providing creative, innovative, play-based environments that promote independence and personal development.

What we can offer you

- Programming available for students with developmental delays
- Intervention from a multi-disciplinary team:
 - Classroom teachers
 - Educational Assistants
 - Speech Language Pathologist
 - Occupational Therapist
 - Physical Therapist
 - Family Support Worker
- Family-oriented parent sessions
- Five mornings or afternoons per week
- Program fees are supported through Alberta Education’s Program Unit Funding (PUF)

Early Ed Sites

- | | |
|---------------------------|--------------------|
| Spruce Grove | Stony Plain |
| Brookwood School | High Park School |
| École Broxton Park School | Westview School |



Should you have any concerns around your child’s development or questions about the program please reach out to ECS Coordinator at 780-963-8429.



PARKLAND SCHOOL DIVISION

ADHD: Family Fun Potluck and Games

Wednesday, February 5 · 5:30 - 8pm

Location : Family Connection Centre



Alberta Parenting
for the
Future Association

5600 50 Street Stony Plain, AB
T7Z 1P8



Looking for an exciting evening for the whole family? Families in the Tri-Region area are invited to join a **Minute to Win It Games Night**, filled with laughter, fun, and friendly competition! Participants are encouraged to bring their favorite appetizer to share. Refreshments, including tea, coffee, water, and hot chocolate, will be provided.

This event is specially designed for families with children or adults living with ADHD in the Tri-Region area.

Pre-registration is required to secure your spot.

For more information or to register, please visit [Insert Registration Link/Contact Information].

Don't miss this chance to enjoy a fun-filled evening and connect with others in the community!



Sibshop



Sibshops offer peer support and fun for siblings (ages 6–14) of children with disabilities, neurodiversity, or special needs. Connect with other sibs, share experiences, play games, and enjoy lunch together!

Pre-registration is required.

YOUTH SPEAK

a community summit for youth and young adults

Calling all youth age 16 - 24 for a powerful conversation and connection.

THEME: Belonging and Resilience in our Community

FEATURING SPECIAL GUEST:

TYLER SMITH

- Winner of Amazing Race Canada Season 9
- Survivor of the Humboldt Bus Tragedy

Tyler shares his empowering story about the power of connection in the face of life's greatest challenges.

MUSICAL PERFORMANCE BY:

MANDY MCMILLAN

- Local talent who has opened for Blake Shelton, Kelly Clarkson, and performed with Kenny Chesney at the CMA Awards!

EVENT HIGHLIGHTS

- Free Dinner and Refreshments
- Prizes and Giveaways
- Breakout Sessions on Leadership and Community Engagement

Don't miss out on this inspiring event!

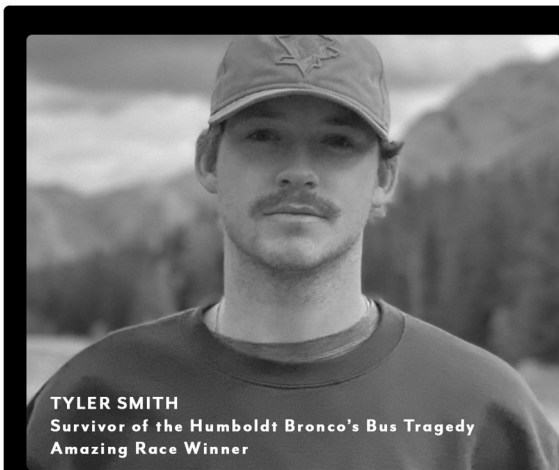
Come share your voice and help shape the future of our community!

REGISTER NOW AT:

780-963-8583

www.stonyplain.com/calendar

connect@stonyplain.com



TYLER SMITH
Survivor of the Humboldt Bronco's Bus Tragedy
Amazing Race Winner



MANDY MCMILLAN
Singer/Songwriter



3 PM - 8:30 PM

31

JANUARY

HERITAGE PARK

5100 41 Avenue
Stony Plain

Nourishing Connections, A Community Conversation about Belonging



STONY PLAIN YOUTH CENTRE

BABYSITTING COURSE

COURSE CONTENT

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviours
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- First aid skills
- The business of babysitting

\$60 per person

This training offers basic first aid and caregiving skills for youth ages 11 to 15 years old.

FEBRUARY 6 AND 7
12:00-4:30 PM

Stony Plain Community and Social Development Office
#107 4613 52 Ave
Stony Plain, AB

780-968-3846 | www.stonyplain.com/youth-centre
youth@stonyplain.com

Developmental Assets Profile Survey

EXTERNAL ASSETS

Support

Empowerment

Boundaries Expectations

Things to Do

INTERNAL ASSETS

Learning

Positive Values

Social Skills

Positive Identity

The Town of Stony Plain is conducting a survey of youth aged 11-17, called the Developmental Assets Profile. This survey focuses on understanding the strengths and supports (assets) young people have and need in their lives. By gathering insights directly from youth we can better ensure that the services we provide support their success in life.

please share your perspective!

WHEN:
JANUARY 2025

WHO:
YOUTH AGES 11-17



**ANYONE
CAN
VOLUNTEER**

The Volunteer Centre connects individuals who are looking for volunteer opportunities in the community to not-for-profit organizations seeking volunteers to assist them.

Are you an organization looking for volunteers?
We will post your volunteer opportunities!



The Volunteer Centre | 780.963.8583
www.stonyplain.com/volunteer

Discover the strength of your neighbour!

BENEFITS OF NEIGHBOURING

- Increased care of neighbours
- Increase care of shared spaces, the environment we call home
- Increased civic engagement and economic growth opportunities
- Increased social and cultural wellness
- Increased safety
- Activated and shared knowledge, creativity and innovation

Role of Connectors

- Register as a Neighbourhood Connector
- Commit to connecting with 3-6 neighbours
- Connect with neighbours in innovative ways
- Be observant for neighbours in need of support
- Create a connection system for neighbours to stay in touch
- Connect neighbours in need with neighbourhood resources or if needed, community resources

BECOME A CONNECTOR

www.stonyplain.com/connecting
connect@stonyplain.com
780-963-8583



#NeighbourhoodConnect

Mental Wellness Tools Group



Mental Wellness Tools Group

The WestView PCN is offering a new Mental Wellness Tools Group for youth 13-18. Learn to identify and manage your emotions.

- Discover new coping tools
- Learn to problem-solve
- Practice self-care

For registration, contact Caroline by email or phone:

caroline.peel@westviewpcn.ca
[780-960-9533 option 2](tel:780-960-9533)

“Click on the Images for Links”



Rhythm Cradle Drum Circle

Drum Your Dreams Into Reality

Friday, Jan. 31; 7-9 PM

Intention Setting 2025

Community Goal Support

No Drumming Experience Needed

All Instruments Provided or Bring Your Own

780-915-6132

DRUM CIRCLE



BECOMING A SENIOR

with Judy Cooper from 



Tuesday, February 18, 2025
6:00 - 8:00 PM
at the Stony Plain Public Library

Becoming a senior brings changes that will affect your finances, your health and general physical well-being. Join us for an information session specially designed to provide you with all you need to know about becoming a senior.

Register:

- 780-963-8583
- connectstonyplain.com
- www.stonyplain.com/programs

-  FINANCES
-  TAXES
-  BENEFITS
-  HANDLING TRANSITION
-  GRIEF
-  CONNECTIONS



COMMUNITY HOMELESS WINTER EMERGENCY RESPONSE





Spruce Grove Public Library



parkland
county
libraries

DUFFIELD ENTWISTLE KEEPILLS TOMAHAWK WABAMUN

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 Line310-1818
- 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 (1st, 3rd Sat 10AM-1PM)
49 Boulder Blvd., Stony Plain 780-963-3110
- Grace’s Table (2nd Fri 5-630PM)
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