



May 2021 SPRUCE GROVE COMPOSITE HIGH SCHOOL



Dates to Remember

- ❖ May 21 - PD Day
- ❖ May 24 - Victoria Day (No school)
- ❖ May 27 - Last day to drop classes - Quarter 4

We are entering the final leg of our 2020-2021 school year journey. And what a year it has been!

Of course, much of what we have done has been dictated by Covid and the Protocols which come with it. We are happy to say that these protocols now seem to be just the way we do things here at The Comp. Students are using their appropriate zones and are sanitizing. With the improvement in weather, many are choosing to take their lunch outdoors to enjoy the sunshine and the company of peers. Please remember, students are expected to maintain their cohorts during the school day as this assists us in keeping them and staff safe.

As it is Spring, we are starting to look toward next year. We are in the process of collecting student course selections to use to build next year's timetable. Please ensure that your student has completed this

in their PowerSchool portal. Grade Coordinators will be reaching out to students who have not done so and assisting them to complete it. With the end of Covid not yet in sight, Parkland School Division has determined that both high schools will start the 2021-2022 school year in quarters. This will allow us to continue the Covid Protocols we currently have in place and it will allow students/staff who are required to isolate to miss only two classes rather than four.

We are hopeful that once vaccinations open up to more age groups, including 16 year olds, we will see a huge drop in Covid cases. This may allow us to return to a semester system for the second half of next year. As such, we will be building a timetable which will allow for both the best and worst case Covid scenarios.

Spring also adds new drivers to the mix. Please remember that our student parking lot is reserved for Grade 11s and 12s students on a first come, first serve basis. Grade 11s and 12s who arrive closer to bell times and Grade 10s will be expected to park off campus. Please be good SGCHS Ambassadors in our neighbourhood by parking in appropriate/ designated areas.

Spring means that there is a lot going on in schools. We held our Student Advisory Forum a week ago where they assisted us with making changes to our Student Handbook. Grad 2021 is just around the corner. There is more information on both these events located later on in this newsletter; please take a look.

Fingers crossed, the rest of the year sees everyone stay safe and healthy.



Spruce Grove Composite High School
Drive In Graduation Ceremony
June 11, 2021 at 4:30 pm (gates open at 3:00 pm)
Edmonton Expo Centre

We're so excited for our **Graduating Class of 2021** who will cross the stage on June 11 at our first ever Drive In Graduation Ceremony at the Edmonton Expo Centre. The gates open at 3:00 pm and the ceremony begins at 4:30 pm. The Edmonton Expo Centre keeps us updated regularly on AHS protocol. For this reason everyone will remain in their vehicles at all times. Washrooms are accessible however, you must immediately return to your vehicle. Limos, party buses, RVs, tailgating, etc is not permitted.

A **\$70.00 per vehicle Grad 2021 Parking Permit** is required. This fee can be paid on your child's PowerSchool account by May 28. There is a limit of one vehicle per family. If you require an additional vehicle for blended families, it is your responsibility to contact Cindy Nullmeyer at cnullmeyer@psd70.ab.ca. The \$70/parking permit covers the cost of the stage, facilities, parking attendants, security, extra screens, live streaming and recording, decorations, etc. The entire event will be live streamed, so we encourage you to share the link with grandparents and other family members to watch the celebration from the comfort of their own home.



When you enter the lot parking, a parking attendant will be directing each vehicle to a stall. All parking is on a first come, first served basis. Our ceremony will begin at 4:30 pm and graduates will be required to wear a mask as they cross the stage in alphabetical order. Once they exit the stage, Lifetouch will be taking a picture of each student with their certificate in a separate staging area. At present each student can remove their mask for this picture.

Every graduate that attends the Drive In Graduation Ceremony is required to complete a **consent/permission form** and return it to the main office by **May 28, 2021**. The form is attached and extra copies are available in the main office.

Each student is required to pay the **\$52.50 Grad Fee** if they haven't already done so. This fee includes:

- certificate and cover;
- grad gown, vee stole, cap, tassel and mask that each student will keep;
- 4 x 6 picture of the student at the Drive In Graduation Ceremony.

Students can order their souvenir grad gown and accessories by logging onto <https://www.buildagrad.com/sgchs> with their ASN # (can be found on PowerSchool). To complete this simple process, just follow the steps and complete the required fields by **May 4, 2021**. The gowns are shipped to the school and will be distributed to students at the end of May or beginning of June along with the parking permits. * *Students keep this grad gown, vee stole, cap and tassel so individual and family pictures can be taken at their convenience.*

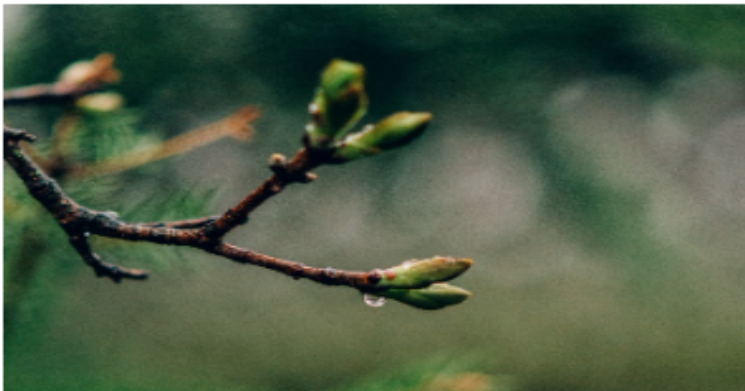
A PowerPoint will be played at the Graduation Commencement Ceremony. Please email a **baby picture** with your name in the subject line and an appropriate quote to sgchsbabypics2021@gmail.com The submission deadline is **April 30, 2021**.

Students, parents and guardians are reminded to keep updated with all pertinent graduation information on our website <https://sgchs.psd70.ab.ca/Graduation.php>

STUDENT SERVICES



Follow Student Services on Instagram to get all the new on post-secondary visits, awards/scholarship info, deadlines and Mazy pics!



Aren't we all anticipating buds opening up in the next few weeks and the beauty it brings?! Truly amazing how nature perseveres through the winter; then opens up for growth and change during spring and summer.

Not too different than our own students here at SGCHS. We have watched how our grade 10 students have adjusted to the challenges of high school academics and responsibility. They truly came in green and are now blooming into mature high school students.

Our grade 11 students are focusing on what the future will hold in another year and are busy figuring out their schedules to suit those future pursuits.

Then there are our 2021 graduates who have come through 3 years and now look to post secondary, careers, travel or a mix of all of it. Ready to offer their unique beauty to the world! What a gift to walk along side of them and watch these transformations take place. We are so excited for the Graduation Ceremony and to celebrate these students!



shutterstock.com - 503249152

Check out these opportunities:

May 14, 28 or June 11: Concordia Virtual Student for a Day

May 5, 12, 19 or 26: Virtual MacEwan University Information Session

May 7: Olds College Discovery Day

May 6, 20, 27: Augustana 101 Registration workshops

We Stand Together

SGCHS Admin's Student Advisory met on Wednesday, April 21 to assist us with some decisions regarding our Student Code of Conduct located in the Student Handbook and, as well as, how we move forward building school culture in terms of practising inclusion and refuting discrimination. Please see the excerpts from SGCHS's Expectations of Students below. Students are expected to adhere to these and the

other Student Expectations located in the SGCHS Handbook located on our [website](#). We will continue to utilize the insight of our Student Advisory as we finish out this school year and plan for the next.

As well, we now have a Social Justice Team facilitated by Mme Jamie Nielsen. They met for the first time on Tuesday, April 27 in room 207 at lunch. All interested students are welcome.

Respectful Communication

Definition: Appropriate communication between staff members, between students, between students and staff, and between students, staff and parents. Appropriate communication is the practice of non-heated conversations, positive body language, appropriate volume, tone and choice of language, as well as active listening. It treats those involved with dignity, honours their rights and recognizes the responsibilities they have to others without regard to race, religious beliefs, colour, gender identity, gender expression, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family or sexual orientation. This also includes all electronic communications such as Facebook, Instagram, Snapchat, TikTok, etc.

Expectation: Respectful communication is to be used at all times.

Why?: In showing respect, we are building strong relationships within our school. We are educating our students not only to be technically prepared for life, but also to be good citizens. We wish to help our students develop so they will interact appropriately in future places of learning and in the work environment. By using respectful communication, we demonstrate our partnership in creating a positive learning environment.

Respectful Treatment of and Interactions with Others

Definition: Using dignity, respect, inclusion and fairness in the treatment of and the interactions with students, staff, and others.

Expectation: Students will respect the rights of others and will work toward creating an inclusive culture through their treatment of and interactions with others. They will refrain from, report and not tolerate bullying, degrading or exclusive behaviour directed toward others in the school, regardless of whether or not it occurs within the school building, during the school day or by electronic means such as Facebook, Instagram, Snapchat, TikTok, etc. Students will treat others with dignity, honour their rights and recognize the responsibilities they have to others without regard to race, religious beliefs, colour, gender identity, gender expression, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family or sexual orientation.

Why? By treating and interacting with others respectfully, we are creating an inclusive school where everyone knows they have worth and value. This contributes to a learning environment that is well-ordered, peaceful, safe, non-threatening and conducive to learning.

#GetRealTriRegion

MENTAL HEALTH WEEK

ENTER FOR A CHANCE TO WIN \$200

Creative play is one of the 6 key factors that promote good mental health.

Entry Form

Name
Address
Phone
Email

OF PARTICIPANTS BY AGE

- 5-10 YEARS OLD
- 11-17 YEARS OLD
- 18-34 YEARS OLD
- 35-64 YEARS OLD
- 65+ YEARS OLD

WHICH OF THE EVENTS DID YOU OR A FAMILY MEMBER ATTEND

- 7 DAYS OF JOURNALING
- DECLUTTER FOR MENTAL HEALTH
- WISE MIND WEDNESDAYS
- MEN'S NIGHT
- SKETCHNOTES
- INTRODUCTION TO COMMUNITY HELPERS
- MOVIE NIGHT
- WEEKEND REFRESH

WHICH BONUS CHALLENGES DID YOU TRY? SEE THE WEBSITE FOR DETAILS

- SILLY WALK BLOCKS
- PHOTO CHALLENGE
- FIND YOUR PLAY
- GET CREATIVE
- SHARE YOUR PASSION
- DECOR ON A DIME



As a result of mental health week, I feel more aware of creative things I can do for my mental health:

- Strongly Agree Disagree
- Somewhat Agree Somewhat Disagree
- Agree Strongly Disagree

Share a short note about how this event supported your mental health:

RULES OF THE GAME

Enter by taking a photo of the form and emailing it to pfcss@stonyplain.com or go online to Stony Plain FCSS Programs - Town of Stony Plain. All entries must be submitted by May 13. Draw will be announced May 14.

One entry per household will be entered. Additional entries will be gained by attending an event or class. Grand prize winner will win \$200 worth of gift cards to local businesses of their choosing (max. 4) and will only be awarded to the person named on the entry form.

Draws are random. Winners have until May 31 to claim their prize. Unclaimed prizes will be donated to a local charity.

Thank you to our organizers and sponsors:





#GetRealTriRegion

MENTAL HEALTH WEEK CALENDAR



Get registration info by using your camera to scan the code or find info online at FCSS Programs - Stony Plain

TUESDAY

MAY 4

NAME IT, 7 DAYS OF JOURNALLING

Starting May 3 follow along @SPYCYouthCentre as they take you through 7 days of journalling. 8+

DECLUTTER FOR MENTAL HEALTH

Your space can be your stress. Professional Organizer Daina Benson teaches you how to declutter and let go. 7:00-8:30PM 16+

FIND & Share



WEDNESDAY

MAY 5

WISE MIND WEDNESDAYS

Stress can affect you physically & mentally. Learn healthy ways to cope during stressful times. 4:00-5:30 11-17 yrs.

MEN'S NIGHT

Hear about Rad Dads, Men's Sheds, The Inner Man Project and the Buddy Up Campaign where men are taking action for men. 5:30- 7:00 17+

MAKE & Share



THURSDAY

MAY 6

SKETCHNOTES

Learn the art of sketch notation with sketch note artist Sylvia Duckworth. A skill you can use for class, meetings, media, social media or fun! 5:00-6:00 8+

FIND & Play



FRIDAY

MAY 7

INTRODUCTION TO COMMUNITY HELPERS

The Community Helpers program provides supports, training and resources to help peers help peers. Learn more about this program and how your organization can be part of the program. 12-1pm. 11+

THE GREAT DISCONNECT

The Youth of Parkland School Division are hosting a screening and panel discussion about the movie that looks at how we are more connected but more lonely. 6-8PM Family

MAKE & Share



SATURDAY

MAY 8

WINDSONG WRITING AND WELLNESS

Get creative and relax with Lynn Gale as she takes you through some guided gratitude writing, a guided meditation, some yoga moves to reduce your stress, and work through a few breathing techniques 9-10:30 11+

SHARE A Passion





Stronger Together

Parkland School Division Family Supports Newsletter April 20, 2021



Dear parents and caregivers,

Just like our physical health we need to take care of our mental health. Someone can be diagnosed with mental illness, like anxiety or ADHD, and if it is managed well can have positive mental health. Mental health issues are really common, 1 in 5 people have a mental health concern. It is important to reach out for help if you think someone in your family is struggling.

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

Mental health: What is it, really? cmha.ca/blogs/mental-health-what-is-it-really



When you hear the words “mental health,” what’s the first thing that comes to mind? Is it depression? Psychiatry? Disability? Is it, in fact, “mental illness” that you think of? Many people use the terms “mental health” and “mental illness” interchangeably, when really, they mean different things. Mental illnesses are described as disturbances in thoughts, feelings, and perceptions that are severe enough to affect day-to-day functioning.[1] Some examples are anxiety disorders, schizophrenia, and mood disorders, such as major depressive disorder and bipolar disorder. Mental health, however, is a state of well-being, and we all have it. Just like we each have a state of physical health, we also each have our mental health to look after. It’s not just about surviving, it’s about thriving. It’s enjoying life, having a sense of purpose, and being able to manage life’s highs and lows.

One in five people in Canada will experience a mental health problem or illness in any given year. But five in five of us have mental health. Mental health isn’t simply the absence of mental illness and living with a mental illness doesn’t mean you can’t have good mental health. Just like someone with diabetes, for example, can live a healthy life, so can somebody with a mental illness. And even if you don’t have a mental illness, that doesn’t mean you’ll feel great all the time. You might experience stress, a difficult life event, or burnout. Just like anyone can catch a cold or flu, everyone can experience the ebbs and flow of well-being. So, there’s not just the one in five of us who have mental illnesses, and “the rest of us” who don’t. There is no rest of us. There is just us—all five in five. We are all on the same team. What good mental health looks like: Good mental health might look different from one person to another.

But there are six common factors of well-being that we see across different descriptions and definitions from across Canada and around the world.

Good mental health includes:

- | | |
|--------------------------------|--------------------------------|
| 1. A sense of purpose | 4. Having a good sense of self |
| 2. Strong relationships | 5. Coping with stress |
| 3. Feeling connected to others | 6. Enjoying life |

We’re all in it together. Achieving and maintaining good mental health isn’t a one-person journey. In fact, each setting and situation you’re in, and each person you interact with, can impact your wellbeing. This means that to truly achieve good mental health for all, it must be a common theme in every workplace, school and neighbourhood. In order to achieve well-being for all, mental health must be the lifeblood running through the veins at all levels of community.

[1] Quick Facts: Mental Illness & Addiction in Canada. Mood Disorders Society of Canada

Mental Health Awareness Week is May 3-9, 2021

Check out the tool kit at <https://mentalhealthweek.ca/>



Family Tips for supporting Family Mental Health with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

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

Mental health awareness helps reduce stigma and increases our understanding of mental health difficulties. Mental health can be compared to the dimmer switch for lights in my house.

- A negative and unsupportive environment lowers our mental health and increases symptoms related to a mental illness.
- A positive and supportive environment increases our mental health and lowers symptoms related to mental illness.
- individuals diagnosed with a mental illness may require ongoing medical support to effectively manage symptoms.
- The majority of individuals without a significant mental health disorder can effectively manage their mental health with wellness principles. However, in difficult or stressful seasons medical supports can be helpful if we notice an increase of mental health symptoms that are difficult to manage on our own.

Whether an individual experiences mild symptoms of anxiety or has been diagnosed with a serious mental health condition, developing a practical game plan to support each dimension of personal wellness is likely to alleviate symptoms and support effective coping. Developing a wellness game plan in the following seven areas helps create a positive and supportive environment to increase our mental health.



I like to keep things practical. Our world is filled with a plethora of information about a given topic. For example, there is enough information about eating healthy and exercise that should compel all of us to be physically healthy. Unfortunately, there is often a disconnect between information and application. Most of us have enough information in all seven pillars of wellness to live in health. Learning information is easy. Applying information into our daily life to create lasting change is challenging. Many of us have developed new year’s resolutions to exercise more or eat less. But willpower and good ideas do not bring lasting change. We need a practical game plan and accountability mechanisms to check in with ourselves and keep us on track.

Although change seems difficult it’s actually very simple. Change begins with a choice today that changes my trajectory for tomorrow. For example, a few years ago I was upset about my weight, so I decided to make some lifestyle changes to bring about change in my life. My change process started off well. Unfortunately, my change actions did not last long. I exercised sporadically for a few weeks and managed to maintain a healthier diet for a few months. Although I experienced momentary change, without daily action I experienced regress instead of progress. I think this is where most of us get stuck. We’ve all tried dieting, exercising, or other programs to improve our physical appearance. Many of our change aspirations don’t stick because we often focus only on one dimension of health instead of a holistic wellness approach.

Let’s start small today

- Pick one or two pillars of wellness to grow in this week.
- Set one specific goal for yourself and reach out to a friend who can cheer you on and keep you accountable.

Wellness is a daily journey of **intentionally making small choices** to improve our wellness and live in a great place of health.

Mental Health Awareness Week is May 3-9, 2021

Check out the tool kit at <https://mentalhealthweek.ca/>

How do we help our families stay mentally healthy?

- Exercise
- Get outside
- Eat well
- Sleep
- Focus on your child's strengths
- Help your child to manage their emotions
- Establish healthy relationships - communicate
- Stay connected
- Find time for fun, especially in challenging situations.



If you think your child or someone in your family is struggling, seek help. Prevention and early intervention prevents more serious, life-long issues.

Knowing our happiness triggers
@mombrain.therapist
can be just as important as
knowing our anger triggers...

a hug

clean sheets

a favorite meal

your favorite smell

sunlight or time outside

acts of kindness

moving your body

your favorite music

hot coffee or tea

Mental Health Awareness Week is May 3-9, 2021

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Want to talk with your family about emotions and well being? Try watching Inside Out together and follow it up with a family discussion.

Here is some sunshine for your day.

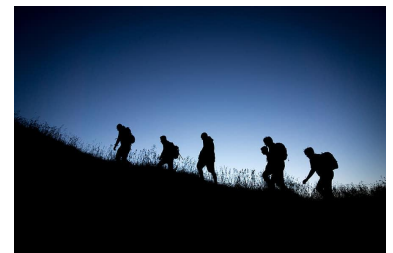
[P!nk, Willow Sage Hart - Cover Me In Sunshine \(Official Video\)](#)



Parkland County Trails

One great way to support family mental health is to get outside and get moving. [Discover Parkland](#) is an online, interactive map where you can find trails and create your own maps. Select "Go To Area of Interest" from the "I want to" drop-down menu.

Parkland County Trails Map



<https://www.parklandcounty.com/en/live-and-play/Parks-Trails-and-Natural-Areas.aspx>

[Activities to support family mental health](#) (Hamilton, CMHA)

Mental Health Awareness Week is May 3-9, 2021

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You're not alone

The COVID-19 pandemic has caused stress and uncertainty for so many of us. Whatever you're going through, we're here to provide mental health and substance use support. Get started by finding resources below, or create an account to track your progress.

About Wellness Together Canada →

- ✓ Free mental health and substance use support
- ✓ Completely private and confidential
- ✓ Available 24/7 to people in Canada and Canadians abroad
- ✓ Keep track of your wellness journey by creating an account

Start your wellness journey today

Not sure where to start?

Contact a program navigator

[Wellness Together Canada | Home](#)

MORE MENTAL HEALTH WEEK ACTIVITIES FOR YOUR FAMILY

Positive Mental Health Tips

Keep these in a mason jar in your house for you and your child(ren) to pick up when you feel like you need them.

- Exercise – But something you enjoy!
- Read something you enjoy.
- Collect positive moments – text messages, emails, voice mails, pictures anything that made you feel happy (save them).
- Create a To-Done List instead of a To-Do List.
- Focus on one thing at a time.
- Do something fun.
- Find humour.
- Talk to a Friend.
- Pet an animal.
- Ask for a Hug.
- Eat something yummy.
- Listen to music – whatever you like.
- Try to be grateful instead of feeling guilty.
- Take a Mental Health Day.
- Spend 20 minutes a day on you!
- Set reasonable goals.
- Keep a gratitude journal.
- Write down one good thing that happened today.
- Find a new recipe to try out.
- Call a friend or a family member who makes you happy.
- Do something kind for someone else.
- Go for a walk around your neighbourhood.
- Take a few deep breaths.
- Write down a list of all the things that make you happy.



Mental Health Awareness Week is May 3-9, 2021

Check out the tool kit at <https://mentalhealthweek.ca/>

Strong Families Series: Mental Health Awareness



In celebration of **Mental Health Awareness Week**, Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, Jennie McLester of Alberta Health Services will offer families valuable information about mental health, how it influences our lives, our families and our communities, and how it differs from mental health disorders. She will also share practical tips for improving mental wellness, and highlight the various services and resources available to community members who are seeking help or wish to learn more.

Date: Tuesday, May 4, 2021

Time: 6:30-8pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenters: Jennie McLester ([Alberta Health Services Youth Stabilization Program Supervisor](#))

Mental illness affects all people of all ages and backgrounds: either directly, or indirectly through the personal relationships we forge with others. In an average year, 1 in 5 Canadians will experience a mental health problem or illness - and as we all know, this has been anything but an average year. While maintaining good mental health is just as important as maintaining good physical health, and mental illnesses can be treated effectively, stigma against those living with mental illness still exists, and almost half of those who feel they have suffered from anxiety or depression have never sought professional help (Source: [Canadian Mental Health Association](#)).

For all these reasons and more, it is vital to raise awareness about the importance of mental health, focus on maintaining or improving our mental wellness, recognize possible signs of mental illness in ourselves and others, and know where to seek out help in our community. Interested? Join us for *Strong Families: Mental Health Awareness*.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-series-mental-health-awareness-registration-150623534045>.

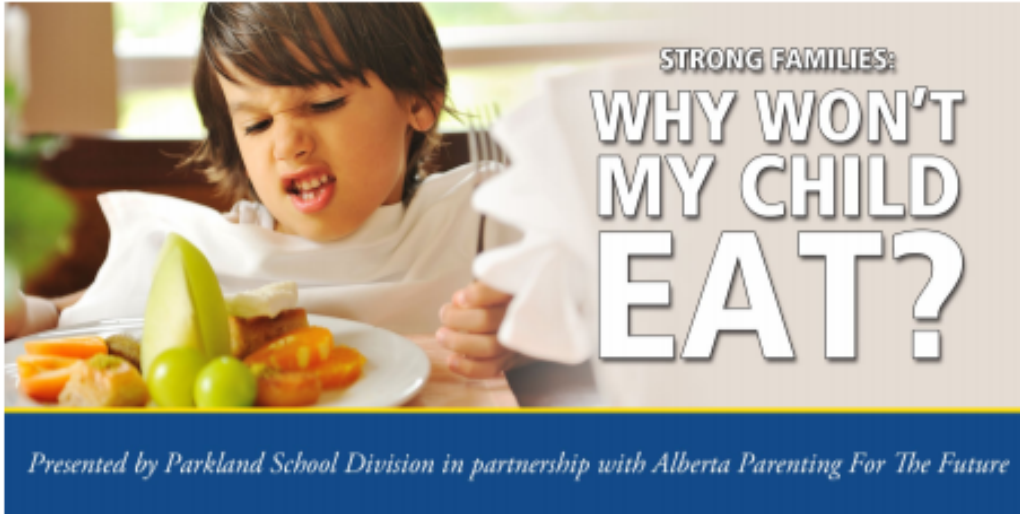
For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

Mental Health Awareness Week is May 3-9, 2021

Check out the tool kit at <https://mentalhealthweek.ca/>



Strong Families: Why Won't My Child Eat?

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, pediatric occupational therapist Tracey Urquhart will offer families valuable information about the eating habits of children, and ways to tell if their food fussiness is a normal response, or a sign of something more serious, such as an eating disorder. In addition, Tracey will offer participants practical tips for managing any stressful situations that may arise at mealtime, including picky eating, tantrums, sensory issues and food avoidance.

Date: **Tuesday, May 18, 2021**

Time: **6-8pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Tracey Urquhart, Pediatric Occupational Therapist**

Does mealtime in your household stress you out? Is catering to your child's ever-evolving food preferences (or lack thereof) exhausting? Are you getting worried about your child's food intake?

You may have heard that picky eating is just a normal part of childhood, and if you leave your child be, they'll grow out of it. Unfortunately, picky eating is anything but a simple problem, as it can be a sign of a number of issues, including potential eating disorders.

This session will help you uncover the root of your child's picky eating, addressing common mealtime conflicts and providing means to manage them. You will also learn how to spot signs of more significant eating issues in children, and what you can do to seek help. Join us to learn some useful strategies to help you guide your child towards enjoying a more varied, healthy diet.



Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strongfamilies-series-why-wont-my-child-eat-registration-150792704037>.

For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

Mental Health Awareness Week is May 3-9, 2021


Check out the tool kit at <https://mentalhealthweek.ca/>

Healthy Together


An innovative family education model for children in grades 7,8,9 to promote and support healthy lifestyles. The program involves a series of aged -based, group learning sessions that focus on healthy eating, physical activity, community engagement and offers children easy to use tools to support healthy lifestyle choices.

Here is the link to register

<https://www.eventbrite.ca/e/healthy-together-registration-150788980901>



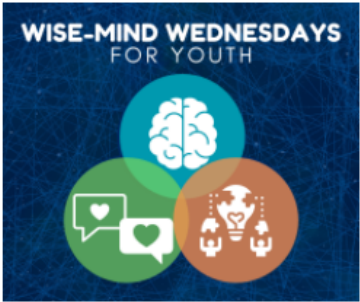
STONY PLAIN FCSS
YOUTH CENTRE



@spyouthcentre
SPYOUTHCENTRE

If you are or you know a youth in need of a pick me up, why not contact the Stony Plain Youth Centre and find out more about our comfort box porch drop offs? Or maybe you're running low on things like soap and shampoo? Message us directly via Facebook or Instagram, for a hygiene kit (courtesy of WE CARE) dropped off right at your door, no questions asked. We look forward to adding some outdoor programming once the weather warms up and we are safe to do so. In the meantime we will continue to offer weekly games, challenges and opportunities through our 'Virtual Youth Centre'. Follow us on Instagram, Facebook or Snapchat to stay in the loop!

Additionally, we are beyond excited to announce the start of a collaborative program aptly named 'Wise-Mind Wednesdays'.



WISE-MIND WEDNESDAYS
FOR YOUTH

Created in partnership with Spruce Grove FCSS and Parkland County, the goal is to provide a consistent time and place for youth to access safe adults and tackle topics such as 'Understanding Stress', 'Setting Boundaries' and 'Navigating Change & Loss'.

Who: Youth aged 11-18 years old
When: Every Wednesday from March 24 - May 12, 4:00-5:30PM
Where: Offered virtually via Zoom-registration is required! Once registered, you will have access to all Wise-Mind Wednesdays programs.
Registration: [here](#)

https://ca.apm.activecommunities.com/cityofsprucegrove/Activity_Search

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LD Association Edmonton - Monthly Virtual Parent Support Groups

Join us for our parent support group running every fourth Wednesday of the month from 7:00pm until 8:30pm. Next group is April 28, 2021. Register by emailing info@ldedmonton.com for the Zoom Link.

Support Group Topics

April 28, 2021 - Transitioning to Adulthood

May 26, 2021 - Helping Struggling Reader at Home



Girl Guides of Canada

Have you heard about our exclusive offer? For a limited time, we're inviting girls across Canada to try Girl Guides for free!

Your daughter can experience the endless fun, exciting activities and amazing connections Guiding offers at no cost to you!

Try Now, Join Later is open to girls 5-17 years old who are not currently members. It's the perfect opportunity to discover the world of Girl Guides and get early access to register for next year.

Sign up for free today: <https://bit.ly/3sVMGPv>

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Check out the tool kit at <https://mentalhealthweek.ca/>

Online Resources

www.kidshelpphone.ca

Teenmentalhealth.org

www.kidshealth.org

www.mindyourmind.ca

www.parenthelpline.ca

www.voomagazine.net

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 Prab 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 - Rebecca Plante - 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

Sunrise Supports - Dena Davis - 780-977-6241

Mental Health Awareness Week is May 3-9, 2021

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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 16-28) ... 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



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