

Spruce Grove Composite High School

November 1, 2021

It has been a beautiful fall, which has left us all wondering how we are already approaching the end of Quarter 1 and our first round of exams. Congratulations to our student athletes who returned to sport this year with passion for their athletics and commitment to positive team culture. Our Volleyball, Cross Country Running and Football athletes have laid it all out in competition and we are proud of their success! Next up is Swimming and Basketball; information about these teams is in the morning announcements. Our Theater Arts program continues to work on their fall show, Frozen, and we look forward to seeing their hard work come to life! Many other activities and clubs have been meeting. Watch the school announcements for ways to become involved.

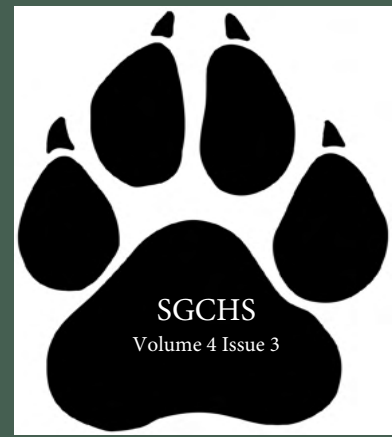
November will be a busy month as students wrap up their classes, write exams, take a well deserved fall break and then return on November 16th for the start of Quarter 2. This month will also see our first Diploma exam sittings. Good luck to our Grade 12 students as they head into these important exams! Students and parents, please remember that your exams are not always at the same time as your class. Please consult the exam schedule here or on the school website. Students are expected to arrive punctually for all their exams with the required items for their exam, whether that's a calculator, pencil, pen, eraser, etc. If you are unsure of what you are allowed, please check in with your teacher ahead of time.

In preparation for Quarter 2, our Timetable Change Request Form is now open and will remain open until November 3rd. We receive many requests every Quarter and do our best to accommodate them. Please remember that fulfilling requests depends on class availability and where the class you are requesting is scheduled. All timetable requests for Q2, Q3 and Q4 should be made using this link.

Finally, we would like to thank all our students for their diligence with Covid protocols and respecting the AHS guidelines in place. Please remind your child to bring their masks to school and to have a backup if possible in case they lose or misplace their mask while off grounds. We continue to work with families and AHS to follow provincial health mandates and guidelines. If your child is ill and you are unsure of the current protocols, please reach out to the appropriate Grade Coordinator.

Thank you for your support and partnership in our students' success!

Linnaea Nielsen
Gr 11 Coordinator



Dates to Remember

Nov 1 - Last day of Quarter 1
Nov 1 - Remembrance Day Ceremony
Nov 5 - No classes
Nov 8-12 - Fall Break
Nov 15 - PD Day No classes
Nov 16 - First day Quarter 2

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From the office of
Student Services:

Dates to be aware of:

NAIT- Virtual Open House Oct 30

MacEwan- Virtual Open House Nov 6

Medicine Hat College- In person Open House Nov 3

Red Deer Polytechnic- In person Open House Nov 6

Are you feeling ready for Exams?!

Have no fear- we have some tips to help you out!

1. Give yourself time to study. Don't leave it to the last minute!
2. Organize your study space. Get rid of distractions and find a good place to concentrate.
3. Visual aids can be helpful. Write down what you know and highlight the gaps.
4. Practice on old exams if possible.
5. Study with a friend! It's helpful to explain it out loud to others.
6. Plan your exam day. Know what time it is, be on time, bring your ID!
7. Drink plenty of water. Being hydrated is essential for your brain to work at its best.



Remember to sign up for Remind or Instagram to get news about post-secondary visits, graduation, school info and more!



SAVE THE DATE
GRADUATION - SATURDAY, JUNE 11, 2022
EDMONTON EXPO CENTRE

Our graduation celebration will be limited to a Grad Ceremony, without dinner or dance. Of course, all gatherings are subject to increased government restrictions so we will keep you posted.

Just a reminder that the Grad Fee of \$52.50 is included in your student's fees. This fee includes:

- souvenir graduation gown, cap, tassel, cover and certificate that each student keeps,
- one picture of the graduate crossing the stage and receiving their certificate from their grade coordinator.

If you have any questions regarding graduation, please contact Mrs. Nullmeyer at cindy.nullmeyer@psd.ca or call 780-962-0800.

Dear parents and caregivers,

Happy fall! This month's newsletter and parent sessions are focused on self regulation strategies for kids and teens. Do your kids have big emotions and struggle with self control? Why do they always seem to behave THAT way? We don't have all of the answers but we found a lot of information, suggestions and learning sessions for you. We hope you enjoy reading the articles and find that some of the ideas and community supports are helpful for your family. Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

Sensory Strategies To Support Regulation

As parents, one of our biggest roles is to teach our children how to regulate their bodies and manage their big emotions. When children are able to successfully self-regulate, they are better able to focus, maintain friendships, control impulses, and behave in socially acceptable ways. It is not expected for preschool or kindergarten-aged children to know how to do this independently, but by grade two, children can start to recognize early signs of dysregulation in themselves and choose tools to support their needs (Shanker, 2013). All children have a unique sensory system specific to their brains and bodies. Sensory strategies that work for some children will not always work for others. Because sensory activities can either be calming or alerting to the nervous system, it is important to first recognize what our child's preferences and responses are when engaging in sensory activities. One child can jump on a trampoline for ten minutes then walk calmly inside to eat supper at the dinner table. Another child, after jumping on the trampoline for ten minutes, can be so dysregulated that it leaves us wondering if we should get rid of the trampoline altogether.

When using sensory strategies, our goal is to help our children regulate. Initially, parents will be required to support the use of sensory tools alongside their children but as children become more independent in recognizing their own needs, the amount of parent support will decrease. Success is achieved when a child is able to choose and utilize their own preferred sensory tools prior to having a meltdown. Below are some great examples of sensory tools that can be incorporated into our child's daily routine:

Sensory tools to help alert the nervous system:

- Opportunities for dancing, playground play, cycling, and running
- Use of an indoor obstacle course created from items such as couch cushions, hula hoops, skipping ropes, and blankets. A space like this allows children to jump, bounce, roll and crawl
- Snacks that are crunchy or cold snacks such as carrots, popcorn, or frozen fruit
- Therapy or yoga balls that allow children to bounce up and down on while seated



Sensory tools to help calm the nervous system:

- Play that encourages walking and acting like their favourite animal (bear walk, crab walk, slither like a snake, etc.). This can be used strategically, for example when helping to transition a child to and from the dining table
- Slowly rocking back and forth in a rocking chair. A great way to use this strategy is to incorporate it into a bedtime routine
- Deep pressure squeezes. Count ten squeezes before a transition ex: before putting on winter gear!
- Carry, push or pull heavy objects. (ex: carry in groceries from the vehicle, push a laundry basket full of books along the hallway)
- Yoga and deep breathing exercises after school as a way to decompress
- Creation of a calm space (not necessarily in their room) that is free from distractions. Bean bag chairs, pillows, or blankets can be used to create a cozy and comfortable space for our children to read books, color, or listen to calming music. These spaces are most effective when also free from stimulating technology devices.

Remember: Sensory strategies are not a one size fits all approach. If you require additional support and ideas on how to best support your child's regulation needs, reach out to a pediatric occupational therapist.

Nicole Kluthe BSc.OT (c)/CD(DONA)
Occupational Therapist & Certified Birth Doula
Owner of Woven Blessings Occupational Therapy and Doula Services
www.wovenblessings.com
nicole.wovenblessings@gmail.com

Sensory regulation strategies – what are they and how can they help your child? (2020). Retrieved November 12, 2021 from <https://www.griffinet.com/sensory-regulation-strategies-what-are-they-and-how-can-they-help-your-child/>

Shanker, S. (2013). *Calm, Alert and Happy*. Retrieved November 17, 2021 from <http://www.edu.gov.on.ca/childcare/shanker.pdf>

Check out these great Strong Families upcoming sessions!!

Emotional Regulation - Tips Tricks and Discussion

November 16th Josee Huston PSD Divisional Psychologist (via zoom 6:30-8)

In this constant state of change and unknown it is normal to be feeling overwhelmed. We are all carrying a lot of stress and heavy emotions. During such times, parenting and supporting our children through these emotions can be extra challenging as everyone's stress levels are heightened. When able to regulate our emotions children and adults alike are able to feel empowered and problem solve much more effectively, let's meet and discuss ways on which to achieve this in a supportive and non judgemental way.

Date: November 16, 2021

Time: 6:30-8:00 - Online

Please register soon at:

<https://www.eventbrite.ca/e/185150097927>



(image from "We Are Teachers")

Bedtime Yoga for the whole family. Facilitator: Kristi Sikorski

Join us for an hour of calming, mindful movement to unwind from the day and regulate our bodies for a peaceful sleep.

Tuesday, Nov 23, 2021

6:30pm – 7:30 pm

Ages: Kindergarten to Grade 2

Tuesday, Dec 7, 2021

7pm – 8 pm

Ages: Grade 3 +

<https://www.parenting.com/child/bedtime-yoga-kids/>



Please register soon at:

<https://www.eventbrite.ca/e/bedtime-yoga-for-the-whole-family-children-kindergarten-to-grade-2-registration-183012303727>

<https://www.eventbrite.ca/e/bedtime-yoga-for-the-whole-family-children-grade-3-registration-183016305697>

ADHD and OT (Occupational Therapy)

Presenter: Nicole Kluthe, Woven Blessings

Date: November 17

6:30-8pm via zoom

- Hypersensitivities
- Fine Motor Skills for things such as handwriting.
- Motor Coordination.
- Time Management.
- Disorganization and how to strengthen these through Executive Function.

Please register soon at: <https://www.eventbrite.ca/e/183009746077>

Try these great at home games and activities to enhance self-regulation with your kiddos.

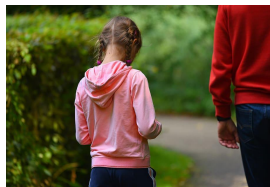


<https://www.weareteachers.com/zones-of-regulation-activities/>

From Alberta Health Services - What Can Parents Do As Co-regulators?

1. Recognize signs of dysregulation in your child
2. Identify the stressors or environmental cues that trigger dysregulation for your child
3. Teach your child how to recognize and communicate his or her feelings, and to become more aware of their response to stress
4. Help your child find a way to become more alert (if idling on low) or more calm (if revved up too high)

It's best to introduce and practice the following regulation techniques when your child is feeling *calm*. Doing so will help your child to strengthen these skills and be more apt, in kind, to using them in moments of struggle. For a time, however, your ongoing support will be needed to help your child use these strategies when feeling dysregulated.



Calming Techniques

When your child's body, mind, or mood is *revved up*:

- Take slow, deep breaths to help calm the body and the brain
 - Use progressive muscle relaxation activities: tense then relax key muscles in your body, moving from head to toe
 - Take a squeeze – use a stress ball or hug a stuffed animal
 - Listen to calming music
 - Distract with a fun activity or game (non electronic)
- Block out noises, sights or smells that are overstimulating
 - Take a break – go for a walk or splash cool water on your face
- Practice mindfulness - focus your mind on an activity to get back to the present. For example, eat a small piece of fruit - focus on the taste, the smell and the feel of it

Alerting Techniques

When your child's body, mind, or mood is *idling on low*

- Get their body moving through play and physical activity
- Use a fidget toy or wiggle cushion
- Chew gum
- Eat chewy, crunchy, or sour foods
- Drink cold, citrus-infused water

Staying Regulated

Be sure to spend time setting up your child or teen for success:

- Encourage positive self-talk – tell yourself things like “this will pass” or “I can do this” or “my turn will soon come, I can wait”
- Ensure your child gets enough quality sleep
- Eat well. Promote a healthy diet of wholesome foods
- Engage in regular physical activity – minimum 60 min/day
- Have and maintain a regular routine at home and at school
- Reach out to social supports – talk to a friend, family member, teacher, coach, or trusted adult

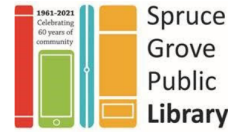
Stony Plain Library FREE after school programs

Take a look at the great FREE community involvement activities that you might want to take advantage of, all at your local

Stony Plain Public Library 

Be ready to register for our programs when we offer them on our website in a couple of weeks at www.mysppl.ca.

Program Name	Day	Time Description	Ages and where?	Partnership
Drama Club	Mondays (weekly) Sept 20- Dec 13 and Jan 10- June 13 (No program Oct 11, Nov 8,15, Jan 31, Feb 21, Mar 21,28, Apr 18, May 23)	4:00pm-5:00 pm Create, act, film, design your own plays! BYO afterschool snack.	6-12 Registered Max 15 participants Program Room and Multicultural Centre.	Multi-cultural Centre
Entertainment Engineers	Tuesdays (weekly) Sept 21- Dec 14 and Jan 11- June 14 (No Program Nov 9, and Mar 22)	4:00pm-5:00 pm Design, play and build your own games using the 3D printer! BYO afterschool snack.	6-12 Registered Max 10 participants Program Room and Creative Space Older adults drop in!	Darythe
Wong Style Tai Chi and relaxation exercises for mental health	1 st Wed of every Month Nov 3, Dec 8, Feb 2, Mar 2 and April 6	3:30pm-4:15 pm Take some time to just breathe! Stretch, relax and learn some Tai Chi.	55+ Registered Max 10 Meet by the front desk of the library at 3:15pm	Trudy and Erin from the Three Robins
Big, Little Tale of Two Cities- Book Club with St. Thomas Public Library in Ontario Kids Can Cook – LIVE Virtual Program Insightful Innovations!	3 rd Wed of every month Oct 20, Nov 17, Jan 19, Feb 16, Mar 16, Apr 20, May 18, and June 15 2 nd and 4 th Wed of every month Oct 13, 27, Nov 24, Jan 12, 26, Feb 9, 23, Mar 9, April 13,27, May 11, 25 and June 8, 22 Thursdays (weekly) Oct 15- Dec 16 Jan 13- June 16 (No Program on Nov 11, Feb 10, Mar 24)	4:00pm-5:00 pm Connect with your adult and our favourite sister library in St. Thomas, Ontario Be prepared to share your love of reading! 4:15pm-5:00 pm Virtual cooking fun in your own kitchen! Fun and easy after school snack recipes! 4:00pm-5:00 pm Drop-in and inspire!! Crafts, technology, art, books and more! Bring your friends and creative ideas to the library. Exciting discoveries will be made!	9-12 Registered Max 5 families Program Room Older adults join in! Ages 6-12 Google meets event Registered Max 10 6-12 Families and friends invited too Drop-In and meet at the Creative Space. Older adults drop in!	Sister Library St Thomas Darlene none none



Virtual Visit with Dinosaurs

Friday 12 November 10:30-11:15am



Take a tour of the world-renowned Royal Tyrrell Museum of Palaeontology without leaving your home! During this interactive virtual visit, our expert will guide you through our galleries and exhibits. Marvel at creatures from ancient seas, explore Dinosaur Hall, and discover how life carried on after the asteroid impact that marked the end of the Age of Dinosaurs. Recommended for preschoolers, school age kids, homeschoolers and dinosaur fans of all ages!

Free, registered* <https://sgpl.ca/events/special-events/virtual-visit-with-dinosaurs>
*Space is limited

New program Dial-A-Story

Listen to a pre-recorded story right off your phone, no internet access required. Storytime for anytime you want. Call 587-853-4554. New content added every 2 weeks. Highlight: an Indigenous tale on our Dial-a-Story service, 'How Creator Helped the Animals to read by Dianne Melli.

Further info on Fall programming: <https://sgpl.ca/programs/fall-programs>



all ages at SGPL
Help Humans'

Check out the sessions offered through the **Community Education Series**. If you have trouble registering for the sessions email - ces@ahs.ca

October 25 @ 6:30 pm

*Are they too young?
Talking with infants and preschoolers about bodies, relationships and sexuality*

Christine Sturgeon, B.Ed.,
Child Development Supervisor
(Level III) Education
Coordinator, Sexual and Reproductive Health, AHS

October 26 @ 6 pm

*Adolescent Brain
Development and
Navigating Parent-Teen Relationships*

Erin Dawson-Meyers, PHEC
(Professional Human Ecologist)
BSc in Human Ecology,
majoring in Family Ecology,
University of Alberta

Poster/Register

Poster/Register

October 27 @ 1 pm
Kids Have Stress Too
Allison Salazar, MA School
Counselling &
Stephanie Sands, BSc

Poster/Register

October 27 @ 6:30 pm
*Girls and Covid Nine-
Teen*

Amy Shaw, Registered
Psychologist, Affinity
Psychology Group

Poster/Register

Poster/Register

COMING IN NOVEMBER

More November sessions

Nov 4 – Real Talk: Break the Cycle of Domestic Violence

Nov 6 – Super Dads Super Kids



Check out the Lighthouse Church **free** clothing store - Garments of Praise and Community Outreach Days on FB.

Check out the Stony Plain Youth Centre on facebook. There are tons of great things to do.



OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		28	29	30	1 30 day Gratitude Jar Challenge	2
	4 Make a card for your favourite Teacher!	5 National Teacher Day & Do Something Nice Day	6 GEAR 5-7pm	7 Fall Scavenger Hunt	8 Gratitude or Leaf Garland	9
10 	11 *Closed*	12 Fall/Spooky or Rainbow themed wall tapestry	13 Collaborative Communication Virtual Program 4:30-6pm GEAR 5-7 PM	14 Collaborative Communication Virtual Program 4:30-6pm	15 Yarn Pumpkins	16 Stay Safe Course* 9am-2pm
17	18 Halloween Ornaments	19 Bat Bingo	20 GEAR 5-7pm	21 International Nacho Day	22 Fall Scavenger Hunt	23
24	25 Glow in the Dark Lanterns	26 Skullflakes & Mini Skull Piñatas	27 Monster Mini Planters GEAR 5-7pm	28 Día de Los Muertos Sugar Skull Rocks	29 Halloween Hang	30 Babysitters Course* 9am-4pm

*offered through Red Dragon CPR

Wondering what's going on this month at the #stonyplainyouthcentre ?
 A lot of this: 🍁🍂👻🎃
 Some of this: 🍂🍁🎃
 With a sprinkling of: 🧰 & 🧠
 Plus we will be welcoming back the amazing Alissa!!
 #fcssyouth #parklandcounty #stonyplain #spookyseason

Guess what's back?

THE GEAR PROGRAM

Come & learn how to repair a bike from start to finish with this amazing 6 week program!

When: Wednesday Oct. 6-Nov.10, 5-7PM

A FEW EXTRA SPOTS AVAILABLE!

To register or if you have any questions call 780-968-3846
 email spyc@shaw.ca or direct message us.



Coming Soon to Spruce Grove

You Be You!

SAFE

Support & Advocacy for Everyone. (Gender Sexuality Alliance)

For adults 18+

We all have questions, let's find the answers together.
Share information, offer support, provide resources, help educate others.
2SLGBTQ+ adults and Allies welcome!

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory,
Traditional lands of First Nations and Métis people*

sprucegrovesasociety.org facebook.com/sprucegrovesga/ Instagram @sprucegrovesga
sprucegrovesga@gmail.com

You Be You!

GSA (Gender Sexuality Alliance)

2nd & 4th Friday
Every month



Dates, times, or location are subject to change!
Check our Website and Social Media!

September 10th & 24th October 8th & 29th
November 12th & 26th December 10th

2SLGBTQ+ youth & allies are welcome!

2022 Calendar begins

January 14th & 28th February 11th & 25th
March 11th & 25th April 8th & 22nd
May 13th & 27th June 10th & 24th
July 8th & 22nd August 12th & 26th

Ages 12 - 24

7:00pm – 8:00pm

Pre-register for GSA by email or text!

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory.
Traditional lands of First Nations and Métis people*

sprucegrovesga@gmail.com sprucegrovesasociety.org facebook.com/sprucegrovesga/ Instagram @sprucegrovesga
10 Fieldstone Drive, Spruce Grove (across from the high school)



GSA kids we are haunting Jubilee Park for Halloween!

Friday October 29th
7 – 9pm

Costumes are welcome, but dress warmly!

Treats, NO tricks!

2SLGBTQ+ youth & allies welcome!
Ages 12-24

Join us Friday October 29th with our special guest
Councillor Erin Stevenson
for spooky stories,
and a hot dog & marshmallow roast!
Pre-book for GSA by text or email!

Please ensure you are healthy before attending GSA.
(no coughing, sneezing, runny nose, sore throat, fever)

You Be You!

*We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory.
Traditional lands of Cree, Michif Piyii (Métis), ᑭᐱᑦᑭᐱᑦ Nēhiyaw-Askiy (Plains Cree), Denesulliné (Chipewyan),
Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).*

sprucegrovesasociety.org facebook.com/sprucegrovesga/ Instagram @sprucegrovesga
sprucegrovesga@gmail.com

Fall Program Schedule 2021

Parent Education					
Super Dads Super Kids (Dads only) - Join other dads on line to share the experience of parenting children 2-11 years of age. Topics include the role of a <i>super dad</i> , communication and child development.	Zoom	F	October 15 and November 19	7:00 pm to 8:00 pm	
Circle of Security Parenting (childcare available) - Help build a strong emotional foundation for your children through a secure parent-child relationship.	Family Connection Centre	W	October 20 to December 1 (no group November 10)	10:00 am to noon	
Triple P Discussion Group (Managing Fighting and Aggression) - In this workshop we will discuss challenging behaviours and offer suggestions to help you teach your child(ren) to solve problems and get along with others.	Zoom	T	November 2	7:00 pm to 9:00 pm	
Handle with Care - A simple interactive program to help parents and caregivers promote the positive mental health of young children.	Family Connection Centre	T	November 16 to December 7	6:30 pm to 8:30 pm	
Family Support					
I'm Fine - Pregnancy and Infant Loss Support Group	Family Connection Centre	T	First Tuesday of each month	6:30 pm to 8:00 pm	
Community Kitchen (planning/cooking) - Beginning with menu planning and budgeting followed by hands on food safe meal preparation, participants will take home three meals for their families. This session welcomes parents/caregivers and children aged 4 and up. Please register for one session only.	Family Connection Centre	Th	October 21, October 28 or November 4	4:00 pm to 6:00 pm	
Highs and Lows (Type 1 Diabetes) - For parents or caregivers with children who have T1D. Come share your "highs and lows" with other people who get it!	Family Connection Centre	T	October 19 and November 16	6:00 pm to 7:30 pm	
ADHD Workshop - Self Regulation	Zoom	T	November 16	6:30 pm to 8:00 pm	
ADHD & Occupational Therapy Workshop - Presenter: Nicole Kluthe of Woven Blessings talks about hypersensitivities; fine motor skills; gross motor coordination; time management; disorganization and executive function.	Zoom	T	November 17	6:30 pm to 8:00 pm	
Bedtime Yoga for the whole family. Join Kristi for an hour of calming, mindful movement to unwind from the day and regulate our bodies for a peaceful sleep.	For families with children Kindergarten to Grade 2	Zoom	T	November 23	6:30 pm to 7:30 pm
	For families with children Grade 3 and up	Zoom	T	December 7	7:00 pm to 8:00 pm
Youth					
Parkland Village Youth - (Grades 5-8) Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a physical activity and a cooking activity meant to support lifelong health.	Parkland Village Hall	W	Now to December 22	4:30 pm to 6:00 pm	
Breathe In and Chill Out - a three week program exploring movement and using mindful activities (developed by Strong Minds Strong Kids, Psychology Canada) that will help develop their mind body connection to improving health and reducing stress and anxiety.	For youth in grades 4 to 6	Family Connection Centre	T	October 5, 12 and 19	4:30 pm to 5:30 pm
	For youth in grades 7 to 9	Family Connection Centre	T	October 5, 12 and 19	6:00 pm to 7:00 pm
Healthy Together 1/2 Day Camp - (grades 1, 2 & 3) - This three day program involves a series of age-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.	Family Connection Centre	M, T, W	November 8, 9 and 10	9:30 am to noon	
Take the Lead 1/2 Day Camp - (girls in grades 4, 5 & 6) A program for girls that focuses on lifestyle choices to help them form healthy relationships.	Family Connection Centre	M, T, W	November 8, 9 and 10	1:00 pm to 3:00 pm	

What is on your table tonight?

Join us for a free, hands-on workshop (for parents and children aged 4+) to plan and prepare three meals for your family.

Please register on [eventbrite](#) for one session only, October 14, 21, 28 or November 4 for space and safety, children under 4 cannot be accommodated.

4:00 to 6:00 pm at the Family Connection Centre 5600 50 Street Stony Plain

We have private sessions available for groups of 3-6, call 780-963-0549 to make arrangements.



look at the available ingredients through our food rescue and food pantry and find interesting family friendly recipes



create a meal planning budget, learn ways to stretch your food dollars, plan healthy meals at a lower cost



learn safe food handling, preparing and storage skills



work together in the kitchen to prepare the meals and package them to take home



[Register Here](#)

a free, province-wide online peer-to-peer mental health community that may be of interest to you

- FREE to ALL Albertans aged 16+ through a partnership with the Alberta Government and Alberta Health Services.
- A safe, online, 24/7 peer community where members remain anonymous to each other and can share their lived experiences with common mental health concerns.
- Registered mental health practitioners moderate and monitor the community to ensure individuals are safe and feel supported. Moderators help signpost resources and escalate those at risk, but they do not provide 1:1 counselling or therapy.
- Access to self-assessments, resources and self-guided courses to help foster wellbeing.

Social Skills Group ages 8 - 12 years and ages 13-18 years

Does your child struggle with friendships and social cues?
Do they have difficulty with organizational skills?
Trouble paying attention or staying on task?
Do they have trouble managing their emotions?

We Can Help!

Join us for our Virtual Social Skills Program starting
Saturday November 13, 2021

Our groups specialize in children with ADHD, ASD, Tourette's and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for this 6 week program. Running Saturday mornings from 10:30am - 12:00pm
Youth between the ages of 13-18 years can register for this 6 week program. Running Saturday afternoons from 1:00pm - 2:30pm

All sessions are virtual sessions through Zoom

The cost of the Social Skills group is 150.00. Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD Vendor/business number is 0020051257

Join our virtual monthly parent information session - Advocate for your special needs child - Tuesday November 16, 2021 @ 7:00pm

20 Things Every Parent of Kids with Special Needs Should Hear

By Dr. Darla Clayton, PsyD, The Mobility Resource See the full article at <https://www.abilities.com/community/parents-20things.html>

- 1) You are not alone.
- 2) You too deserve to be cared for.
- 3) You aren't perfect—and that's ok!
- 4) You are a superhero.
- 5) Therapy is play.
- 6) Play is therapy.
- 7) Make time to enjoy your kids
- 8) You will be obligated to make heart wrenching decisions.
- 9) You won't always get it right.
- 10) Forgive yourself.
- 11) Being a parent is hard. Being a parent to a child with extra needs is *extra* hard.
- 12) Parenting a child with extra needs is like a marathon.
- 13) Don't lose yourself.
- 14) Keep your sense of humor.
- 15) Celebrate the little things!
- 16) Don't let typical parents get you down.
- 17) Don't compare.
- 18) You don't have to be "THAT" parent.
- 19) Make time for your marriage.
- 20) Trust your instincts.





Big Brothers Big Sisters

OF PARKLAND COUNTY

Programs in Spruce Grove, Stony Plain and Parkland County

To Volunteer, Apply Here! 

Enrol a Child Now!

<https://bbbsparkland.ca/>

Because I Love You
Parent and Youth Support Groups

B.I.L.Y. TRI REGION

Family In Crisis?



We Can Help!

Weekly Support Group MEETINGS

We are a group of parents who understand. We offer creative solutions that can help and tools to improve communication. Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.



Meetings are Free of Charge!
Tuesdays at 7 PM
Call Today for Location 587-588-8633

Parents.....

Are you dealing with

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?

Is your child between the age of 2 and 52?
Can you relate to any or all of these issues?
This parent support group is for you!

B.I.L.Y. TRI REGION
bilytriregion@gmail.com
587.588.8633

Community Supporting Us
100 Women Who Care Tri Region
Tri Region Guidance Thru Crisis Society





B.I.L.Y. offers a **youth group** designed to work specifically with youth whose parents attend and participate in the parent group. To find out more call 587-588-8633.

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 Prabh 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/AFTER HOURS CRISIS TEAM: 780-407-1000

AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895

Parenting support (APFA) - Triple P Parenting 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



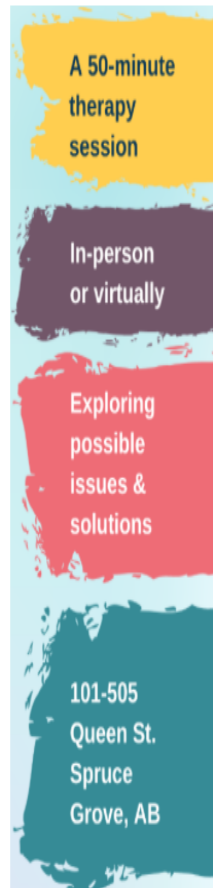
Youth Substance Use Services

Counselling services are free and confidential

We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent capable and promote the positive mental health of youth, families and communities.

- Meet in-person
- Telephone
- Video Call (Zoom)

Lisa Kimmerly
 Substance Use Therapist
 Spruce Grove/Stony Plain and Area
 780-868-1895 (text or call)



Youth Mental Health Clinic

Walk in Service

Available to Youth 11-17

Fridays only: 10AM -2PM
 First come, first serve.

Book by phone:

Day: Fridays

Time: 9AM-12PM

Phone: 780-960-9533 Ext. 221

Location: 101, 505 Queen St., Spruce Grove

www.westviewpcn.ca

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 16-25) ... 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, 4813 - 52 Avenue, Stony Plain, AB
 780-963-8583

