



Although it doesn't look particularly spring like yet, time is cruising by and we are already racing into March. February was a busy month which saw the beginning of our Q3 classes, Teachers' Convention, Family Day, and, of course, more changes in Covid restrictions. We couldn't be more proud of our student body as they adjusted respectfully and easily to the changes in masking while maintaining a welcoming, safe and positive school environment. We also enjoyed the Basketball season and celebrated the ability to have some spectators in our building. March brings with it Badminton, Rugby and continued work on our upcoming Musical Theater production as well as anticipation of Band performances and continued clubs around the school.

March is also a busy academic time in our school. The Class of 2022 is preparing for their final months of High School as they wind down Q3 and look to the last quarter of their High School careers. A reminder to parents and students of the Class of 2022 to check the school website for updates on relevant Graduation information. For parents of Grade 10 and 11 students, online registration opened at the end of February. If you have not yet registered your child to attend next year, please follow the instructions on the website to complete the online registration. This is separate from course selection, but is required in order to assign your student a timetable for next year. Course selection will also begin shortly; please keep an eye out for information on this process. Finally, this is an excellent time of year for students in grade 11 to meet with their grade counsellor to discuss post secondary requirements or their grade administrator to review their credentials and ensure they are on track for diploma requirements. Both grade 10 and 11 students should familiarize themselves with the course recommendations of their teachers to ensure they select the correct stream for their future courses.

March also brings our next round of Parent/Teacher Interviews. Teachers will have interview times available between March 2nd and March 10th based on their course timelines. This will allow them to have meaningful conversations as they selected their specific days to coincide with the end of a unit. Please go to sgchs.psd.ca/parents/interviews for instructions on how to schedule an interview. If you have any questions, our amazing office support staff will be happy to assist you.

In addition, the [Quarter 3 final exam schedule](#) is now posted on our website.

We value the role you play in your child's education. Partnership in communicating, planning and supporting our students towards their dreams is invaluable.

Linnaea Nielsen
Assistant Principal/ Directrice Adjointe
Grade 11 Coordinator

Dates to Remember

March 15 - School Council @ 7pm
March 17 - St Patrick's Day
March 17 - Grade 9 Open House
March 21 - 25 - Spring Break
March 28 - PD Day (no Classes)
March 28 - Grad Picture Retakes

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<https://urstore.ca/group/spruce-grove-composite-grad-store>

Band Notes

A quick update on the SGCHS Band Program



March 2022

The Music Goes On

Concert Band, Chamber Music, and more

Our music program continues to move forward despite all of the uncertainties these past few months, and unlike the previous two school years with COVID restrictions and bouts of online learning, we have been fortunate that our rehearsals have been taking place in a nearly normal setting this year.

Jazz Band wrapped up at the end of Q2, opening the schedule for our Concert Band to start up in Q3. Meanwhile, Chamber Ensembles have continued to learn about selecting appropriate repertoire and run effective rehearsals and have shown tremendous musical growth. Additionally, Panther Drumline has continued with their after-school rehearsals, and with spectators being allowed to watch sporting events again, we are hoping to perform at a few games before basketball season comes to a close. As always, I am constantly impressed and inspired by the dedication of our music students. Without a doubt, they are some of the hardest working and most talented students in our school.

Unfortunately, our New Year Concert that was scheduled in January had to be postponed, but we are optimistic that we will be able to share all of our hard work with you again at a live concert in April. This performance will feature all of our ensembles, including the Jazz Band whose members are so dedicated they have agreed to keep up some extracurricular rehearsal just to maintain their skills while they wait. Stay tuned for the date!

Sincerely,

Mrs. Anderson (tess.anderson@psd.ca)



Panther Band Society

Looking for more members!

The Panther Band Society is a group of parents and guardians who play an integral role in supporting the growth of our band program here at SGCHS. In the past they have contributed to fundraising for new equipment and instruments, subsidizing the cost of field trips or other band member fees, and funding the recently developed PBS Music Education Award. Their hard work supports *all* of our music students at SGCHS.

Please consider joining the PBS at their next virtual meeting on

**Thursday, March 3rd
at 7:00 pm**

A meeting link will be emailed to all parents and guardians. Please do not hesitate to contact Mrs. Anderson if you do not receive the link.



Is your band member graduating this year?

Tell them to check out the PBS Music Education Award to see if they qualify!



**Spruce Grove Composite High School
Commencement ONLY Ceremony
June 11, 2022 at 1:00 pm
Edmonton Expo Centre**

We're three months and counting until the **Graduating Class of 2022** will cross the stage. Tickets for our event are \$35.00/each. They will be sold online starting April 19. More details will follow in our April newsletter.

We are happy to announce that we have been able to reduce our Grad Fee from \$52.50 to \$44.00 and you will notice this reduction on your PowerSchool Parent Portal. If you had already paid this fee, you will notice a credit on your account and it will be reimbursed at the end of this school year.

The Grad Fee includes:

- certificate and cover that each student keeps;
- souvenir grad gown, vee stole, cap, tassel that each student will keep;
- 4 x 6 picture of the student crossing the stage and receiving their certificate from Mr. Rose.

Details on how to order the souvenir graduation package will be provided in our April newsletter.

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 sgchsbabypics2022@gmail.com The submission deadline is **March 18**.

Grad Picture retakes take place on **Monday, March 28** which is a PD Day. The site is now open and you can book your online appointment at <https://booknow.appointment-plus.com/1dqlkmce> If this is your first sitting, please remember Lifetouch charges a \$25.00 sitting fee that can be paid at the time of your appointment.

Students if you are interested in providing **entertainment** at grad or **designing the cover** of the grad program, please come and see Mrs. Nullmeyer in the main office. The deadline is Wednesday, March 30.

Please note the Edmonton Expo Centre is required to follow AHS protocol and as of today, they no longer require proof of a QR vaccine code to attend this exciting milestone; however, they are still mandating masks. Please keep in mind this is subject to change and as we get closer to our graduation date we will continue to keep you informed.

For any other details please email Cindy Nullmeyer at cindy.nullmeyer@psd.ca or call the school. Students, parents and guardians are reminded to keep updated with all pertinent graduation information on our website <https://sgchs.psd.ca/students/graduation>



Graduates!

**Get your
2022 Grad
hoodie
today!**



<https://urstore.ca/group/spruce-grove-composite-grad-store>



Dear parents and caregivers,

Being the parent of a teen is hard, hard work! This newsletter explores all things 'teen'. Don't expect yourself to be a 'perfect parent' to your teen all the time, but please know there are resources in your community that can help you through this stage.

Vicky and Dena (Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison)



The Teenage Brain with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

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

There are many challenges to becoming a teenager. Teens often want increased responsibilities and privileges but their decision-making capacity is still developing. Specifically, it is their executive functioning skills that are still developing, which provide some challenges with activities such as planning, organizing, strategizing, paying attention to

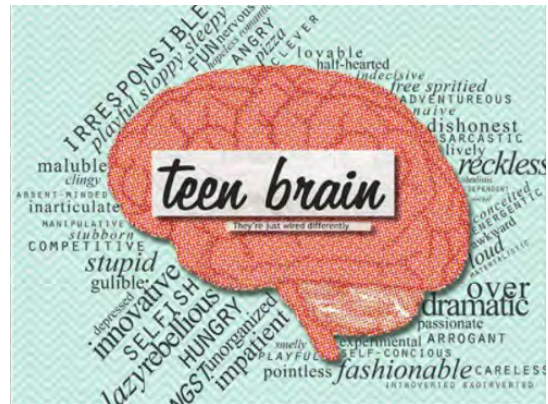
and remembering details and managing time and space. Helping teens improve their executive functioning skills may help them in the following ways:

- o To make specific plans
- o Keep track of time and finish work on time
- o Keep track of more than one thing at once
- o Meaningfully include past knowledge in discussions
- o Evaluate ideas and reflect on their work
- o Ask for help or seek more information when they need it
- o Engage in group dynamics
- o Wait to speak until they are called on
- o Make mid-course corrections while thinking, reading and writing

Teens are more likely to make poor choices if not provided sufficient structure and modeling to develop executive functioning skills. Some common signs that may indicate your teen might require further scaffolding in executive functioning may include some of the following symptoms:

- Impulsive behaviors such as the inability to stop and think before acting
- Difficulty with emotional control and becoming easily stressed
- Difficulty with planning and outlining steps to reach a goal
- Difficulty making decisions about what to focus on first
- Difficulty sustaining attention and getting easily distracted

Harvard University Center on the Developing Child provides some practical suggestions for helping teens make positive choices by focusing on the development of their executive functioning skills in daily goal setting, self-monitoring skills, study skills, and everyday activities.



Everyday Activities

There are a variety of everyday activities that teens can work on to develop their emotional regulation skills. Teens can benefit from gradually increasing the challenge and focus on continual improvement. Activities suggested by Harvard University Center on the Developing Child include:

- Involvement in sports as they help teens self-monitor, make quick decisions, and respond flexibly to play. Ongoing, challenging aerobic activity can also improve executive function.
- Yoga and meditation promote mindfulness, and may help teens develop sustained attention, reduce stress, and promote less reactive, more reflective decision-making and behavior.
- Music can help facilitate working memory, selective attention, cognitive flexibility, and response inhibition.
- Theater helps individuals develop plans, sustain attention, and improve working memory.
- Strategy games and logic puzzles help support working memory, planning, and attention.
- Computer games can also be valuable, as long as time limits are established and observed to promote selective attention, monitoring, and response inhibition.

Study Skills

Teens are expected to become progressively independent and organized in their academic work at school. Academic tasks provide a practical way to develop executive functioning skills in the following ways:

- Breaking a project down into manageable pieces
- Identifying timelines for completing academic assignments and breaking tasks into smaller steps
- Using timers to self-monitor to help students sustain attention and manage their time effectively
- Minimizing multitasking by reducing distractions (e.g., turn off electronics, find a quiet room)
- Use a calendar to keep track of timelines and deadlines

Developing executive functioning skills is an ongoing process. Harvard University Center on the Developing Child recommends parents consider integrating the following principles in everyday life to help children and teens develop executive functioning skills. Here they are below:

- Identifying goals, planning, monitoring progress, and adjusting behavior are important skills to practice.
- Focus on the planning process by encouraging teens to identify something specific that they want to accomplish. Most importantly are the goals that are meaningful to the teen and not established by others. For example, for some teens, planning the college application process may be self-motivating, but for others, planning a social event may be more important. The goal is to start with something fairly simple and achievable, such as getting a driver's license or saving money to buy a computer, before moving on to longer-term goals like buying a car or applying to colleges.
- Help teens develop plans for steps to reach these goals. They should identify short- and long-term goals and think about what has to be done to achieve them. For example: If teens want their team to win the sports championship, what skills do they need to learn? How might they practice them? Identify some problems that might arise, and encourage the teen to plan ahead for them with goal setting.
- Taking on large social issues, such as homelessness, domestic violence, or bullying can be both appealing and overwhelming to teens. Each goal of developing executive functioning should be tailored to your teens interests or passions. DoSomething.org and VolunteerMatch.org can help identify concrete actions if there is interest in this area.
- Remind adolescents to periodically monitor their behavior and consider whether they are doing the things they planned and whether these plans are achieving the goals they identified. "Is this part of the plan? If not, why am I doing it? Has something changed?" Monitoring in this way can identify counter-productive habitual and impulsive actions and maintain focused attention and conscious control.

Source: Harvard University Center on the Developing Child – Accessed from <https://46y5eh11fhqw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Activities-for-Adolescents.pdf>



Strong Families: What Were They Thinking? The Teen Brain

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, Parkland School Division's own Meghan Cox will teach parents about the changes their children's brains go through when they reach puberty, and how brain development may account for some teens' irrational behaviour. Parents will also learn how to help their teens through this turbulent time and emerge with the skills they need to take on adulthood.

Date: **Tuesday, March 15, 2022**

Time: **6:30-8:30pm**

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

Presenter: **Meghan Cox, Parkland School Division High School Counsellor**

When it comes to your teen's antics, ever wonder what were they thinking? We often feel that teens "should know better". This informative session will give insight into how the teenage brain develops, and what we now know about brain development in general. We will also discuss ways to help your teen through these trying times, working together to build the skills they'll need to last a lifetime.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/what-were-they-thinking-the-teen-brain-registration-272229193847>

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

The Teenage Brain



<https://mentalhealthliteracy.org/the-teen-brain/>

<https://youtu.be/EGdlpaWi3rc>

TEENING YOUR PARENT/PARENTING YOUR TEEN



TEENING YOUR
PARENT



PARENTING YOUR
TEEN

<https://mentalhealthliteracy.org/parents/>

<https://raisingchildren.net.au/pre-teens/development/understanding-your-pre-teen/brain-development-teens#building-a-healthy-teenage-brain-nav-title>

Parenting Your Teen

<https://parentandteen.com/>

The Teen Brain - Still Under Construction

http://www.ncdsv.org/images/NIMH_TeenBrainStillUnderConstruction_2011.pdf



Out of the house Out of your hair!!

The Tri-Municipal Region Spring Info Night is a great opportunity for local businesses and organizations to share information on their sports/recreation/wellness organizations, advertise programs, accept registrations, and promote spring/summer leisure and wellness activities available within Spruce Grove, Stony Plain and Parkland County.

This event will take place in Stony Plain at Heritage Park.

Learn more and/or register for a table at trileisure.com/events



Funding is available!! Your family may be eligible!

KidSport Parkland <https://kidsportcanada.ca/alberta/parkland/>

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Parkland, or in one of the other communities we serve.

Wisdom from a grandma – what I have learned

-my teens didn't sleep well when I yelled at them before they went to bed. A hug worked better.

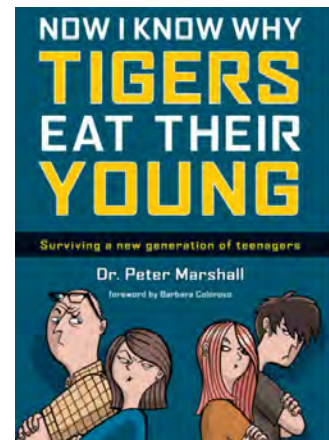
-if I yelled at my teens in the morning, they didn't have a good day at school.

-over time I realized that my tone became their tone. If I was critical, they were critical of themselves.

- I learned that speaking lovingly, kindly and hopefully helped me to be the best parent I could be and helped my teens do well.

-My final word of wisdom is just to listen, listen and listen.

This wisdom is gained over time, I also realized there is no perfect parent, I just do the best I can every day.

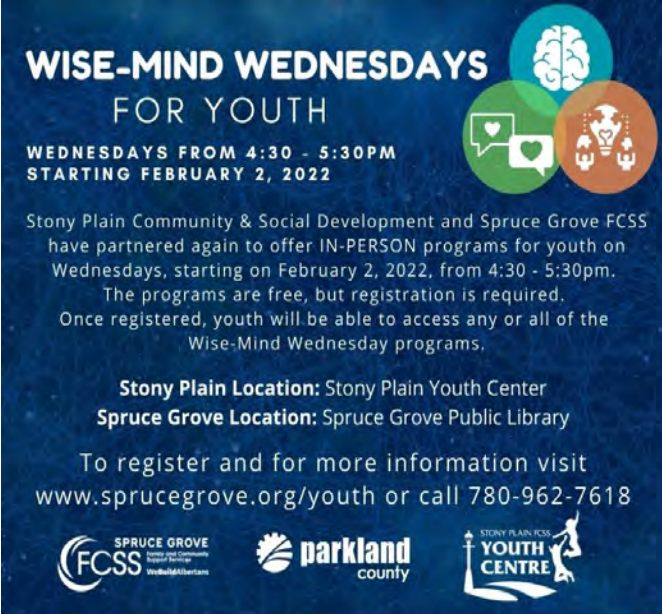


Grandparents As Parents (GAP) group

Are you a grandparent raising your grandchildren? Check out the grandparents group!

Kathy (Facilitator)
Stony Plain Senior's Center
Friday Morning 945am-12pm
Following REP program
780-963-3897

Check out the Stony Plain Youth Centre on Instagram



**WISE-MIND WEDNESDAYS
FOR YOUTH**

WEDNESDAYS FROM 4:30 - 5:30PM
STARTING FEBRUARY 2, 2022

Stony Plain Community & Social Development and Spruce Grove FCSS have partnered again to offer IN-PERSON programs for youth on Wednesdays, starting on February 2, 2022, from 4:30 - 5:30pm. The programs are free, but registration is required. Once registered, youth will be able to access any or all of the Wise-Mind Wednesday programs.

Stony Plain Location: Stony Plain Youth Center
Spruce Grove Location: Spruce Grove Public Library

To register and for more information visit
www.sprucegrove.org/youth or call 780-962-7618

Logos for Spruce Grove FCSS, Parkland County, and Stony Plain FCSS Youth Centre are at the bottom.



Winter/Spring events are virtual or limited numbers until mandates change. All programs are registration only, no drop ins at this time. Please register for any of the programs at mysppl.ca

Insightful Innovations

Ages 6-12 online Thursday, 4:15pm-5:00pm Registration required Crafts, technology, art, books and more! Bring your creative ideas to the library. Exciting discoveries will be made!

Entertainment Engineers

Ages 6-12 online Tuesdays, 4:15pm-5:00pm Registration required Design, play and build your own games using the 3D printer!

Story Time

Ages 2-5 Registration required

Thursdays, January 14 to February 24

10:15-10:45am

10:50-11:20am

Friday, 10:05-10:35am

10:40-11:10am

11:15-11:45am

To accommodate COVID restrictions we are restructuring our Teddy and Preschool story times into 30 minute time slots.

Children/families will enjoy lively action rhymes, songs and a story. Each child will take a craft they can do at home.

Drama Club

Ages 6-12 online

Mondays, 4:15pm-5:00pm Registration required Create, act, design your own plays!

Big Little Tale of Two Cities

Ages 9-12 online Registration required

Join us for the "best of times" as we hang out and talk books with friends from our sister library, St Thomas Public Library

Kids Can Cook

Ages 6-12 online
Wednesday, 4:00pm-5:00pm Registration required Virtual cooking fun in your own kitchen! Fun and easy after school snack recipes!

Kids without Limits

Saturday, March 26
Saturday, May 28
1:30pm – 3:00pm Registration required

No School Day Events

Ages 6-12 online 1:30pm-4:30pm Registration required
Tuesday, March 22 and Wednesday, March 23 Spring Break Camp, The Unbelievably Amazing Race!
Monday, March 28 - Crack the Codes!
Thursday, May 19 - What a Wonderful World

ACT Social Lab Digital Literacy Outreach

Parkland County, Stony Plain & Spruce Grove are providing FREE computer literacy training.
For information on programs visit mysppl.ca or contact Leanne Knapp cell: (780) 264-1145
email: info.actcompclasses@gmail.com



The Community Compass and Stony Plain Public Library



Program Highlights:

Board Game Night NEW

Enjoy playing some of your favorite board games and tabletop games with family and friends We will highlight games that are a part of our expansive library collection (*snacks provided*).

You can even borrow the games you like with your library card and play them at home!

Monthly, 1st Friday of the month
February-June 4:00-5:00pm

4 March, 1 April, 6 May, 3 June
All Ages (10+ recommended) In-person, registered.

Dungeons & Dragons Club

Join in on the action and adventure as we campaign our way through the world of Dungeons and Dragons. No previous gaming experience required. All levels of expertise are welcome.

Monthly, last Saturday of the month
January-May 2:00pm-3:00pm

26 February, 26 March, 30 April, 28 May
13+ In-person, registered.

Virtual Art Program: Art Collection Adventure NEW

The AGA has over 6,000 objects in their collection. Students get a behind-the-scene look at how they store ALL of that art while uncovering a few gems hidden in the vaults.
These 30-min artful conversations are facilitated by Art Gallery of Alberta online through Google Meet.

Thursday 24 March @ 9:30-10:00am

School age kids, Homeschoolers and All Ages

Recommended for Grades K-3

Online, registered

The Tech Bowl is back!

Splash into our Tech Bowl this season! Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

Tuesdays 12-8pm

All Ages

Wednesdays 3-6pm

children under 12 must have caregiver on premises

Thursdays 3-6pm

In-person

Fridays 12-6pm



LD Edmonton

Learning Disabilities Association of Alberta - Edmonton Chapter

Check out LD Edmonton for Social Skills Groups and for virtual monthly parent information sessions. (second and fourth Wednesday of the month)

For more information contact info@ldedmonton.com, call our office at 780-466-1011

- 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?

Roblox Social Group 7+ Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and specifically designed to help children improve skills such as organization, time management, planning, flexibility, self-awareness, and focus. Both fun and educational, The purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

Sunday's starting	Girl Power	Wednesday's starting
February 27, 2022	Tuesday's starting	February 23, 2022
1:00pm – 2:30pm	February 22 2022	4:30pm - 6:00pm
6 week session	4:30pm - 6:00pm	6 week session

For more information, please contact info@ldedmonton.com, call our office at 780-466-1011,



GSA - Youth Group
Gender Sexuality Awareness
2nd & 4th Friday - 7:00pm to 9:00pm

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

2SLGBTQ+ youth & allies are welcome!
Ages 12 – 24

You Be You!

February 25 th	March 11 th & 25 th
April 8 th & 22 nd	May 13 th & 27 th
June 10 th & 24 th	July 8 th & 22 nd
August 12 th & 26 th	September 9 th & 23 rd
October 14 th & 28 th	November 11 th & 25 th
December 9 th	January 27 th , 2023

Pre-register for GSA by email or text!

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

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

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory. Traditional lands of Cree, Michif Piyil (Métis), ᓂᓐᐱᓂᓐ ᐱᓂᓂᓂᓐ Nèhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan), Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

sprucegrovesa@gmail.com sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



SAFE
Support & Advocacy for Everyone
Gender Sexuality Awareness

7 pm – 9 pm
3rd Thursday
each month

2SLGBTQ+ adults & allies are welcome!
Adults 18+

You Be You!

March 17 th	April 21 st
May 19 th	June 16 th
July 21 st	August 18 th
September 15 th	October 21 st
November 18 th	January 20 th , 2023

Please pre-register for each meeting by email

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

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

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sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa sprucegrovesa@gmail.com
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



Spruce Grove GSA
Gender Sexuality Awareness
ages 12-24

For the safety of our communities and to ease the strain on our healthcare system the following rules have been implemented as we share our space with other groups:

You Be You!

SAFE
Support & Advocacy for Everyone
ages 18+

Proof of Covid vaccinations
Pre-registration by email or text
Covid health checks before attending
Masking - Physical distancing - Hand sanitizing

Please ensure you are healthy before attending our events and meetings.

No coughing, sneezing, runny nose, sore throat, fever.

We respectfully thank and acknowledge that we are situated on the Indigenous lands of Treaty 6 territory. Traditional lands of Cree, Michif Piyil (Métis), ᓂᓐᐱᓂᓐ ᐱᓂᓂᓂᓐ Nèhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan), Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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

Because I Love You
Parent and Youth Support Groups

B.I.L.Y. TRI REGION

Family In Crisis?

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?
- Chaos?
- Running Away?
- Curfew?

Is your child between the age of 2 and 5? 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

CACT **Stony Plain** **Rotary**
Club of Stony Plain

We Can Help!

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.

Stretch your food hamper through our free - Community Kitchen

- learn food preparation tips and safety
- select budget friendly healthy options
- prepare 3 family portion meals to take home
- sign up at www.apfa.ca for any of the dates available or call 780-963-0549 to arrange a time convenient for you
- call if you require transportation or childcare assistance
- 5600 50 Street Stony Plain

Family CONNECTION CENTRE **apfa** Alberta Parenting for the Future Association **United Way** Alberta Capital Region

Lighthouse church
Outreaches

Food for the Soul
in Partnership with *A New Life*
IMMANUEL
Pack A Care Kit

Lighthouse Church Training Center **GARMENTS OF PRAISE** **FOOD FOR THE SOUL**
FEEDING BOTH BODIES & SOULS

Check out the Lighthouse Church Community Outreach Days on FB.



Check it out on facebook.

Offering help

Offering a warm and nutritious meal on the second Friday of every month to those who would find it helpful in the Tri-Region Area



Parkland County FCSS
1d · 🌐

Ages: 18+
Cost: Free
Location: Online
Registration: To register, please call Alycol Integrative Health Services at 587-337-9900

Restoring Family Peace:
Boundaries and Communication Skills
Developed and facilitated by: Vanessa Foley and Melissa Cayen of Alycol Integrative Health Services

 **March 10 and 24, 2022**
6:00 p.m. to 9:00 p.m.

To register for this FREE two-part workshop call 587-337-9900
www.sprucegrove.org/fcssprograms

Something For Everyone!

Look below to see the incredible number of sessions that are being offered over the next couple of months. These opportunities are certainly something positive that has come from the pandemic. We hope you find something that sparks your interest and feeds your curiosity. All sessions are free and online.

Family 2 Family

Join **Glenrose clinicians** for an **online presentation, tips and resources** on topics that affect quality of life for children and families. Bring your questions and real-life scenarios! Parents and family caregivers only please.

Positive Parenting – Support and Strategies Behavior, Self-Esteem and Learning

March 15, 6:00 – 7:30 pm

Anxiety – Helpful or Problematic

April 20, 6:30 – 8:00 pm

Sensory Regulation Strategies and Children with Varying Needs May 17, 6:30 – 7:45 pm

For registration or to receive upcoming Family 2 Family calendars . Please call Charlene Prochnau at 780-735-7999 ext 15578 or email at PFRC@ahs.ca

Caregiver Education Series

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, February 24, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Register at:

https://albertahealthservices.zoom.us/webinar/register/WN_ET1BPGNkTkuEwviIQFZaq

A quick glance at sessions offered in March through the Caregiver Education Series

**Caregiver Education Sessions
6:00 – 7:30 pm**

Understanding Autism
Monday, March 7

**Substance Use: A Harm
Reduction Approach** Wednesday,
March 9

**Test Anxiety: Strategies for
Success**
Monday, March 14

**More than Just a Bad Day:
Understanding Depression
and Self Injury**
Wednesday, March 16

**Mindfulness: Benefits for the
Whole Family**
Monday, March 21

**Lunch & Learns
12:00 – 1:00 pm**

Understanding Anxiety Series

**Part 4: Overcoming
Avoidance**
Wednesday, March 2

Part 1: An Introduction
Wednesday, March 9

Part 2: Calming Our Bodies
Wednesday, March 16

Part 3: Settling Our Minds
Wednesday, March 23

**Parenting Strategies that
Promote Positive Mental Health**
Part 1: Tuesday, March 1 Part 2:
Tuesday, March 8

**Parenting Teens in the 21st
Century**
Part 1: Tuesday, March 15 Part 2:
Tuesday, March 22

**Drop-In Series
6:00 – 7:30 pm**

SEEDS Parenting Series
**Creating Positive
Experiences Through Play**
Thursday, March 3

**Supporting Emotional
Growth in Children** Thursday,
March 10

**Motivating Your Child
Through Praise and Rewards**
Thursday, March 17

**Supporting Your Child with
Structure and Routine**
Thursday, March 24



For more information, visit www.cyfcaregivereducation.ca



Reach out for support



New year, new stress? There can be a lot of pressure surrounding the start of a new year. However, setting achievable goals can be a valuable step towards positive mental health. @togetherall have shared their tips for setting achievable goals for the year ahead. Togetherall is an anonymous online community to support your mental health, join today for FREE at <https://bit.ly/3IPTBBm> using your Postal Code.

[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.



One in 5 Canadians experience a mental illness or addiction problem - and nearly half of Canadians reported that their mental health worsened during the pandemic.

Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

Download the APP from the Apple APP Store or Download the APP from Google Play

An infographic titled "Need mental health or substance use support? Help is just a call or click away." It provides contact information for various services:

- Call:** 1-866-585-0445
- Visit:** wellnesstogether.ca
- Text:** Adults text **WELLNESS** to 741 741; Youth text **WELLNESS** to 686 868; Front line workers text **FRONTLINE** to 741 741
- App Stores:** PocketWell
- Indigenous Peoples - Hope for Wellness Help Line:** 1-855-242-3310; hopeforwellness.ca
- Suicide Prevention Service:** 1-833-456-4566
- Quebec:** 1-866-277-3553 (1 866-APPELLE)

At the bottom, it states: "If you are in immediate danger, call 911 or your local emergency line." The infographic also features the "WELLNESS TOGETHER Canada" logo and the "Canada" logo.

Reach out for support in our community....

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Michelle Enright - 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)



A 50-minute therapy session

In-person or virtually

Exploring possible issues & solutions

101-505 Queen St. Spruce Grove, AB

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 Helpline780-454-8888
 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 Centre780-968-3600
 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: 512/4ay)
 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 19-29) ... 780-415-0048
 Child and Adolescent
 Mental Health Services 780-342-2701
 Westview PCN Youth
 Mental Health Clinic (ages 17-24) ... 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 2105, 505 Queen Street, Spruce Grove, AB 780-962-7618
 Stary Plain FCSS 2107, 4912-52 Avenue, Stary Plain, AB 780-963-8583



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SGCHS Grad Gear 2022

Order Deadline: June 15th...



Talk to a URstore Pro

1-866-306-9353 Chat



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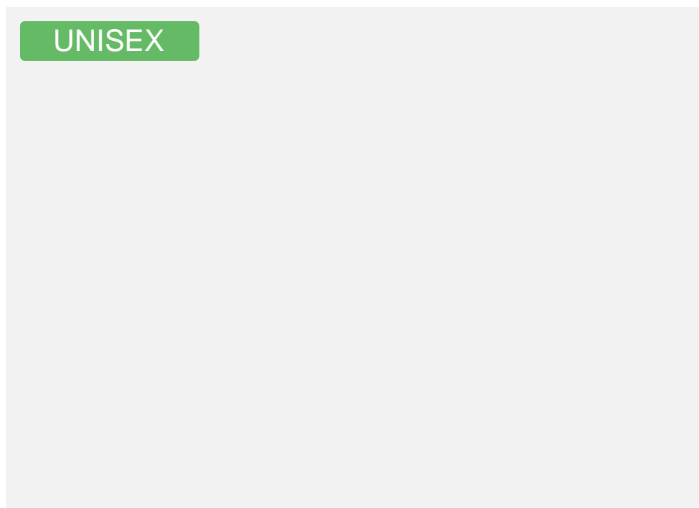
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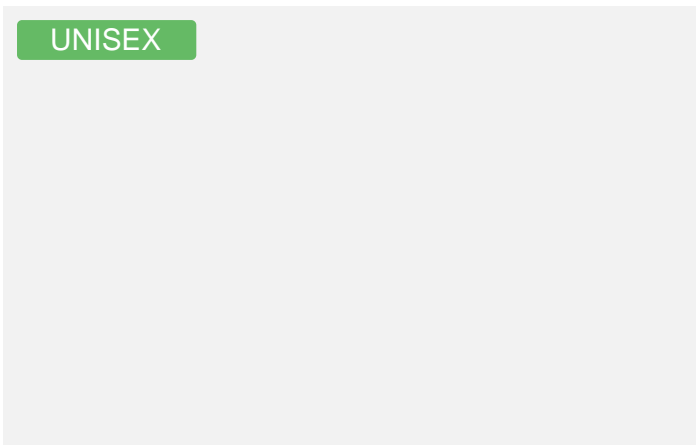
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Champion (S1051)

Unisex 82/18 Cotton/Poly Hoodie

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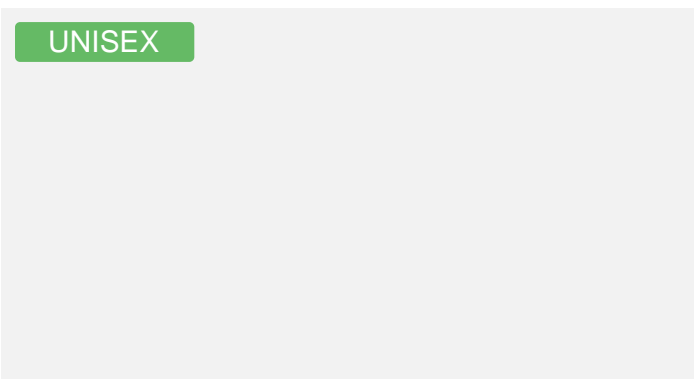


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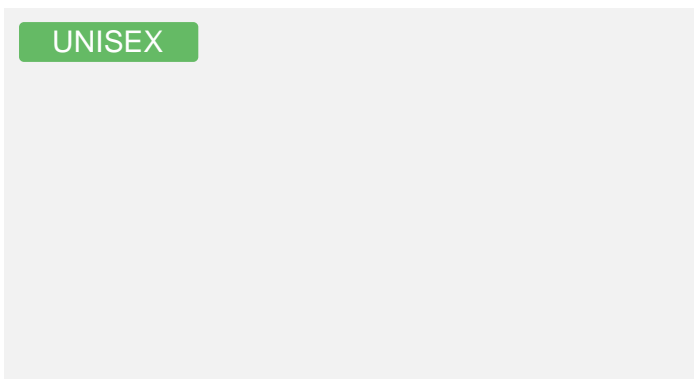
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ATC (ATCF2400)

Unisex 50/50 Cotton/Poly Fleece

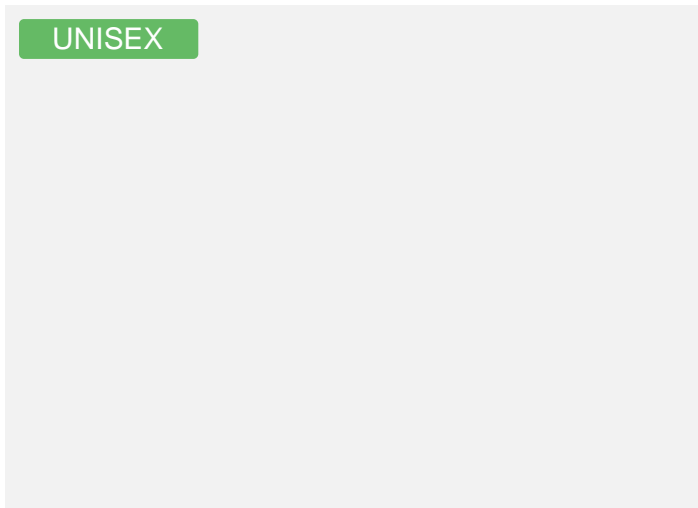
\$39.95



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Champion (S1049)

Unisex 82/18 Cotton/Poly Crewneck

\$99.95



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Champion (S1049)

Unisex 82/18 Cotton/Poly Crewneck

\$99.95



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