

Hello all. I hope you had a restful, refreshing Spring Break.

Just as we are transitioning to warmer seasonal weather, April also acts as one last transition for students as they end Quarter 3 and begin Quarter 4, the final term of the school year. As such, parents and students should be aware of, and plan accordingly for the completion of final assignments, projects and exams which provide important final indicators of student success and achievement. If you have yet to see the exam schedule on our website, please do so by visiting the following link - [Q3 Exam Schedule](#).

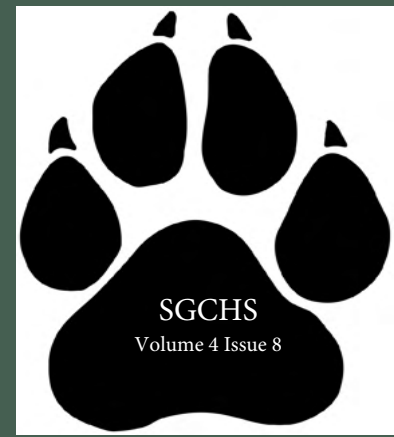
April is also the month when administrative planning for the 2022-23 timetable and school year begins. As such, I am pleased to share that the upcoming school year will see the majority of SGCHS courses, including all core courses, be timetabled within a semestered system while allowing for some courses, such as our CTS courses, to continue within a quartered system as these particular courses saw rich benefits for our students when delivered in longer blocks of time.

This month will also see grade 10 and 11 students completing the course selection process for their grade 11 or grade 12 school years. This formal process will begin on April 19th and 20th with grade level assemblies or virtual addresses by grade coordinators and counselors to their grade level students. These presentations will provide important information related to course requirements, course selection planning and high school diploma requirements. Students will formally input their course selections online, at home through their PowerSchool account between April 20th and 29th. Parents/guardians and students can expect direct email communication on April 19th or 20th which more specifically outlines the course selection process and provides a copy of the virtual address and an online course selection video tutorial to guide students through their online course selection.

We strongly encourage students to begin their individual planning process by accessing in depth information on all SGCHS courses and streams through our Student Handbook's Section on [Registration](#) (starting on pg 28), consulting with current teachers and counselors or researching potential post-secondary programs to find out about required courses and competitive averages required for admission, and by accessing an online interest or skills inventory such as [MyBlueprint](#). Additionally, please make sure your student has signed up for a myPass account, which is your student's direct, secure access to their accurate and up to date Alberta Education information. This account is required for viewing diploma exam marks, tracking high school credits, ordering transcripts, etc. Lastly, if your student is considering completing a course through [CFL's Summer School](#) programming please contact your grade level coordinator or counselor to ensure this choice best aligns with the student's 3 year high school plan.

Although it is always an exciting time to begin thinking about new goals and planning to achieve them, your students should not forget that the first step towards meeting next year's goals is to ensure their attention, diligence and overall work ethic is applied in a way that fulfills current goals.

Cam Robertson  
Assistant Principal & Gr. 10 Coordinator  
SGCHS



## Dates to Remember

- April 1 - Band Concert 7pm
- April 4-13 - Final Exams (see exam schedule)
- April 14 - No school
- April 15 - Good Friday (no School)
- April 18 - Easter Monday (no school)
- April 19 - First Day Q4
- April 19 - Grad Ticket Sales start
- April 28-30 - Drama Production *We Will Rock You*

## In this Issue

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- Page 5 - Grad Information
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<https://urstore.ca/sgchs-panther-apparel>

# SGCHS Final Exam Schedule

## Quarter 3 2021-22 School Year

Students should plan to arrive at their exam location 15 minutes BEFORE exam start time!

<b>Date/Day</b>	<b>AM/PM</b>	<b>SCHOOL EXAMS &amp; LOCATIONS</b>	<b>AM/PM</b>	<b>DIPLOMA EXAMS &amp; LOCATIONS</b>
<b>April 4</b> (Monday)			9am	<b>English 30-1, 30-2 Part A</b> (Room: Library)
<b>April 5</b> (Tuesday)			9am	<b>Social Studies/Etudes Soc. 30-1, 30-2 Part A</b> (Room: Library)
<b>April 6</b> (Wednesday)			9am	<b>English 30-1, 30-2 Part B</b> (Room: Library)
<b>April 7</b> (Thursday)			9am	<b>Social Studies/Etudes Soc. 30-1, 30-2 Part B</b> (Room: Library)
<b>April 8</b> (Friday-AM)		<b>Last Regular AM Class for ALL Students</b>	9am	<b>Mathematics 30-1, 30-2</b> (Room: Library)
<b>April 8</b> (Friday - PM)		<b>Last Regular PM Class for ALL Students</b>	1pm	<b>Biology 30</b> (Room: Library)

<b>April 11</b> (Mon - AM)	8:30am	<b>Etudes Soc. 10-1/10-2 - Schermbrucker</b> (Room 209) <b>Social 10-1 - Leithoff</b> (Room 222) <b>Social 10-2 - Bounds</b> (Room 161) <b>Social 10-2 - Finlayson</b> (Room 217) <b>Social 20-1 - Finlayson</b> (Room 221) <b>Social 20-1 - Rolfe</b> (Room 218) <b>Social 20-2 AM - Gamble</b> (Room 219) <b>Social 20-2 PM - Gamble</b> (Room 223) <b>French Lang. Arts 20-1/20-2 - Nielsen</b> (Room 207)	9am	<b>Chemistry 30</b> (Room: Library)
<b>April 11</b> (Mon - PM)	12:00pm	<b>English 10-1 - Kowalchuk</b> (Room 227) <b>English 10-1 - Leduc</b> (Room 230) <b>English 10-2 - McLaughlin</b> (Room 231) <b>English 10-2 - Pocock</b> (Room 233) <b>English 20-1 - Young</b> (Room 229) <b>English 20-2 - McIlhone</b> (Room 228) <b>English 20-2 - Pocock</b> (Room 226)	1pm	<b>Science 30</b> (Room: Library)
<b>April 12</b> (Tues - AM)	8:30am	<b>Math 10C - Groenewegen</b> (Room 328) <b>Math 10C - Schofield</b> (Room 301) <b>Math 10-3 - Maxwell</b> (Room 327) <b>Math 10-3 - Finnigan</b> (Room 160)	9am	<b>Physics 30</b> (Room: Library)
<b>April 12</b> (Tues- PM)	12:00pm	<b>Math 20-1 - Fouquette</b> (Room 325) <b>Math 20-1 - Milne</b> (Room 326) <b>Math 20-2 - Chodzicki</b> (Room 329) <b>Math 20-3 - Petterson</b> (Room 324) <b>Math 30-3 - Groenewegen</b> (Room 328)		

<b>April 13</b> (Wed - AM)	8:30am	<b>Math 31 - Maxwell</b> (Room 327) <b>Science 10 - Langdale</b> (Room 314) <b>Science 10 - McGonigal</b> (Room 308) <b>Science 14 - Mahaffy</b> (Room 321) <b>Science 20 - Petryshen-Kozak</b> (Room 310) <b>Science 24 - Petterson</b> (Room 301) <b>Biology 20 - Strydhorst</b> (Room 320) <b>Chemistry 20 - Arnason</b> (Room 323) <b>Physics 20 - Langdale</b> (Room 324)		
<b>April 13</b> (Wed - PM)	12:00pm	<b>Conflict Exams</b> (Room 102b - CALM Room)		
<b>April 14</b> (Thursday)		<b>Quarter Turnaround Day - No Exams</b>		



This is a reminder that your large, printed PSD calendars are not accurate.

It probably feels like a long time ago, but please recall that in September, PSD changed the School Year Calendar to accommodate Truth and Reconciliation Day (September 30th). The old printed calendar has May 19-20 as "students do not attend" and this is not correct. We cancelled the non-operational day on May 20th to move it to September 30; the PD on May 19th was moved to May 20th, and **May 19th (Thursday) is now a full instructional day.** We want to avoid any confusion for staff, students or families who may view this printed calendar--There are classes on May 19th. The electronic versions of the calendar have all been updated.





## **GRAD COMMENCEMENT CEREMONY**

**JUNE 11, 2022 @ 1pm**

**Edmonton Expo Centre**

*As mentioned in previous newsletters and an email to grade 12 students and families, the three local high schools in this area--MCHS, SPACH and SGCHS--have chosen to continue with the consistency we established when we worked together on last year's Drive In Graduation Ceremonies for students at the Edmonton Expo Centre. This year, all three schools have planned Commencement Ceremonies which do not include a dinner and dance.*

*Over the last several years, more and more families have chosen to participate in the Ceremony portion and not the dinner and dance held afterward. As SGCHS and our sister schools always strive to be equitable and inclusive, we are committed to providing a Graduation Ceremony which celebrates this milestone for ALL students in a safe and caring way. Our school would be more than willing to work with and support a parent organized dinner and dance; at this time, no one has approached us to propose one for the Grad of 2022.*

*Currently, here at SGCHS, our student led graduation committee is working very hard with staff advisors to finalize details to provide entertainment, speeches and our traditional Grand March to showcase the Class of 2022 at our Ceremony on June 11, 2022. These students deserve to be the center of our attention as it is their Graduation Year.*

**TICKET INFORMATION:** There are 2 rounds of online ticket sales:

- Round 1 of online ticket sales: **April 19 at 9am - May 15 at 11pm** (limit of 10 tickets/graduate).
- Round 2 of online ticket sales: **May 17 at 9am - May 24 at 11pm** (unlimited tickets).
- ALL tickets are purchased online at: <https://sprucegrove.inviteright.com/grad2022>
- Tickets are **\$35.00** each and InviteRight charges a service fee of 4.9% + \$2.75 per ticket.
- Everyone, including Graduates, must purchase a ticket.
- General seating.
- Children 6 years of age and under are free.
- All sales are final, no refunds.

**BABY PICTURE:** Grads, did you miss the deadline? It's Not Too Late! Please email a **baby picture** with **your name in the subject line** and **an appropriate quote** to [sgchsbabypics2022@gmail.com](mailto:sgchsbabypics2022@gmail.com)

**GRAD LIST:** The 2022 Grad list will be posted on Tuesday, April 19. Grade 12's **MUST** be on the grad list in order to purchase tickets.

**GRAD FEE:** Each grade 12 student is required to pay the **\$44.00 Grad Fee** (included in school fees) if they haven't already done so. This fee includes:

- certificate and cover that each student keeps,
- 4 x 6 picture of the graduate crossing the stage receiving their certificate from Mr. Rose,
- souvenir grad gown, vee stole, cap and tassel that each student keeps. Please follow the steps below to order between March 28 - May 5.

**SOUVENIR GRAD PACKAGE:** Students can order their souvenir grad gown package by logging onto <https://www.buildagrad.ca/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 5, 2022**. The gowns are shipped to the school and will be distributed to students at the end of May or beginning of June.

**GRAD PHOTOS:** If you missed having your grad pictures taken or require a retake, please contact Lifetouch directly at 780-437-2431 to have your picture taken in their Edmonton studio.

We are only a few months away from GRAD now. It's very important that you check our website regularly for all up-to-date information. If you have any questions regarding GRADUATION, please contact Mrs. Nullmeyer at [cindy.nullmeyer@psd.ca](mailto:cindy.nullmeyer@psd.ca) or call 780-962-0800.

## Parkland School Division Family Supports Newsletter April, 2022

Dear parents and caregivers,

We all feel anxious sometimes, it can be useful in certain situations to get us going, meet deadlines and also to help us to remove ourselves from situations that are not safe. Sometimes anxiety can become a problem and it is important not to ignore it but to reach out for support. Community supports are listed at the end of this newsletter.

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



### Anxiety with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars  
Low cost counselling for children and adults

Coping with anxiety can be challenging both for parents and their children. The first step to help our children better cope with anxiety is learning to listen and support the unique needs of the child. Teaching our children to “be okay” with not being okay is an important first step. This creates openness and acceptance to process their emotions. We also need to help our children identify how anxiety impacts the way they think, feel, and act, to cultivate emotional awareness. Learning about how anxiety impacts the way we think and feel provides clues in areas where our children may learn new strategies to cope with anxiety. Emotional awareness can then lead to emotional regulation.

Anxiety Canada provides practical resources for parents and youth to help manage physical symptoms of anxiety, improve thinking patterns, and identify supportive plans to help our children face their fears. Your child may also benefit from working with a counsellor to develop an anxiety management program based on Anxiety Canada.

The following video and article provide parents with a practical understanding of how anxiety impacts a child’s brain and body. <https://www.anxietycanada.com/>

#### Fight Flight Freeze – A Guide to Anxiety for Kids

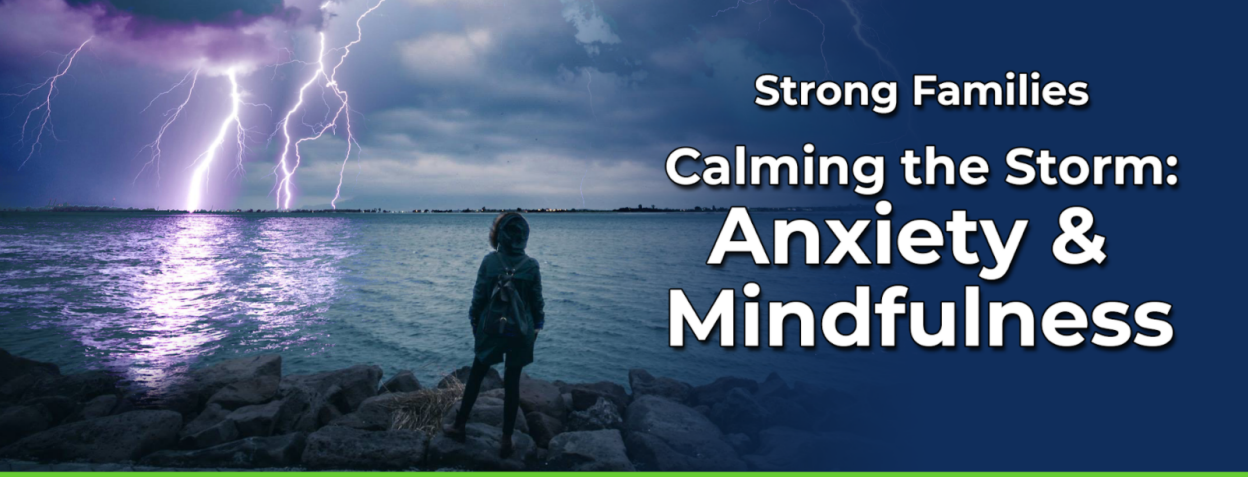


[https://www.youtube.com/watch?v=FfSbWc3O\\_5M&t=4s](https://www.youtube.com/watch?v=FfSbWc3O_5M&t=4s)

#### Fight Flight Freeze – Anxiety Explained For Teens



<https://www.youtube.com/watch?v=rpolpKTWrp4&t=1s>



**Strong Families**  
**Calming the Storm:**  
**Anxiety &**  
**Mindfulness**

*Presented by Parkland School Division in partnership with Alberta Parenting For The Future*

Let's talk about anxiety - what gets it going, what keeps it going, and what you can do to find calm and relief from it. Kelly Pilke and Brenna McKerrall from Aspire Counselling and Psychology will give you all kinds of insights into what our brains, bodies, and behaviors have to do with managing anxiety.

April 14th

6:30-8:00

Register at:

[https://www.eventbrite.ca/e/calming-the-storm-and-mindfulness-registration-296904849397?aff=ebdso\\_porgprofile](https://www.eventbrite.ca/e/calming-the-storm-and-mindfulness-registration-296904849397?aff=ebdso_porgprofile)

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**Check out this upcoming session -**  
**Anxiety to Calm**

Anxious? Alberta Anxiety to Calm is an 8-week workshop grounded in Cognitive Behavioral Therapy for **adults**. Challenge your thoughts, behaviours and emotions while practicing proven and effective skills to manage anxiety, learn about anxiety, and promote a sense of calm.

Offered in partnership with Westview Primary Care Network and Stony Plain Community and Social Development.

**Wednesday, April 6 to May 25, 2022** 6–8:30 p.m.

**Ages:** 18 and up

**Cost:** Free but only 12 spaces available

**Location:** Online

**Registration:** For this program, [please click here](#)



## What is anxiety and when is it a problem?

### **ANXIETY 101** (from Anxiety Canada)

Anxiety is normal. Everyone experiences anxiety from time to time. It alerts us to threats, protects us from danger and helps us reach important goals. For example, it is normal to feel anxious when encountering a bear on a hike, or before taking an important exam.



**Anxiety is not dangerous.** Although anxiety feels uncomfortable, it is temporary and will eventually decrease. The sensations we experience in an anxious situation are designed to alert and activate us. They are normal and part of our body's natural response mechanism. Our body is smart enough to know when to "amp up" and when to "calm down."

**Anxiety is adaptive.** Anxiety helps us prepare for real danger, such as crossing a busy street. It can also help us perform at our best, and motivate us to study for an exam or practice for a big game. When we experience anxiety, it triggers our "fight-flight-freeze" response, and prepares our body to react. For instance, our heart beats faster to pump blood to our muscles, so we have the energy to run away or fight off danger. Without it, we would not survive. We need some anxiety.

**Anxiety is part of life.** Trying to eliminate anxiety from your child's life is almost impossible, and even if it were possible, we are not sure you will have created a life worth living for your child. As a result, this website has been designed to provide you and your child with information, tools, resources, and more, to help your child become an expert on coping with anxiety. Since anxiety is everywhere, one of the greatest gifts you can give your anxious child or teen is the confidence and skill to tolerate anxiety whenever it occurs, and to continue living his/her life anyway!

**Anxiety can become a problem.** Small doses of anxiety in certain situations are useful. However, when your child is worrying much of the time, avoiding fun activities, or refusing to go to school because s/he is scared or worried, anxiety has become a problem. Think of anxiety like fog: if it covers everything, makes it hard to see, stops you from doing what you usually do, and generally gets in the way, then it has likely become a problem

Although anxiety protects us in the face of real danger, **it can become a problem when it...**

(Anxiety Canada - Anxiety in Youth - <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>)

- Goes off when there is no **real** or immediate danger (e.g., like a smoke alarm that goes off when you're just making toast)
- Happens a lot
- Feels pretty intense
- Is upsetting and causes you distress
- Stops you from doing fun and important things (e.g., like going to school dances or parties, making friends or dating, getting your homework done, or getting a job or your driver's license.)



**Try the app**

**MindShift™ CBT - FREE**

**Mental Health Relief**

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle: Worry, panic, perfectionism, social anxiety, phobias





## THE CARD SYSTEM FOR PARENTS/CAREGIVERS

All children feel anxious or afraid sometimes, but there are things parents can do to reduce their child's fear and anxiety. The CARD System (Comfort, Ask, Relax, Distract) provides groups of strategies that parents can play to help their children cope with stressful situations. Originally used to help reduce children's fear and pain from medical procedures, CARD can also be used in other stressful situations. Playing your CARDS will engage your child and give them a voice when they feel anxious or afraid.

**COMFORT:** Help your child accept negative thoughts and feelings. Let them know these are normal and will pass. Coach your child to be courageous and to be the 'boss' of their worry.

**ASK:** Listen and talk to each other. Ask your child how they are feeling and answer any questions they have honestly. Use words that your child can easily understand and follow their lead. If your child doesn't seem interested or is not ready to talk, that's okay. Tell them they can always come to you if they have questions.

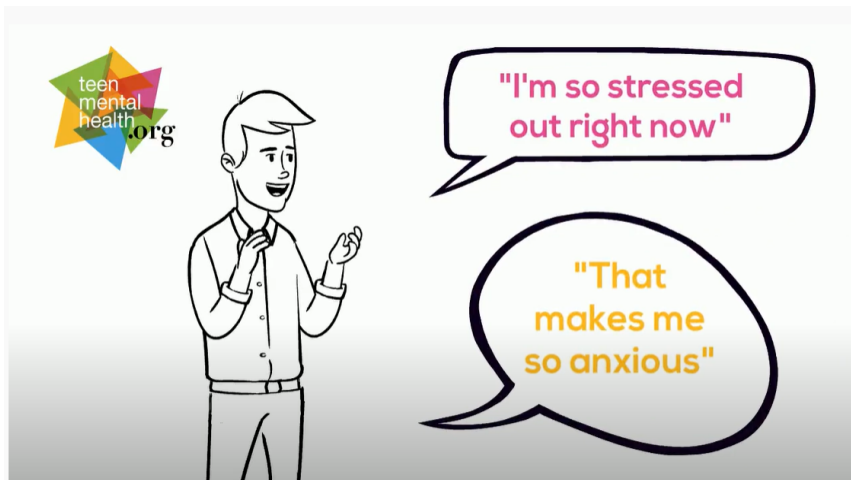
**RELAX:** Children see and feel what their parents are doing and often do the same. Model relaxation for your child. Speak to your child in a calm and normal speaking voice.

**DISTRACT:** Try to keep normal routines and limit the amount of time your child focuses on whatever is making them anxious.



[https://www.anxietycanada.com/wp-content/uploads/2020/04/CARD-for-Parents-and-Caregivers.](https://www.anxietycanada.com/wp-content/uploads/2020/04/CARD-for-Parents-and-Caregivers)

### The difference between stress and anxiety:



**Stress vs Anxiety** ( from TeenMentalHealth.org)

[Stress \(Le stress\)](#) (Click on the link to view the video)





Alberta Parenting  
for the  
Future Association

### Spring Break Camps

info@apfa.ca  
780-963-0549

**Healthy Together ½ Day Camp** – For Children in grades 1, 2, & 3 - A program that involves a series of age-based, group learning sessions that focus on healthy eating, positive physical activity and community engagement. Children will learn easy to use strategies to continue with their healthy lifestyle choices. March 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> from 9:30 – 11:30 am.

**Take The Lead ½ Day Camp** – For Girls in grades 4, 5, & 6 - A program for girls that focuses on lifestyle choices to help them form healthy relationships. At the end of the session, they will take home a scrapbook. March 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> from 9:30 – 11:30 am



Get your kids involved - check out programs at the Tri-Leisure. <https://www.trileisure.com/programs/>

**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.



### Check out the Stony Plain Youth Centre on Instagram

-call (780) 968-3846 to find out more about **free** drop in and other programs





### **Red Cross Stay Safe! Program**

This program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety.

...

Duration: 5-6 hours

For Ages: 9-13

County Residents: \$15 per participant

Non-residents: \$20 per participant

## **Red Cross Youth Programs**

How to register - call 780-727-3947 or go to [www.parklandcounty.com/redcrossprograms](http://www.parklandcounty.com/redcrossprograms)



### **Red Cross Babysitting Course**

This course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

...

Duration: 7-8 hours

For Ages: 11-15

County Residents: \$20 per participant

Non-residents: \$25 per participant

*Wisdom From a Grandma -what I have learned*

*Now I know*

- ❖ I don't have to fall into old patterns, I can learn and change*
- ❖ My kids learned from EVERYTHING I did - not what I said*
- ❖ My kids were ALWAYS listening*
- ❖ If I lost it - they lost it*
- ❖ There is no shame in getting counselling - I wish I would have asked for help*
- ❖ Time matters - I should have spent more of it creating good memories*











Stony Plain  
Public  
Library

# MARCH READER

<b>All Ages</b>	Events for the whole family.
<b>Preschool</b>	Events geared toward 0-6 year olds.
<b>Kids</b>	Events for Kindergarten to Grade 7
<b>Teens</b>	Events especially for Grades 7-12
<b>Adults</b>	Events for 18+

Donate to the Capital Campaign Fund to help pay for our beautiful new library! Donations can be made at [myspl.ca/support-spl/donations](http://myspl.ca/support-spl/donations) through  **CanadaHelps.org**  
Giving made simple.  
Stony Plain Library appreciates the support it receives from community organizations and individuals. To thank you for your support we have created a donor recognition program.

**Enter Taxes Workshop**      ages 18+      FREE      Registration required  
 Tuesday, March 22  
 10:00am-12:00pm @  
 Border Paving Athletic Centre, 9 Tri Leisure Way #100, Spruce Grove, Ab  
 Participants bring your T-4 slips and Catherine will guide you through doing your own taxes online. Computers will be provided. Limit: 10 participants  
 Registration: [https://ca.apm.activecommunities.com/cityofsprucegrove/Activity\\_Search/1948](https://ca.apm.activecommunities.com/cityofsprucegrove/Activity_Search/1948)  
 Presented by:        

**Nintendo Switch Gaming** Ages 9-12 Drop In!  
 Wednesdays  
 February 23-June 28  
 3:30-4:30pm  
 Do you have what it takes to beat our Tech Coordinator in Smash Bros or Mario Cart?

**Kids Without Limits**  
 Saturday, March 26  
 1:30pm - 3:00pm      Registration required  
 A once a month gathering of parents and caregivers with a FREE inclusive program for children and youth.

**Chess Club** all ages all levels  
 Tuesdays, March 1-June 28  
 5:00pm - 8:00pm      Drop In!  
 Playing chess develops focus, analytical skills, and abstract thinking. Want to learn how to play chess? Already love playing chess but need new opponents? Discover...or rediscover...this great game at this community hosted event.

**No School Day Events** Ages 6-12      online  
 Spring Break Camp The Unbelievably Amazing Race!  
 Tuesday, March 22 and Wednesday, March 23  
 1:30-4:30pm Registration required  
 Crack the Codes! Monday, March 28  
 1:30-4:00pm Registration required






## 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](http://mysppl.ca) or contact Leanne Knapp cell: (780) 264-1145  
email: [info.actcompclasses@gmail.com](mailto:info.actcompclasses@gmail.com)

 The Community Compass and Stony Plain Public Library



## Program Highlights:

**Board Game Night** - 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. 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 1 April, 6 May, 3 June  
All Ages (10+ recommended) 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-scenes 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 Recommended for Grades K-3 School age kids, Homeschoolers and All Ages  
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, Wednesdays 3-6pm, Thursdays 3-6pm, Fridays 12-6pm

All Ages \*children under 12 must have caregiver on premises\* - In-person

## No School Friday is back!

On Friday 25 March it's a no school day. There's no better way to spend it than at the library! We will be showing two movies\* throughout the day. The Tech Bowl will be open ALL DAY so come on by to create and explore!

First movie screening: 10:30am-12:30pm

Second movie screening: 1:30pm-3:30pm

\*Movies may have a PG rating and may not be suitable for all children.


In-person, drop-in

## Virtual Velyken' Ukrainian Pioneer Easter

Explore Easter traditions and join us for the holidays to learn how to make a pysanka. Take a step back in time to learn how Ukrainians in Alberta celebrated Easter 100 years ago, and learn how those traditions continue today.

Presented by the Ukrainian Cultural Heritage Village. Friday 1 April 1pm registered:

<https://sqpl.ca/events/special-events/virtual-velykden-ukrainian-pioneer-easter>




**NO SCHOOL FRIDAYS**

**IT'S A NO SCHOOL DAY! THERE'S NO BETTER WAY TO SPEND IT THAN AT THE LIBRARY!**

We will be showing two movies\* throughout the day!  
The Tech Bowl will be open ALL DAY so come on by to create and explore!  
\*Movies may have a PG rating and may not be suitable for all children.

**Ages 5 & up**  
**No School Day Friday March 25**  
**10:30am-12:30pm**  
**1:30pm-3:30pm**  
**FREE, Drop-in**

 Spruce Grove Public Library

For more info call 780-962-4423, email [library@sqpl.ca](mailto:library@sqpl.ca), or visit [www.sqpl.ca](http://www.sqpl.ca)



This workshop is designed for parents and caregivers as they navigate the tricky and sometimes supercharged teen years.

**Triple P Teen Group** will run Tuesdays, April 26th - May 31st from 6 - 8 pm. (no group on May 24th)

Learn ways to help your teenager communicate well, develop healthy routines, follow rules and solve problems. Think of this session as a toolbox of ideas. You choose the tools you want to make your family life better. You can adapt the ideas you learn to suit your culture, beliefs and personal situation, using them to build better relationships with your child, solve problems, become a more confident mom or dad and give your child the best start to life.

Date and time

Tue, 26 Apr 2022, 6:00 PM - Tue, 31 May 2022, 8:00 PM MDT

Location Family Connection Centre, 5600 50 Street, Stony Plain, AB T7Z 1P8

Register at:

<https://www.eventbrite.ca/e/triple-p-teen-group-registration-294111574637?aff=ebdsoporqprofile>



## Teen Social Club

This program is with Dochas psychological services and the main focus is to gather youth aged 14 - 17 together to build connections.

This program is with Dochas psychological services and is funded through the Alberta government community funding Application. It is for 14 – 17 year olds to gather in a social setting and build connections. Present will be a social worker and a provisional psychologist and a psychology practicum student. Through fun activities teens will build social skills and have access to mental health supports.

Location: Family Connection Centre, Stony Plain

Register at: <https://www.eventbrite.ca/e/teen-social-club-registration-204566101717?aff=ebdsoporqprofil>



# 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](mailto: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?



**GSA - Youth Group**  
Gender Sexuality Awareness  
2<sup>nd</sup> & 4<sup>th</sup> Friday - 7:00pm to 9:00pm

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

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

February 25 <sup>th</sup>	March 11 <sup>th</sup> & 25 <sup>th</sup>
April 8 <sup>th</sup> & 22 <sup>nd</sup>	May 13 <sup>th</sup> & 27 <sup>th</sup>
June 10 <sup>th</sup> & 24 <sup>th</sup>	July 8 <sup>th</sup> & 22 <sup>nd</sup>
August 12 <sup>th</sup> & 26 <sup>th</sup>	September 9 <sup>th</sup> & 23 <sup>rd</sup>
October 14 <sup>th</sup> & 28 <sup>th</sup>	November 11 <sup>th</sup> & 25 <sup>th</sup>
December 9 <sup>th</sup>	January 27 <sup>th</sup> , 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 Piyii (Métis), ᓂᓐᓂᓐ ᓂᓐᓂᓐ Nêhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan), Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).*

[sprucegrovesa@gmail.com](mailto:sprucegrovesa@gmail.com) [sprucegrovesasociety.org](http://sprucegrovesasociety.org) [facebook.com/sprucegrovesa/](https://facebook.com/sprucegrovesa/) [Instagram @sprucegrovesa](https://www.instagram.com/sprucegrovesa)  
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)

On March 17th we have our SAFE (support & advocacy for everyone) meeting in our new location 1A Fieldstone Drive St. Andrew's United Church!



New to Spruce Grove

**SAFE**  
Support & Advocacy for Everyone.  
(Gender Sexuality Awareness)

*You Be You!*

For adults 18+

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

**7 pm – 9 pm**  
**3<sup>rd</sup> Thursday**  
**each month**

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

[sprucegrovesasociety.org](http://sprucegrovesasociety.org) [facebook.com/sprucegrovesa/](https://facebook.com/sprucegrovesa/) [Instagram @sprucegrovesa](https://www.instagram.com/sprucegrovesa) [sprucegrovesa@gmail.com](mailto:sprucegrovesa@gmail.com)  
1A Fieldstone Drive, Spruce Grove (St. Andrew's United Church)



**SAFE**  
Support & Advocacy for Everyone  
Gender Sexuality Awareness

2SLGBTQ+ adults & allies are welcome!  
Adults 18+  
*You Be You!*

7 pm – 9 pm  
3<sup>rd</sup> Thursday  
each month

March 17 <sup>th</sup>	April 21 <sup>st</sup>
May 19 <sup>th</sup>	June 16 <sup>th</sup>
July 21 <sup>st</sup>	August 18 <sup>th</sup>
September 15 <sup>th</sup>	October 20 <sup>th</sup>
November 17 <sup>th</sup>	January 19 <sup>th</sup> , 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)

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

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

**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?
- Chores?
- 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



**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](http://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





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

**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

## Caring Friends Grief Support Group

Thursday, April 14, 2022 7:00 p.m. - 8:30 p.m.

### Upcoming Dates:

Thursday, May 12, 2022 7:00 p.m. - 8:30 p.m.

Thursday, June 9, 2022 7:00 p.m. - 8:30 p.m.

Thursday, July 14, 2022 7:00 p.m. - 8:30 p.m.

Thursday, August 11, 2022 7:00 p.m. - 8:30 p.m.

Thursday, September 8, 2022 7:00 p.m. - 8:30 p.m.

Thursday, October 13, 2022 7:00 p.m. - 8:30 p.m.

Thursday, November 10, 2022 7:00 p.m. - 8:30 p.m.

### Address:

107, 4613 -52 Avenue

[View on Google Maps](#)

### Category:

Programs and Services

### Event Details:

Caring friends is a confidential and informal bereavement support group lead by trained volunteers. Participants come together to share their grief experiences and learn about grief in a safe, supportive environment. The group meets the 2nd Thursday of every month from 7-8:30p.m. at #107, 4613-52 Avenue, Stony Plain. All participants are required to wear a mask. To learn more or register call 780-963-8583.

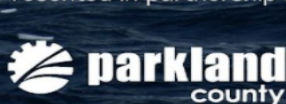
# UNDERSTANDING ANGER

To feel anger is to be human, but to be an angry human, is to hurt. Join Vanessa Foley and Melissa Cayen of Alycol Integrative Health in a six-week exploration of the origins of your anger, the ways in which you can regulate the strong emotions, and how to heal the hurt it has caused.

**Mondays from 6 - 8pm starting March 28, 2022**  
\$65/participant \*subsidy available\*

To register visit:  
[www.sprucegrove.org/fcssprograms](http://www.sprucegrove.org/fcssprograms)  
or call 780-962-7618

Presented in partnership by:



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## **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.

#### **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](mailto:PFRC@ahs.ca)**

### **Caregiver Education Series**

#### **Supporting Your Child with Structure and Routine**

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

**Date: Thursday, March 24, 2022**

Time: 6:00 – 7:30 pm

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

#### **Registration**

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### **Community Education Service**

**TO REGISTER: go to <http://community.hmhc.ca/sessions/?p=webex> and click on the poster tab by the session you would like to attend.**

#### **March 25**

##### **Earth Play: The Benefits of Outdoor Exploration**

1:00 PM - 2:30 PM

They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of risky play, exploration, and adventure for supporting positive mental health. You will leave this session with practical, age-appropriate ideas to get outside, get moving, and get messy as a family.

#### **March 28**

##### **Part Two: Building Resiliency in the Family Unit**

**6:30 PM - 8:30 PM**

How to talk to my child about substances & the impact of addiction on the family & self-care & accessing school and community resources.

#### **March 29**

##### **LGBTQ2S+: What grandparents need to know and do**

**6:30 PM - 8:00 PM**

Grandparents and Elders play an important role in the health and well-being of the young people in their lives. You will build on your ability to help all of the youth in your life feel loved, safe and like they belong by learning about:

· SOGIE related terms

- Personal, family and cultural values
- Health, education and social impacts of stigma
- Inclusive language
- Safer family strategies

#### **April 5**

##### **Part Two: Building Resiliency in the Family Unit**

###### **10:00 AM - Noon**

How to talk to my child about substances & the impact of addiction on the family & self-care & accessing school and community resources.

#### **April 11**

##### **ADHD & Executive Functioning: For Children & Youth**

###### **6:00 PM - 8:00 PM**

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

#### **April 12**

##### **Circle of Security Parenting- Building Secure Attachment**

###### **1:00 PM - 2:30 PM**

What does my child need from me?  
How can I support my child's independence?  
Why do some of my child's behaviours affect me so much?  
Can parenting be less stressful?

The Circle of Security Parenting Program answers these and many other parenting questions. It is an attachment based early intervention program designed to enhance attachment security between parents and children. This presentation is designed to give parents an understanding of the goals of the program, help parents to make sense of their child's behaviours, learn strategies to support secure attachment with their children and make parenting less stressful.

#### **April 13**

##### **Brain Science: Sciences of Hope and Resilience**

###### **6:30 PM - 8:30 PM**

This session exists to support caregivers with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact children and youth development. The interactive session will provide insight into brain structure and the stress response. In addition, we will explore adverse childhood experiences and Covid-19 as they relate to brain development, while providing information and strategies to build resilience.

#### **April 21**

##### **Earth Play: The Benefits of Outdoor Exploration**

###### **6:00 PM - 7:30 PM**

They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of risky play, exploration, and adventure for supporting positive mental health. You will leave this session with practical, age-appropriate ideas to get outside, get moving, and get messy as a family.



For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



## Reach out for support



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/31PTBBm> 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**

**Need mental health or substance use support?**  
Help is just a call or click away.

<p><b>Call:</b> 1-866-585-0445</p> <p><b>Visit:</b> <a href="https://wellnesstogether.ca">wellnesstogether.ca</a></p> <p><b>Text:</b> Adults text <b>WELLNESS</b> to 741 741 Youth text <b>WELLNESS</b> to 686 868 Front line workers text <b>FRONTLINE</b> to 741 741</p> <p><b>App Stores:</b> PocketWell</p>	<p><b>Indigenous Peoples – Hope for Wellness Help Line:</b> 1-855-242-3310 <a href="https://hopeforwellness.ca">hopeforwellness.ca</a></p> <hr/> <p><b>Suicide Prevention Service:</b> 1-833-456-4566 <b>Quebec:</b> 1-866-277-3553 (1 866-APPELLE)</p>
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If you are in immediate danger, call 911 or your local emergency line.

[CANADA.CA/HEALTH](https://CANADA.CA/HEALTH)

## 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

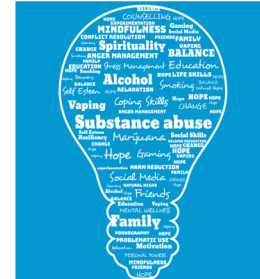
Parenting support (APFA) - Triple P Parenting 780-963-0549

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](http://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 Health .....780-424-2424  
 Westview Health Centre.....780-968-3600  
 Child Intervention Services .....780-422-2001  
 Kids Cottage Crisis Childcare ...780-944-2888  
 Parkland RCMP .....825-220-2000  
 Poison Control ..... 1-800-332-1414  
 NeighbourLink Parkland (practical crisis help)  
 Monday-Friday 9am-4pm .....780-960-9669  
 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, 4613 - 52 Avenue, Stony Plain, AB 780-963-8583

