

Greetings, Students and Parents!

We have had a smooth start to the final Quarter of the 2021-2022 school year! Next year will see a return to semesters for all core classes and most others with the exception being our CTS programming. We will continue with quarter programming in CTS classes as students seemed to appreciate the extended time they could dedicate to their projects a quartered timetable allowed for these courses.

Speaking of next year, student course selections needed to build next year's timetable have been collected the past few weeks. Please ensure that your student has completed this in their PowerSchool portal as this is due Monday, May 2 at 9:00 am. Grade Coordinators will be reaching out to students who have not done so and assisting them to complete it.

Spring means that there is a lot going on in schools. Our Band Concert, Drumline Festival and Theatre Arts

Cheryl Otto
Principal

performances of We Will Rock You took place in April and were great successes! Badminton, Rugby, Soccer and Track are going strong. Grad 2022 is just around the corner. Please read more details regarding this event later in this newsletter.

With spring comes increased numbers of new drivers to school. Please remember that our student parking lot is reserved for Grade 11s and 12s students on a first come, first serve basis. Grade 11s and 12s who arrive closer to bell times and Grade 10s will be expected to park off campus. Please be good SGCHS Ambassadors in our neighbourhood by parking in appropriate/ designated areas. As well, spring means students are outside at lunch more. Please also be good ambassadors for our school by picking up your garbage so that our neighbourhood stays clean and we can all enjoy our time outside more.

Just think, we have two months left of this school year —time is flying now!



Dates to Remember

- May 11 - Grade 12 Group Photo @ lunch
- May 19 - East Zone Track meet @ SGCHS
- May 20 - PD Day No School
- May 23 - Victoria Day No School

In this Issue

- Page 1 - Admin Message
- Page 2 - Grad Info
- Page 3 - Panther Band Info
- Page 4 - School Calendar Info
- Page 5 - 23 - Stronger Together



<https://urstore.ca/sgchs-panther-apparel>



GRAD COMMENCEMENT CEREMONY

JUNE 11, 2022 @ 1pm
Edmonton Expo Centre

The initial grad list was posted April 19 and will be updated soon. If your name isn't currently on the list, you know what you need to do! Make sure you speak to Mr. Rose or Mrs. Stewart, plan to stay for Seminar and work hard to finish your high school career strong! You can do it! June 11 will come a lot quicker than you expect.

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

- Round 1 of online ticket sales: **currently on sale - 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.
- General seating.
- Children 6 years of age and under are free.
- **All sales are final, no refunds.**

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.

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 the deadline of **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.

GRADE 12 GROUP PHOTO: Will take place on **Wednesday, May 11** in the bus turnaround at 12:00 Noon, weather permitting.

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

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.

Please remember to 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 or call 780-962-0800.

GRAD 2023

As Grade 11 Parents/Guardians, you should have received an email on April 8 outlining that SGCHS will be organizing a Graduation Ceremony for the Class of 2023 which does not include a dinner and dance. Parents were invited to establish an organizing committee for the banquet if there was interest for that to continue. You will be pleased to know that a few parents have contacted the school seeking information as to how to get started. If you are interested in joining this organizational group, please contact Brenda Cryer at sgchsparentrungrad@gmail.com or you can reach out via this Facebook page, [SGCHS Parent Grad Committee Class 2023](#). It will be quite an undertaking and much assistance will be needed.

The background is a vibrant green with several black musical notes and staff lines scattered across it. The notes are stylized with white highlights, and the staff lines are simple black lines. The overall aesthetic is clean and modern.

PANTHER BAND SOCIETY INFORMATION NIGHT

- Meet the current PBS board members,
- learn about the role of our society,
- support your child's music education.

**May 12th @ 7PM in the
SGCHS Band Room (233)**

Pizza and soda will be ordered for all to enjoy.

E-mail Ms. Anderson to RSVP (tess.anderson@psd.ca)



**DON'T
FORGET!**

This is a reminder that your printed PSD calendars bookmarks 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. **May 19th (Thursday) is now a full instructional day and there are classes on that day.** We want to avoid any confusion for staff, students or families who may view this printed calendar. The electronic versions of the calendar have all been updated.

Parkland School Division Family Supports Newsletter May, 2022

Dear parents and caregivers,

Welcome to your April newsletter. Spring is here although the weather doesn't seem to be cooperating right now!

This newsletter is all about co-parenting. There are great strategies and tips inside - HOWEVER even if you are not in a co-parenting situation you will find other great information about sessions and activities for your children.

So grab some 'Me' time and enjoy reading this newsletter.

Take care

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



Co-parenting with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars

Low cost counseling for children and adults

Whether you are married, separated, or divorced, being on different pages as co-parents is an option no family can afford - it's important to try to be a team as much as possible. In some situations, this is anything but easy. However, **your child is worth it.**

Finding common ground is key to working together as co-parents.

Wouldn't it be great if you and your co-parent were on the same page

about everything? Unfortunately, every parent has different ideas, opinions, and values in real life based on their learning and life experience. The good news is that even if you have a different approach, **chances are you have some of the same goals.** On the surface, you can argue all day about your different beliefs and approaches to parenting. However, by learning to "get below the surface" of your co-parent's approach, you will discover that they have legitimate underlying reasons that lead them to parent the way they do.

Instead of judging yourself or your co-parent, **seek to understand why they are the way they are. Asking good questions and giving grace helps your co-parent learn and grow.** On the other hand, judging will keep your co-parent stuck in their problematic ways, or what we will call "ditches." With this in mind, when you come across a situation where the two of you cannot agree, take a moment to press pause and ask your co-parent the goal or motivation behind their preferred approach. Since children often want an answer now, co-parents often find it challenging to be on the same page in the moment. Therefore, the best thing you can do for yourself, your co-parent, and your family is to communicate to your children that you will not provide an answer to their request until both parents have discussed it and come to a mutual agreement. **Communicate as a united front to your children.**

Parenting is not about being perfect. There is no formula. Trying to be the best parent or develop the perfect parent playbook may lead to more frustration if you can't give yourself and your family members grace. The best parenting approach balances moderate expectations with a high level of grace. This approach teaches children that growing and learning from mistakes is essential to learn. Learning and growing are part of parenting. Football coaches are constantly adding new plays to the playbook to make their team more successful. Parenting is not about finding the perfect manual. It's about working together to continually build a playbook that works for your family. Building your playbook requires communicating about your ditches and finding ways to get out of them together. Don't worry about hitting the ditch. We all do it from time to time. Your success or failure as a parent is not measured by how often you hit the ditch. Success is determined by what you do when you hit the ditch. Ignoring the issue or getting introspective and internally spinning your mind's tires will worsen the situation. Communicating and working together as a team to find ways to get unstuck will help you move forward together.

If your co-parent has frequently made decisions without you, **it's important to forgive and start fresh.** In the judgment lens, I see my co-parent for all their faults and issues. For example, he is too controlling with the kids, or she never gives consequences and always makes me the "bad cop." The grace lens shifts away from their flaws and celebrates the strengths of my co-parent. Awareness is the first step to change.

- Before you get ahead of yourself and try to change your co-parent, you need to find out where they are at and better understand why they are where they are.
- Try empowering them. Affirmations are the foundation of empowerment. Affirmations communicate to your partner that you see them through the grace lens. Even in their shortcomings, you appreciate where they are coming from. Affirmations disarm our defenses and draw us out of self-protect mode, creating a safe space for productive conversation.

- Pair affirmations with asks ("how can I help" questions). This has the potential to draw even the most defensive individuals out of hiding and into collaboratively working together as a team.

As co-parents, there is no neutral ground. **We are either working together or against each other.** I meet very few parents who want to work against each other. Unfortunately, we all do things as parents that work against our co-parents without realizing it.

- Be honest about your own shortcomings, it's impossible to learn and grow if you don't. I can only be a better teammate by honestly assessing the areas where I might not be playing on the same team as my co-parent. Being unified and working as a team is essential to parenting well. If two people are trying to drive the same car in two different directions, chaos is the only possible outcome. One parent swerves towards the ditch of control. Then the other parent feels like their children are losing out on the relationship and overcompensates by swerving into the ditch of permissiveness.
- It's frustrating for both parents but even more so to the child. It's hard for children to learn how to manage themselves when parents constantly switch their parenting approaches. Mom is permissive and gives the child too much responsibility, and in the next moment, Dad is controlling and takes away all responsibility. It's hard for children to adjust from complete freedom to zero freedom moment to moment. Once a child has been given the freedom to drive, they are less willing to give up their freedom.
- Parents who vacillate in their approach create disorder and confusion for their children. For the children, it feels like parents are on two different teams and the rules change depending on who is home or in charge. Most parents want to be on the same team and are not trying to play against each other. However, if one of you is permissive and the other is in control, you create two different cultures in your home that can't work together. Without a shared vision, it's impossible to be a team.
- A natural reaction to a parent being too one-sided is for the other parent to overcompensate in the other direction. This should balance things out in theory, but it accomplishes the opposite. Overcompensating in the other direction makes things less consistent for the children creating more chaos instead of cohesion. The more parents compensate, the more it feels like you are playing on two opposing teams.



Picture from Hancock Law Firm

When your co-parent falls into a ditch, **choose to communicate instead of compensating.** Compensating moves you further away from playing on the same team, while communicating helps identify an area of concern and work together to a more empowered solution.

- Affirmations, Asks, and Apologies provide a playbook for parent communication to get unstuck and move towards a shared vision.
- Openly acknowledging my ditches helps my co-parent be more open to exploring their ditches too. Until I own my 50% of the problem, how can I expect my co-parent to own their 50%? Even if my co-parent is 98% at fault, I have no right to point a finger until I own my 2%.
- On the surface, your co-parent may have ideas of parenting that you completely disagree with. Avoid the urge to judge or criticize them.
- Instead, ASK your partner what is going on below the surface. What are the underlying reasons – contributing factors, beliefs, and experiences – leading them to want to parent this way. In a non-judgmental way, explore the ditches. For example, you might say, "it sounds like your relationship with your children is important to you right now, and I agree. I'm wondering, is there a way to make both relationship and responsibility equally important so we can stay on the road of connection-based parenting instead of getting stuck in a ditch?"
- Seek to understand and appreciate your co-parent's underlying wants and needs instead of judging or criticizing. Judgment focuses on the problem. It's easy to do and does not help the situation. Discernment sees the problem and invites the other person into a conversation that moves towards a solution.
- Taking time to communicate and decide how to work as a team to get out of the ditch brings a simple solution to complicated problems.

Communicating about your weaknesses is not easy, but it's the only way to get out of the ditch without making more of a mess.



Strong Families: The Truth About Fetal Alcohol Spectrum Disorder

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, Brittany Durant of Catholic Social Services will provide a space for individuals to have an open discussion about Fetal Alcohol Spectrum Disorder (FASD), with the goal of debunking myths, challenging stigma, increasing awareness and demonstrating how we can support healthy pregnancies and prevent FASD. This session will also provide strategies for supporting those with FASD and resources for those living with FASD.

Date: **Wednesday, May 4, 2022**

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

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

Presenter: **Brittany Durant, Bachelor of Child and Youth Care, Catholic Social Services**

Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the changes that can occur in the brain and body of a growing baby when they are exposed to alcohol prior to birth. FASD is a lifelong disability that affects approximately 4% of the Canadian population, who may experience an array of challenges, ranging from learning and socio-emotional difficulties to physical health and coordination problems. In this session, participants will learn more about the variety of underlying factors that may impel people to drink while pregnant, how they can help mothers and babies experience a safe and healthy pregnancy, and the ways in which they can support – or locate supports for – people living with FASD.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/fasd-registration-296987346147>.

For more information, please contact:

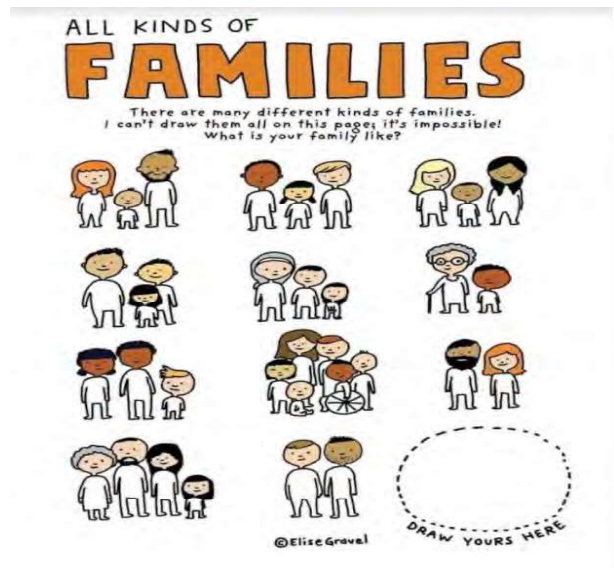
Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca



- C** **Communicate**
directly with the other parent;
don't use kids as messengers
- O** **Operate**
as a team
- P** **Pick**
and choose your battles
- A** **Arrange**
short and cordial exchanges
- R** **Respect**
the time your kids have with the other parent
- E** **Enjoy**
your time off
- N** **Never**
talk negatively about the other parent in
front of your children
- T** **Take**
a time out to check your attitude and
behavior. Put aside your ego and pride.



From Pinterest

Getting the Best Behaviour From Your Child

Join me (Kelsey Wittebolle, Registered Psychologist) where I chat about all things behaviour and how we can see the best behaviour from our children. We are going to talk about age-appropriate expectations, the importance of relationship, shifting our perspective, how to honour your child's experience while setting limits, and handling tantrums, separation anxiety, and big emotions. There will be room for questions. This session is **ONLINE** and in two parts, giving us a chance to try some strategies and report back. The content in this presentation is most suitable for parents of children attending Pre-School or Kindergarten (ages 2-6).

Register for either

May 4th and May 18th from 1-2:30pm or;
May 5th and May 19 from 9-10:30am

To register:

- e-mail Kelsey (kelsey.wittebolle@psd.ca) with the name(s) of those who would like to attend, and the name of your child. If there is a specific topic you are hoping will be covered, please feel free to share that as well. Following registration, details for the online meeting will be shared.





Co-Parenting - using an app can take the stress out of face to face conversations and help everyone stay on track and connected.

<https://www.parents.com/parenting/best-co-parenting-apps/>

Parenting After Separation (PAS) course

<https://www.alberta.ca/pas.aspx>

Have you thought about a parenting plan? <https://banff.ca/995/Parenting-after-Separation#Parenting>

Check out the many resources offered at: Families Change - <https://ab.familieschange.ca/en/parents/resources>
Including:

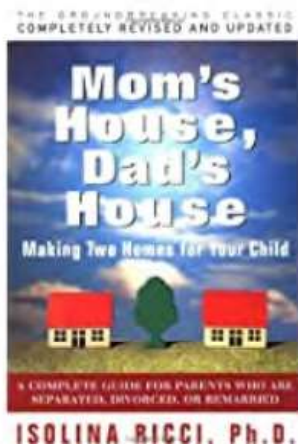


[The Co-Parenting Survival Guide](#)

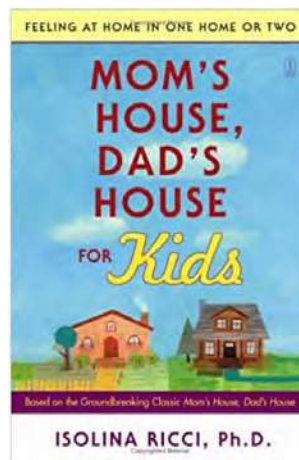
You may be winning the battle in court, but losing the war at home, saddened at the wounds your children bear as a result of this conflict. But you can learn to build a parenting partnership with your former mate in spite of the history between you. This guide shows you how to avoid the hot spots and the common traps and develop skills to sustain a co-parenting partnership based on love and concern for your children, so they can best benefit from two parents living separately but working together.

<https://www.helpguide.org/articles/parenting-family/co-parenting-tips-for-divorced-parents.htm>

Books on Co-Parenting - all available on Amazon



Book for parents



Book for tweens or teens

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



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](tel:7809683846) 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



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



To register for programs go to - go.to/myspl.ca

Wednesday Evening Book Club Adults 1st Wednesday of the month April 6-June 1 7:00-8:00pm Love to read and talk about books? Join us for lively discussions on all types of fiction and non-fiction. Contact the library for more information!

Makerspace Magic Ages 6-12 Drop in! 4th Thursday of every month April 28 4:30-5:30pm Try something new! A surprise activity every time!

Chess Club all ages/all levels Drop In! Tuesdays, March 1-June 28 4:00-8:00pm 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 a great game at this.

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 Kart?

Wednesday Tech Help Adults Drop In Wednesdays April 6-June 15 10:00-11:30am Are you new to computers? Would you like to upgrade your computer skills? FREE computer literacy training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Teddy Story Time Preschool/ Kindergarten Story Time	2
4	5 Chess Club	6 Nintendo Switch Drop in Tech Help Wednesday Book Club	7 Drama Club	8 Teddy Story Time Preschool/ Kindergarten Story Time	9
11	12 Chess Club	13 Nintendo Switch Drop in Tech Help Kids can Cook	14 Entertainment Engineers	15 Good Friday CLOSED	16
18 Easter Monday CLOSED	19 Chess Club	20 Nintendo Switch Drop in Tech Help Tale of Two Cities	21 Read Play Move Insightful Innovations!	22 Teddy Story Time Preschool/ Kindergarten Story Time	23
25	26 Chess Club	27 Nintendo Switch Drop in Tech Help Kids can Cook	28 Read Play Move Makerspace Magic	29 Teddy Story Time Preschool/ Kindergarten Story Time	30



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?



**Wednesday's starting
April 20, 2022
4:30pm - 6:00pm
6 week session**

**Sunday's starting
April 24, 2022
1:00 - 2:30pm
6 week session**



Join us for our Social Skills Program starting May 1, 2022
Our groups specialize in children with ADHD, ASD, Tourette and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for this 6 week program. **Running Sunday mornings from 9:30am - 12:00pm. (no group May 23/2022)**

- The aim of the program is to encourage friendship, positive social/emotional behaviours, active listening, effective communication, and comprehension of social norms.
- Help in understanding non-verbal communication, body language, and unspoken social rules
- Promote self-esteem and build confidence
- Help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skills

All sessions take place at Inglewood Community Hall, 12525-116 Ave.

Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LDEdmonton's FSCD Vendor number is 598018 [Cost of Social Skills Group is \\$250.00](#)

Check out the Stony Plain Events Calendar to connect to these programs and to learn more. <https://calendar.stonyplain.com/>



Canada's National Volunteer Week April 24-30



Our neighbours are our greatest assets!



Volunteer Week
April 24-30

Neighbourhood Connect

Community Income Tax Clinic



Mental Health Week
May 2-8



Stand Up for Mental Health



Unleash Your Inner Artist



SPRUCE GROVE GSA

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

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

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), ᓂᓐᓂᓐ ᓇᓐᓂᓐ Nêhiyaw-Askiy (Plains Cree), Denesuliné (Chipewyan), Saulteaux (Ojibwa/Anishinaabe), Nakota Sioux (Stoney/Assiniboine).

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

2SLGBTQ+ youth & allies are welcome!

Ages 12 – 24

You Be You!



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)

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

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



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+

Spruce Grove GSA
Gender Sexuality Awareness
ages 12-24

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), ᓂᓴᓴᓂ ᓂᓴᓴᓂ Nêhiyaw-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?
- 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.



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

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

Caregiver Education Series

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Come and learn about the signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), and ways that ADHD impacts academic achievement, self-worth, and relationships. Strategies for supporting success in children and adolescents with ADHD will be shared.

Date: Wednesday, April 27, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-12; for adults only.

Resilience in Parenting

Caring for the Caregiver

In parenting, our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Thursday, April 28, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

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

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, April 21, 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

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.

April 21

Earth Play: The Benefits of Outdoor Exploration *please register using the poster only*****

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

Do you need more information about ADHD?

Check out <https://www.additudemag.com/>

ADDITUDE *Inside the ADHD mind*

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

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

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

If you are in immediate danger, call 911 or your local emergency line.

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 **-NEW** Intake number 825-402-6799 (see next page for updated information)

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



Children, Youth & Families Addiction and Mental Health - Edmonton Zone Community Clinics & Crisis Services

General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

Intake Services

Intake Services: Phone: 825.402.6799
Fax: 780.408.8776

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

Youth Addiction Services

Youth Addiction Services Edmonton (YASE)
780.408.8783
#300, 11634 142 Street, Edmonton, AB

Rutherford Mental Health Clinic
780.342.6850
202, 11153 Ellerslie Rd, Edmonton, AB



March 2022

1

Walk-In Services

Walk-In Service is available to children/youth aged 5-17. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

Locations and Hours:

- Northgate Mental Health Clinic: 780.342.2700; #2020, 9499 137 Ave, Edmonton, AB
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- Rutherford Mental Health Clinic: 780.342.6850; #202, 11153 Ellerslie Rd, Edmonton, AB
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- St. Albert Mental Health Clinic: 780.342.1410; 30 Sir Winston Churchill Avenue, St. Albert, AB
Wednesdays ONLY 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)
- Leduc Mental Health Clinic: 780.986.2660; 4906 49 Avenue, Leduc, AB
Wednesdays ONLY 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)

Crisis Services

The **Crisis Team** offers immediate crisis support through the Crisis Line (780.407.1000) to children/youth, aged 5-17, and their care providers. The Crisis Team also provides support to professionals in the community. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call. Available 7 days a week 8:00 a.m. – 11:30 p.m.

Emergency Department Resources:

- **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- **Community Hospital Emergency Department** – Physicians will assess, determine a treatment plan, and consult as necessary for children/youth who have an emergency mental health concern.

Crisis Phone Numbers within Alberta (24/7)

Health Link Alberta:	811 (Health Advice and/or to locate a family physician)
Mental Health Help Line:	1.877.303.2642 (toll free within Alberta)
Crisis Addiction Help Line:	1.866.332.2322 (toll free within Alberta)
Kids Help Phone: or text 686868 or chat www.kidshelpphone.ca	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)

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 (financial 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, 5124th)
 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 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

Parkland Food Bank
 105 Meadow Cres, Spruce Grove 780-962-4565
 Auggies Café (Tuesday Free Lunch)
 131 Church Rd, Spruce Grove 780-962-5131

Spruce Grove FCSS
 8105- 505 Queen Street Spruce Grove AB
 780-962-7618

Stony Plain FCSS
 #107, 4612 - 52 Avenue, Stony Plain, AB
 780-963-8583

