

Spruce Grove Composite High School

March 24, 2023

Greetings, All.

Today, it certainly feels like spring is in the air. That may be because the weather is warming up but it is mostly because Spring Break is upon us! We hope this Break helps everyone reenergize and refocus for the last three months of the 2022-2023 School Year.

With that in mind, all three Grade Coordinators have recently hosted assemblies with their students to reflect on remaining tasks for the school year. These tasks include course selection for next year. Once we return from The Break, Grade 10s, 11s and returning Grade 12s will be asked to complete their course selection online. Information regarding how to do this including the form and the Student Handbook with all our course information is available in the Grade Level Slide show which has been emailed out following these assemblies.

Please remember, Student Registration—the information we collect in order to register a student in our school including name, birthdate, parent contacts, emergency contacts, etc—must be completed before course selections will be accepted on our end. Thanks for your support in getting this all done quickly. PowerSchool is already open for registration for the 2023-2024 School Year. Spring also means that Basketball and Wrestling have wrapped up their seasons and that Badminton, Rugby, Soccer and Track are beginning theirs. Another Spring Extra-Curricular activity we are happy to share with our students is this year's Humanities/French Immersion Trip to Europe. Mr. Kowalchuk, Mme. Anderson, Mme. Nielsen and Mrs. Nullmeyer are accompanying forty of our students to England and France exploring D-Day History.

Our Musical Theatre's Spring Production of Sponge Bob Square Pants is amping up rehearsals. School Matinees are almost sold out. Tickets to public performances will be available soon. The SGCHS Drumline recently won Gold at the Drumline Festival and our Band Students are currently at Band Camp, fine tuning their musical prowess! Be sure to catch both of these groups out!

As we are moving into the midpoint of the semester, you have received a separate email with instructions on how to sign up for our upcoming Parent Teacher Interviews. The portal to do so opens on Thursday, March 23 at 4:00. Also, I need to draw your attention to our School Advisory Meeting Date for April; this needs to be changed to Wednesday, April 19 due to meeting conflicts for School Administration.

We encourage our students to make the most of Spring Break, catching up and reviewing school work, prepping for the assignments and exams to come. We also wish everyone some quality downtime to relax and refuel; summer is just around the corner.

Take care, Everyone!

Cheryl Otto
Principal



Dates to Remember

April 3 - First day back after Spring Break
April 7 - Good Friday (no school)
April 10 - Easter Monday (no school)
April 15 - Band Coffeehouse @ 1pm
April 19 - School Advisory @ 7:00 pm in Conference Room
April 26 - TCT Classes begin @ 10:06am
April 28 - PD Day (no school)

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

From the Student Services Office

Hope you all have a wonderful spring break and much needed rest! Come back ready to rock these last 3 months!!



01



SGCHS SCHOLARSHIPS

Grade 12 scholarship form is open! Closes on April 21st. Don't lose out on free \$\$\$

Click [here](#) for the form for our SGCHS scholarships.

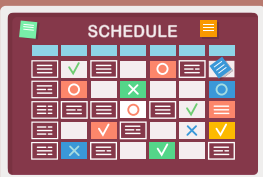
02

OUTSIDE SCHOLARSHIPS

There are a TON of scholarships, essay contests and more out there to help fund your post-secondary plans. ScholarTree has shared a list of all the available scholarships open in March. Spend some time during Spring Break applying! Check them out [here](#).



03



COURSE SELECTIONS

Course selection for our current grade 10's and 11's will open after Spring Break. If you need help figuring out what classes to choose, stop by Student Services to make an appointment with your grade counsellor.

04

MYPASS

Many students have been coming to inquire how many credits they have. Did you know you can find this out through your MyPass? Give the school your personal email (through this form) and then setting up your account is easy as pie!



get up-to-date info by following us on IG (sgchs_student_services)

The Panther Band Society Presents:

The Annual



COFFEEHOUSE

Fundraising Event

Featuring:

The SGCHS Bands & Special Guests

Join us for an evening of music, coffee, tea and desserts. A silent auction and 50/50 raffle will also be available for guests to participate in.

Saturday, April 15th

SGCHS Cafeteria

Tickets: \$10.00 (6 & Under Free)

Doors Open: 12:30 pm

Show Begins: 1:00 pm

Contact Ms. Anderson to preorder your tickets today!

tess.anderson@psd.ca



A big shout out
to our
volunteers
here at
SGCHS!!!!

Mr. Luke Essu
- Jr. Boys
Basketball

Mrs. Tracy
Lebel -
Musical
Theatre

Dr. Rick
Milton -
Academic
Achievement
Centre

Thank
You!

VOLUNTEERS
YOU'RE DOING A GREAT JOB!



PARKLAND
SCHOOL DIVISION

NATIONAL
VOLUNTEER WEEK
APRIL 16-22, 2023

VIVE LE FRANCAIS!!

On Thursday, March 9, 2023, PSD French students and their families came out in droves to the first annual Tri-



Area VIVE LE FRANCAIS!! Sponsored by Canadian Parents for French, Parkland Chapter, and Perks Coffee House, the evening was hosted at Spruce Grove's Central Park.



Over the course of the evening, almost 400 visitors were greeted by the ever-lively *Bonhomme* Carnaval as they made their way through the carnival-styled open air venue. Event Organizer, Linnaea Anderson, says guests were invited to participate in various games, filling their

passports in order to enter to win door prizes donated by CPF, PSD, Ecole Broxton Park, Ecole Meridian

Heights and Spruce Grove Comp.

The upbeat tunes of



Fiddler, Daniel Gervais kept everyone on their toes with some even choosing to join him on the spoons.



While local vendor and sponsor, Perks Coffee House, supplied hot chocolate to keep the chill off, The Canadian Maple Shack was on hand to provide the traditional Carnaval



Treat, la tire, aka Maple Taffy. Kids young and old enjoyed this sweet treat.

Nicole and Adam Beliveau, parents of two French Immersion students at Ecole Broxton Park



volunteered to work the festival. Adam was "overjoyed to see [their] daughter, Claire, navigate French conversation with random adults." Station after station, Claire served as Andy's translator and he was proud of her French. Their son, Charlie, commented that the event "was really fun." He got to use his French outside

of school and he was happy to do so.

Anderson wishes to thank all those families who chose to make the most of the cold weather by joining the celebration.

She also wishes to thank all the volunteers from CPF and PSD for assisting with the event. A

huge shout out to the City of Spruce Grove for the festive light up, bonfire and use of facilities.



Anyone interested in more information or in sponsoring next year's VIVE LE FRANCAIS can reach out to Linnaea Anderson, linnaea.anderson@psd.ca



Spruce Grove Composite High School
Graduation Ceremony - Saturday, June 10, 2023
1:00 pm - Edmonton Expo Center

Our Graduation Ceremony will take place on **Saturday, June 10, 2023 at 1:00 pm** at the Edmonton Expo Centre. We're **two months** and counting until the **Graduating Class of 2023** will cross the stage. Grade 12's this is your opportunity to finish strong!

TICKET INFORMATION: There are 2 rounds of online ticket sales to provide everyone equal opportunity, they are as follows:

- Round 1 of online ticket sales: **May 1 at 9am - May 15 at 11pm** (limit of 10 tickets/graduate).
- Round 2 of online ticket sales: **May 16 at 9am - May 25 at 11pm** (unlimited tickets).
- ALL tickets are purchased online at: <https://sprucegrove.inviteright.com/grad2023>
- Tickets are **\$35.00** each and InviteRight charges \$2.75 per ticket + 4.9% credit card fee (or \$0.75 if using Interac Online).
- Graduates are free.
- Children 6 years of age and under are free.
- General seating (first come, first served).
- **All sales are final, no refunds.**
- **Students MUST be on the current Grad List to purchase tickets.**

GRAD FEE: Each grade 12 student is required to pay the **\$45.00 Grad Fee** (included in school fees) if they haven't already done so. This fee includes:

- certificate and cover that each student keeps,
- picture of the graduate with their certificate,
- souvenir grad gown, vee stole, cap and tassel that each student keeps. Please follow the steps below to order by May 5.

SOUVENIR GRAD GOWN PACKAGE: It is our tradition at SGCHS that each student wear a gown when crossing the stage. Students 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, 2023**. The gowns are shipped to the school and will be distributed to students at the end of May or beginning of June.

GRAD LIST: The **final Grad List** will be posted at the end of April. Please ensure you've met all requirements to be successful! You can not purchase Grad Tickets until your name is on the list!

GRAD VIDEO: We have 4 amazing students who have stepped up and are in the process of creating and editing grade 12 videos from events that have taken place this school year. Do you want to see yourself and your friends up on the big screen at Grad? If so, please email appropriate videos, Instagram posts, pictures and TikTok videos to: gradvidsubmissions@gmail.com by **Tuesday, April 11!**

Please remember to check our school website for all up-to-date details regarding graduation. If you have any questions, please contact Mrs. Nullmeyer at cindy.nullmeyer@psd.ca or call 780-962-0800 ext 0.

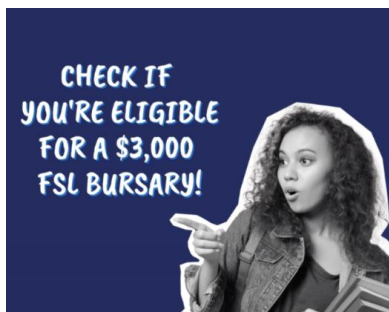


SAVE THE DATE!!

Join us at our next meeting and have a voice in our planning for future events!

This is an IN PERSON Meeting @ Ecole Meridian Heights Everyone Welcome!

Tuesday, April 4 @ 6:30-8 pm



No matter where you live in Canada, you could be eligible for an FSL Bursary!

<https://acufc.ca/fslbursaries/>



Celebrate the 25th edition Les Rendez-vous de la Francophonie!

Throughout the month of March, Canada will be celebrating its Francophonie! Hundreds of activities are planned across the country, including multicultural gatherings, performances, film screenings, contests and educational activities—it's all cause to celebrate! Discover the richness of the Canadian Francophonie through interactive activities, written works, videos, podcasts and much more.

<https://rvf.ca/>



Please contact CPF Parkland President, Marie Marsh for with any questions at cpfparkland@gmail.com

Join CPF Parkland for as little as \$25 a year!
<https://ab.cpf.ca/en/membership-benefits/>

Follow us!

<https://www.facebook.com/cfparkland>

STRONGER TOGETHER

Parkland School Division Family Supports Newsletter March 2023

Dear parents and caregivers,

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

Stay brave and kind,
Vicky and Dena



submitted by Joel Pukalo

There are many challenges to becoming a teenager. Teens often want increased responsibilities and privileges but their decision-making capacity is still developing. Specifically, it is their executive functioning skills that are still developing, which provide some challenges with activities such as planning, organizing, strategizing, paying attention to and remembering details and managing time and space. Helping teens improve their executive functioning skills may help them in the following ways:

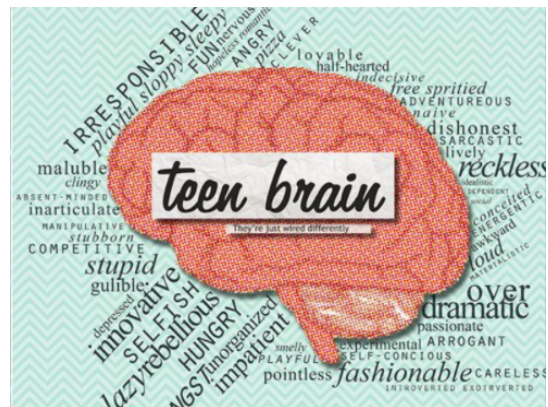
- To make specific plans
- Keep track of time and finish work on time
- Keep track of more than one thing at once
- Meaningfully include past knowledge in discussions
- Evaluate ideas and reflect on their work
- Ask for help or seek more information when they need it
- Engage in group dynamics
- Wait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

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

Impulsive behaviors such as the inability to stop and think before acting

- Difficulty with emotional control and becoming easily stressed
- Difficulty with planning and outlining steps to reach a goal
- Difficulty making decisions about what to focus on first
- Difficulty sustaining attention and getting easily distracted

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



Everyday Activities

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

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

Study Skills

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

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

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

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

Source: Harvard University Center on the Developing Child – Accessed from

<https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Activities-for-Adolescents.pdf>

Family Life Psychology - Stony Plain 780-963-7451 <https://www.familylifepsychology.ca/> Free online webinars - Low cost counseling for children and adults

SLEEP is more important than you think.....

Do you know that your teens need more sleep than they did when they were 10 years old? Teens should be getting between **9 - 9 and a 1/2 hours of sleep every night.**

“Why? “Teenagers are going through a second developmental stage of cognitive maturation,” explains Crocetti. Additional sleep supports their developing brain, as well as physical growth spurts. It also helps protect them from serious consequences like depression or drug use.”

-how can you help? No technology in the bedroom (turn off the wifi at night and have everyone hand in their phones), increase family activity, stick to a schedule

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>



MARCH 21

Strong Families: Teen Anger and Depression

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

In our upcoming session, we will be joined on Zoom by Parkland School Division Psychologist, Josée Huston for a discussion about teen anger and depression. This virtual session will also focus on useful strategies that parents/guardians can use to support their teenagers.

Date: **Tuesday, March 21, 2023**

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

Location: **Online Zoom Webinar / Discussion Group**

<https://www.eventbrite.ca/e/teen-anger-and-depression-tickets-579543519267>

Presenters: **Josée Huston** (Psychologist, Parkland School Division)

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/teen-anger-and-depression-tickets-579543519267>

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

Resources for Parents and Caregivers

The Teenage Brain



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

<https://youtu.be/EGdlpaWi3rc>

TEENING YOUR PARENT/PARENTING YOUR TEEN



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

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

Parenting Your Teen

<https://parentandteen.com/>

The Teen Brain - Still Under Construction

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



Great resources and activities for kids and families

Parenting for the Future - APFA Check out Alberta Parenting For The Future for **great parenting sessions and lots of programs for kids and teens.** For more information email info@apfa.ca or call 780-963-0549. <http://albertaparenting.ca/>





ADHD

Workshop Series

January 11th & 18th:
Decreasing Explosive Behaviour Through Emotional Regulation

January 14th:
ADHD Self-Awareness: Workshop for Kids & their Parents

January 19th (Zoom):
The ADHD Effect on Marriage

Monthly Support Groups

Who: Adults with ADHD, & their partners **or** Caregivers of children with ADHD
When: The last Thursday of each month 6-7pm
Where: Family Connection Centre

SCAN QR CODE TO REGISTER



IN PARTNERSHIP WITH:



CASA
Child, Adolescent and Family Mental Health



Seeds of Hope
PSYCHOLOGICAL SERVICES

Melissa Orlov from



ADHD & marriage



LITTLE OAKS
PSYCHOLOGIST



PARKLAND
SCHOOL DIVISION

QUESTIONS? CONTACT:

Heidi at 780-963-0549
albertaparenting.ca

Family Connection Centre
5600 50th Street,
Stony Plain, AB



Alberta Parenting for the Future Association

JOIN US FOR

SUPER DADS SUPER KIDS

A group for dads and male caregivers & their children (ages 4-10)

Share in the experience of parenting while discussing topics such as:
the role of a super dad, nutrition & physical activity, communication, as well as child development.



Each session includes:

- An individual family activity
- Snacks
- Parent education with childcare
- A group activity

Register on Eventbrite

WINTER DATES:

January 14
February 11
March 11
April 15
10:00 am to 12:30 pm





Alberta Parenting for the Future Association

APFA Teen Social is for 14 – 17 year old youth to gather in a social setting and build connections. Over the next 8 weeks, teens will take part in fun activities, build social skills, and have access to mental health supports. Each week will focus on a different aspect of mental health.

Parents/Caregivers will also be able to attend, have dinner with everyone, and then break off into a Conversation Café - just for caregivers! This program runs Wednesdays for 8 weeks.

Dinner is provided.

A provisional psychologist and a psychology practicum student will be in attendance. This program is in partnership with Dochas Psychological Services.

<https://www.eventbrite.ca/e/teen-social-tickets-515164560067>

Parkland Village Youth Group – Mondays
Mondays @ 4:30 pm - 6:00 pm

|Recurring Event (See all)

Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5
Spruce Grove, T7X 3N5 CA + Google Map

Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a physical activity and a cooking activity meant to support lifelong health. The group is for youth in Grades 5, 6, 7, and 8. Registration is required.

[Find out more »](#)



Parkland Village Youth Group – Wednesdays
Wednesdays @ 4:30 pm - 6:00 pm

|Recurring Event (See all)

Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5
Spruce Grove, T7X 3N5 CA + Google Map
Super Dads, Super Kids

Mindfully Inclusive Kids Yoga - March 30

Yoga for kids and their caregivers

Join Meranda from Mindfully Inclusive for kids yoga! A specialty class that is a mixture of yoga, learning some sign language, and reading children's books that are inclusive of others. For ages 4-10.

Parent participation is required.

<https://www.eventbrite.ca/e/mindfully-inclusive-kids-yoga-tickets-570040595767>




Check out the programs offered at the Stony Plain Youth Centre -

Stony Plain FCSS Youth Centre (SPYC)


Stony Plain Youth Centre
4902 – 51 Avenue, Stony Plain, AB
Phone: 780-968-3846 Fax: 780-968-3987
Email: spyc@shaw.ca
www.spyc.ca

Youth Drop In Hours:
Monday to Wednesday (2:00 pm – 6:00 pm)
Thursday (2:00 pm – 8:00 pm)
Friday (2:00 pm – 9:00 pm)

General Office Hours:
Monday to Wednesday (11:00 am – 6:00 pm)
Thursday (11:00 am – 8:00 pm)
Friday (2:00 pm – 9:00 pm)



STONY PLAIN FCSS
YOUTH CENTRE

Like us Facebook! 

Check out the Stony Plain Youth Centre on Instagram



ART IS IN THE AIR
Let's Jump Ahead To Spring
 A flower themed program using painting application gouache & ink. This program is facilitated by artist Reg Faulkner.
 SAT. MARCH 4, 11, 18 & 25 (2PM - 4PM)
 AT THE WABAMUN VILLAGE OFFICE
FREE FOR TEENS AND ADULTS
 REGISTER WITH JAMES 780-892-2713 OR
 WABAMUNLIBRARY@PCLIBRARIES.CA

Art Club
 AGES: 9 - 12
 A fun-filled class that lets youth use a wide range of art mediums and techniques.
Dress for a mess!
WEDNESDAYS
 MARCH 8 - APRIL 13, 2023
 4:15 - 5:15 PM or 5:45 - 6:45 PM
 \$135 plus GST
 PERC Building, Room 9
 5413 51 Street, Stony Plain, AB
AVOID DISAPPOINTMENT... REGISTER NOW:
 INFO@MULTICENTRE.ORG
 (780) 963-2777



Get your kids involved - check out programs at the Tri-Leisure.

Our Fall 2022 Program Guide is now available here at this [LINK](#) or download a PDF copy [here](#).

You may qualify for a subsidized pass - check out Wishing You Wellness at

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.stonyplain.com/en/play/resources/Documents/Wishing-You-Wellness.pdf>



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.

Just a reminder that soccer registration <https://emasprucegrove.com/play/programs-benefits/>
and baseball registration <https://parklandminorball.ca/registration-information/> **is now open!!**



Looking for a girl-friendly, high quality multi-sport program? Join us on April 8th at the Tri Leisure Centre in Spruce Grove.

This camp girls will learn baseball, ultimate frisbee and DANCE. Each of these sports are taught by experienced coaches that strive to create a safe girl-friendly environment. We integrate confidence building activities during the day, crafts and group games to make sure they leave enjoying every moment.

To register or learn more go to our website: www.girlsinsportab.ca/programs



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

Donate to the Capital Campaign Fund to help pay for our beautiful new library! Donations can be made at, mysppl.ca/support-sppl/donations through



Stony Plain Library

appreciates the support it receives from community organizations and individuals.

Program and Event Highlights: see [calendar](#) (page 2) for full list of programs

Board Game Night

All ages Drop In Mondays 6:00-8:00pm

Board game night is BACK! Come with your friends or come make new friends! Board games will be supplied or you can bring your own.

Artemis Spaceship Bridge Simulator

Ages 13+ Registered March 29th 6:00 - 8:00pm

Are you ready to take command of a spaceship bridge and save humanity from the invading aliens? Take the helm, man the weapons, or captain the ship! Adventure awaits with Artemis Spaceship Bridge Simulator

Pyjamas & Poems

Ages 0-5 Drop In Saturdays 11:30am-12:00pm

Wake up and join the adventure! Rhymes, stories activities and more in your pyjamas! (optional).

Tale Of Two Cities

Ages 6-12 Registered March 15th 4:30-5:30pm

It is a new adventure every time with our friends from Provo City Library in Utah.

Teen Fridays

Ages 13-18 Drop In March 10th & 24th 5:00-6:00pm

A fun space for teens to come and chat about their interests and meet new people! We'll have different activities each week and snacks will be provided.





Stony Plain
Public
Library

5216 50 Street
Stony Plain, AB T7Z 0N5
Phone - 780-963-5440

Connect ♦ Engage ♦ Discover

mysppl.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2pm Train Your Brain 3:30pm Nintendo Switch Gaming 7pm Wednesday Evening Book Club	2 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Drama Club	3 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi	4 11:30am Pyjamas and Poems 1:00pm Hide and Sneak
6 11am Yoga for Seniors 6pm Board Game Night	7 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	8 2pm Train Your Brain 3:30 Nintendo Switch Gaming	9 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 6:30pm Stony Plain Photo Club	10 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi 5pm Teen Fridays	11 11:30am Pyjamas and Poems 1:00pm Hide and Sneak
13 11am Yoga for Seniors 6pm Board Game Night	14 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	15 2pm Train Your Brain 3:30 Nintendo Switch Gaming 4:30 Tale of Two Cities	16 1pm Craft Circle 3:30 Laughter Club 3:30pm Full STEAM Ahead 4:30 Inaighful Innovations	17 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 1:30pm Fri Afternoon Book Club 2:30pm Tai Chi 5pm Teen Book Club	18 11:30am Pyjamas and Poems 1:00pm Hide and Sneak
20 11am Yoga for Seniors 6pm Board Game Night	21 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	22 2pm Train Your Brain 3:30 Nintendo Switch Gaming	23 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Makerspace Magic 6:30pm Parkland Poets	24 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi 5pm Teen Fridays	25 11:30am Pyjamas and Poems 1:00pm Hide and Sneak
27 11am Yoga for Seniors 6pm Board Game Night	28 10:30am German/English Tick Tock Time 4pm Lego Mindstorms 5pm Chess Club 5pm Teen Tuesdays 6pm QSA 7pm QSA Movie	29 2pm Train Your Brain 3:30 Nintendo Switch Gaming 6pm Artemia Spaceship Bridge Simulator	30 1pm Craft Circle 3:30pm Laughter Club 4pm Kids Can Cook 5:30pm Movies & Munchies 8pm NERF Night	31 10:30am Together Time Tales 11:15am Romp & Rhyme Preschool Time 2:30pm Tai Chi	

Information available online at mysppl.ca

Information available online at <https://mysppl.ca/programs-and-events>



Spring programming will begin the first week of April .
Program registration opens March 7, 2023 for Spring Programs.
[February Program Calendar](#)
[March Program Calendar](#)

We have so much happening at the Spruce Grove Public Library.

- The **Tech Bowl** is here! 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. Drop-in Tues 12-7:30pm; Thurs 1-5pm; Sat 1-5pm.
- **Furry Friend Visit**
Spend time with a pet therapy dog* - read together or just spend some time relaxing with a new friend. Next visit this season is Tuesday 21 March. **Meet Starla - she is a Standard Phantom Poodle, who is non-shedding and hypoallergenic*
- Did you know we offer **Library Tours and Outreach Visits** to your school or organisation? Get more information and how to book a visit right here: <https://sgpl.ca/services/outreach-visits>
- **Teen Takeover** Join us after school for the Teen Takeover. Spend time with friends and enjoy awesome themed activities weekly. From gaming, true crime, anime and food creations. Registered Fridays 3-5pm:
<https://sgpl.ca/programs/events/calendar>
- **Dungeons & Dragons** will be on the last Saturday of the month 1-3pm for 13+ years. Join in on the action and adventure as we campaign our way through another story of Dungeons and Dragons. No previous gaming experience required. All levels of expertise are welcome. Registered: <https://sgpl.ca/programs/events/calendar>
- **Builders Club** Unleash your creativity with Lego Bricks, K'Nex, cardboard and other building materials. Each month there will be a new challenge along with plenty of time for free play. First Saturday of the month for 7-12 years.
Registered: <https://sgpl.ca/programs/events/calendar>
- **Nerf Battle Royale** Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...
Bring your own protective goggles and Nerf blasters. We'll supply the darts. Last Friday of the month 6:30-7:30pm 8+ years (family-friendly, grown-ups can play too!). Registered: <https://sgpl.ca/programs/events/calendar> (walk-ins welcome if space allows)
- **Minecraft Mania!** Come join us for a Minecraft extravaganza! We will have new building challenges and ideas to stretch your creativity. Work solo or in a group and make new friends! Offered virtually or in-person. Third Saturday of the month 1-3pm 7-12 years. Registered: <https://sgpl.ca/programs/events/calendar>
- **RPG: Pokémon** Tuesday 7 March 6-8pm Want to learn how to Role Play Game? Try it out this season with our kids special programs. Fans of Pokémon will love getting immersed in the world of Pokémon. Recommended for 7+ years. Registered: <https://sgpl.ca/programs/events/calendar> (walk-ins welcome if space allows)
- Did you know we have **Gadgets and Gizmos Galore** you can borrow with a library card? Check out all of the kits, backpacks and tabletop games you can borrow right here: <https://sgpl.ca/services/resources-available>
- Don't forget we also have lots of resources to support education, whether in the classroom or at home learning.

New program **Homeschool Meetup** will be commencing on alternate Wednesdays 1-3pm: <https://sgpl.ca/programs/homeschooling>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Community Craft (while supplies last) Homeschool Meetup 1-3pm Beginner Cree Lessons 6:30-7:30pm*	2 Tech Bowl 1-5pm	3 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	4 Tech Bowl 1-5pm Builders Club 2-3pm*
5		7 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm RPG Pokémon 6-8pm*	8 Beginner Cree Lessons 6:30-7:30pm*	9 Tech Bowl 1-5pm	10 Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	11 Tech Bowl 1-5pm Gardening 101 1:30-2:30pm* Kids Whodunnit Mystery Party 2-4pm*
12	13	14 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Pokémon Club 6:30-7:30pm*	15 Homeschool Meetup 1-3pm Recognizing & Avoiding Investment Scams 5:30-6:30pm**	16 Sensory Play Hour 10:30-11:30am* Tech Bowl 1-5pm Talking Circle 5:30-8:00pm	17 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	18 Tech Bowl 1-5pm Minecraft Mania! 1-3pm**
19	20	21 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm*	22	23 Tech Bowl 1-5pm	24	25 Tech Bowl 1-5pm Dungeons & Dragons 1-3pm*
26	27 SPRING BREAK WEEK	28 Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Coffee and Cards 1-3pm	29 Homeschool Meetup 1-3pm Backyard Science 4-5pm*	30	31 Indigenous Story Telling 10:30-11am NERF Battle Royale 6:30-7:30pm*	* = Registered/ In-person program ** = Registered/Online/ Hybrid program * = Online program

Spring 2023
 Program registration
 opens Tuesday
 7 March

Coffee and Cards *Seniors*

Visit the library to play card games and enjoy a warm beverage. All levels of expertise are welcome. Warm beverages, cards and cribbage board will be provided.

Family Storytime *Ages 2-6*

Travel out of this world and experience this world in new ways with interactive songs and stories that develop school readiness.

Teen Takeover *Ages 12+*

Join us after school for the Teen Takeover. Spend time with friends and enjoy awesome themed activities weekly. From gaming, true crime, anime and food creations.

Fridays 3-5pm.

Gardening 101 *Ages 18+*

Learn the basics! This class covers basic gardening concepts such as propagation techniques: seed starting, divisions, & cutting. As well as, garden planning, planting and harvesting. This is the perfect class to get some tips for getting your plants to flourish in any area of your garden or container.

Saturday 11 March 1:30-2:30pm.

Tech Savvy Seniors : Let's Get Digital

Seniors

This course will help you gain a better understanding of technology: words and terms, how to use various devices, and how technology can help you in your daily life.

In partnership with Tri-Community Adult Learning and Literacy

Homeschool Meetup *School Age/All Ages*

Make connections with other Homeschool families for resources, support, educational games, and of course, space to study.

Indigenous Story Telling *Ages 2-6*

Story telling is an important way to learn about and from Indigenous communities. Join Knowledge Keeper Barbara for a fun interactive story telling with songs and puppets.

Alternate Fridays.

Dungeons & Dragon Club *Ages 13+*

Calling all adventurers! Come to the library and join a quest as we play our way through the world of Dungeons & Dragons.

Monthly last Saturday of the month.

Kids Pokémon Club *Ages 7-12*

Visit this facilitated, safe, and inclusive space that is about all things Pokémon!

Monthly, 2nd Tuesday of the month.

NERF Battle Royale *Ages 8+*

Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...

Monthly last Friday of the month.

Builders Club *Ages 7-12*

Unleash your creativity in this hour long in-person program. Unleash your creativity with Lego Bricks, K'Nex, cardboard and other building materials. Each month there will be a new challenge along with plenty of time for free play. Monthly 1st Saturday of the month.

Program **age recommendations** are simply a guideline for content.

SGPL welcomes all community members to participate in our events, regardless of age or ability!

Walk-ins are welcome if space allows for registered programs (i.e. no-shows).

Reminder: Children ages 11 and younger must be accompanied by a parent or caregiver in the library.

Tech Bowl *All Ages*

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.

New Hours:

Tues 12-7:30pm;

Thurs 1-5pm;

Sat 1-5pm

(hours may be subject to change)

Community Craft *All Ages*

New month new craft. Come and pick up your Take & Make kit* at the library front desk. This month we will be offering take home crafts to make a green lava lamp.

**While supplies last*

Talking Circles *All Ages*

Join our Talking Circle as we share various gifts, wisdom, stories and teachings from our local Indigenous community and neighbours.

Participants can expect to establish a sense of community in a safe, sacred space while gaining a mutual understanding of one another regardless of their various backgrounds.

This program will be held at the Spruce Grove Public Library and light refreshments will be provided.

This program is presented in partnership with the *Spruce Grove FCSS*.

Furry Friend Visit *All Ages*

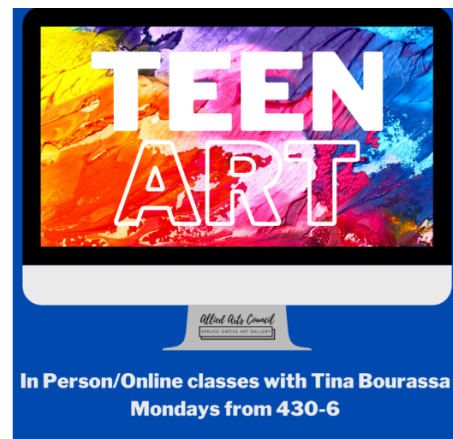
Spend time with a pet therapy dog—read and learn together, or just spend some time relaxing with a new friend. Monthly, third Tuesday of the month January 17 - May 16.

Behind the Stacks Podcast *Ages 18+*

Listen to our podcast and learn about the library world, books, our community and so much more.

The Allied Art Council offers programs for children and teens.

Check them out at <https://www.alliedartscouncil.com/childrens-classes>



Is your teen interested in the arts - it isn't too early to start thinking about summer camps.

The Citadel Theatre - Offers summer day camps for youth - call 780.425.1820 for more information.



LD Edmonton

Learning Disabilities Association of Alberta - Edmonton Chapter

Upcoming Roblox Social Group 7+

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

Saturday's

March 18, 2023 – April 29, 2023

1:30pm – 3:00pm

6 week session

Wednesday's

March 22, 2023 – April 26, 2023

4:30pm – 6:00pm

6 week session

No Session Saturday March 15, 2023

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

Upcoming Social Skills Program

Join us for our Social Skills Program running Sunday April 16 - May 14, 2023. Our groups specialize in children with ADHD, ASD, Tourette's and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for [this 6 session](#), 5 week program. **Running Sunday mornings from 9:30am - 12:00pm.** Sunday May 14, 2023 is a double session from 9:30am until 3:00pm

Youth between the ages of 13-17 years can register for this 6 session, 5 week program. **Running Sunday afternoons from 1:00pm - 3:30pm.** Sunday May 14, 2023 is a double session from 9:30am until 3:00pm

The aim of the program is to

- encourage friendship, positive social/emotional behaviors, 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 number is 020051257](#)

Cost of Social Skills Group is \$250.00 For more information, please contact info@ldedmonton.com, call our office at 780-466-1011

Camp Abilities Summer Day Camp

Our Summer Day Camp is structured for age groups 8-12 years and 13-18 years who are struggling at keeping friends and interacting with their peers. Participants will learn social skills in a safe setting in the morning and then practice what they have learned out in the community in the afternoon. Outings can include: visiting City of Edmonton facilities, riding Edmonton Transit, swimming, bowling and other activities that the group may choose to try. This camp offers direct social skills promoting and focuses on

- Highly trained staff with skills specific to working with this population
- Lower staff to participant ratio than most camps
- Understanding of the special needs of youth
- Individualized attention with focus on recognizing and developing each campers unique gifts and strengths
- Wrapped into every program is emphasis on developing organizational skills, social skills, and life skills set in a fun environment

Camp Abilities ages 8-12 years

Monday – Friday 9:30am until 3:00pm

July 11-15, 2022

August 8-12, 2022

August 15-19, 2022

Teen Camp Abilities ages 13-17 years

Monday – Friday 9:30am until 3:00pm

July 18-22, 2022

Cost for the program is \$500.00 per 5 day session. Families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend camp through community aid hours. Contact your FSCD worker to see if your child qualifies.

2023 SUMMER CAMPS <https://www.ualberta.ca/engineering/discovere/summer-camps.html>

Faculty of Engineering - U of A

DiscoverE has delivered fun and engaging summer camps to youth in Edmonton since 1993. Campers will learn engineering, science and technology concepts through exciting hands-on projects and demonstrations. Our instructors are University of Alberta students who act as mentors in higher education. Some of our instructors were originally DiscoverE campers themselves!

Our Edmonton camps are run at University of Alberta's North Campus. Camp hours are from 9 a.m. to 4 p.m. and early drop-off occurs from 8:30 to 9 a.m. while late pick-up is from 4 p.m. to 4:30 p.m. All camps cost \$325, except for weeks with a statutory holiday (\$275). **Partial and full bursaries are available to youth in need** (check out our [bursaries page](#) for more information). Our camps are designed for the stated grade ranges - please do not register your child in a camp outside their grade range. The grades listed indicate the grade starting in the fall.

Reach out to our community

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
bilyregion@gmail.com
587-588-8633

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

FACT **Rotary**
Stony Plain Club of Stony Plain

We Can Help!

B.I.L.Y

BILY (Because I Love You) Support Group BILY is a nationwide network of parents who meet weekly. People who are struggling with issues occurring within their homes, and/or within their lives. The group works with parents who have children of all ages. Groups are run by parents who have worked through the BILY program and have been successful with it.

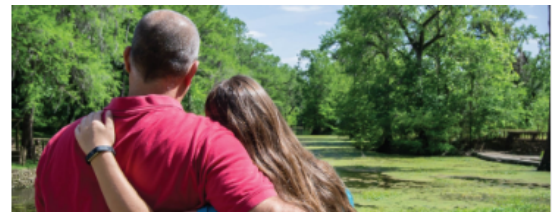
Ongoing: Tuesdays 7:00 pm – 9:00 pm Stony Plain FCSS Youth Centre 4902 – 51 Avenue, Stony Plain

Free To register: 780-245-2459

Caring Friends is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. Group meets the second Thursday of each month.

To register, please call: 780-963-8583



Caring Friends

Stretch your food hamper through our free - Community Kitchen

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

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

Call APFA for more information 780-963-0549

Alberta Affordability Payments



Families with children

Families can apply for **\$600 per child under 18**.

For more information go to <https://www.alberta.ca/affordability-action-plan.aspx>



FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM--2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

Wecan Food Basket

5600-50 St, Stony Plain
Fresh Nutritious Affordable Food Basket
Order by first Friday, pickup on third Thursday of month
Monday - Friday, 9AM-4PM
587-338-1101

FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
5600 50 Street, Stony Plain
Thursdays 10AM - 3PM
Fridays 1-4 (Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
49 Boulder Blvd., Stony Plain
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
Last Friday of the month

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
Drop-in for take out bagged lunch
Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
Drop-in for bagged lunch
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Hot meal to go for pick up
Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
780-962-4700

Community Table

180 Century Road, Spruce Grove
Hot meal to go for pick up
Last Friday of the month
www.sgrconline.breezechms.com/form/communitytable
780-962-5611

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net

Updated: October 2022

Learn Something New - free sessions for parents and caregivers

Family Connections

The Sashbear Foundation is a charity recognized as a leading voice for Canadian families impacted by emotion dysregulation, suicidality, and related mental health challenges. Sashbear trains and empowers family members to share life-transforming skills, building community and hope through evidence-based family programs, advocacy, and education.

Family Connections™ (FC) is an evidence-based 24-hour group program for people who are in a relationship with someone who has emotion dysregulation or related problems. It is provided free of charge to participants.

Family Connections™ provides skills, support and hope for family members or friends of someone with emotion dysregulation, to regain balance in their lives. Sashbear delivers this international, evidence-based program throughout Canada in both French and English, provided by trained peer family members who speak from personal experience.

Family Connections™ provides:

- Education on emotion dysregulation and five areas of dysregulation.
- Individual skills based on dialectical behaviour therapy to understand and manage your emotions, and to regain balance in your life.
- Relationship skills to help you be effective in your relationship with compassion and empathy.
- Communication skills to promote collaboration and effective discussion around problem situations.

Family Connections™ is always provided free-of-charge to participants. Donations to Sashbear are welcome to help us continue to provide this program throughout Canada.

TO ATTEND FAMILY CONNECTIONS™, YOU NEED TO:

- Be 18 or older.
- Be in a relationship (even if estranged) with someone who has emotion dysregulation, BPD, or BPD traits. (They do not need to have a specific diagnosis.)
- Be available and commit to attend all 12 classes when you are offered a group.

For more information, see our website: <https://sashbear.org/en/family-connections>

Caregiver Education Series - Alberta Health Services

To register go to: <https://www.cyfcaregivereducation.ca/virtual-education>

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, March 22, 2023

Time: 6:00 - 7:30 pm

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

[Click to Register](#)

Community Education Services - Alberta Health Services

Adolescent Brain Development and Navigating Parent-Teen Relationships

April 6 - Available until: March 31, 2023 - 5:00 PM

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

[Log in to Register](#) [Create Account](#)

LGBTQ2S+: What grandparents need to know and do

April 11 - Available until: March 31, 2023 - Noon

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

[Handout](#)

[Log in to Register](#) [Create Account](#)



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



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:

- o 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.)
- o 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.)
- o 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.)
- o 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:

- o **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- o **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 Health780-424-2424
 Westview Health Centre.....780-968-3600
 Child Intervention Services780-422-2001
 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-4pm780-960-9669
 Pay Forward Kindness (homeless supports)
587-286-4663

I DON'T EVEN KNOW WHERE TO START?

 **211** 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
 Story Plain FCSS #107, 4613 - 52 Avenue, Story Plain, AB 780-963-8583

