

# Spruce Grove Composite High School

June 1, 2023

Greetings, SGCHS Family.

The month of June is here once again and closer to the end of another successful school year at SGCHS. At this point in the year, we always take the time to highlight and celebrate, not only the beautiful weather, but the many achievements of our students and staff. We are proud of all our students who have participated in our academic and extracurricular activities at the end of May that showcased their commitments to our many programs and their Panther Pride. Congratulations to the cast and crew of *SpongeBob: The Musical* on a successful production. Our Badminton, Soccer and Rugby programs battled hard on the fields in both league and tournament play. Many of our athletic teams were impacted by the recent smoke conditions due to wildfires but they have all shown incredible resilience throughout the rescheduling process. Kudos to our Track and Field athletes who competed in the Metro High School Championships held on May 26 and those qualifying for the ASAA Championships hosted by the Edmonton Zones coming up on June 2nd-3rd.

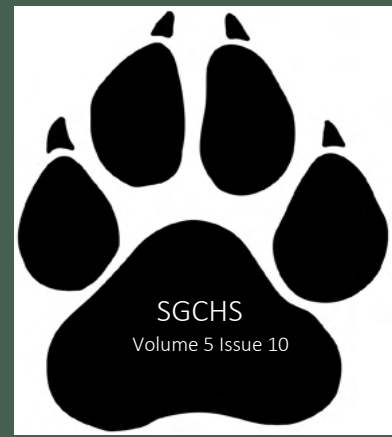
The graduating Class of 2023 is driving the wave of energy as we kick off the first week of June with our Fun in the Sun Day on June 1st. During this first week, our Grads are invited to pick up their gowns in preparation for the Graduation Ceremony scheduled for June 10th at the Expo Centre. The remaining days leading up to the big day will involve a list of fun events including: Panther Athletic Awards June 6th at 2:00 PM, Gr. 12 BBQ June 7th, and Food Truck Day, June 8th. With all the positive energy generated by our students as we wind up our year, our staff will also encourage our students to balance their excitement with meeting course deadlines before the last day of classes on June 14th. Students are encouraged to visit the school website prior to the exam period to review the Final Exam Schedule. Seminar time will continue to offer opportunities for extra support and developing good study habits with teacher help in preparation for final exams. When necessary, teachers will be assigning students to report during seminar time and the Directed Learning Room (DLR 3:15- 5:00) to catch up on missing assignments and tests. Graduating students are reminded to register for MyPass to obtain access to their final diploma examinations results, and transcript information for post secondary applications and life after high school. All students are encouraged to please take advantage of the useful information regarding Post-Secondary opportunities, Workplace opportunities, Career Planning and Scholarships posted in our Student Services Office. The high school exam schedule will not include June 21st. SGCHS would like to share some events which are happening within our local community in honor of National Indigenous Peoples Day. These events are highlighted later in this newsletter. We hope that you take some time within the month of June and June 21st to observe National Indigenous Peoples Day in one way or another.

As a final note to the students and parents of SGCHS, I would like to officially inform you of my decision to enter the realm of retirement at the end of this school year. I have truly enjoyed my time working in Parkland School Division and will always cherish the amazing opportunity to be part of the growth and success of our high school students and their families in the communities of Spruce Grove and Stony Plain.

I am still very committed to working hard with our Gr 10s right to the end of June as they transition towards their Gr. 11 year.

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

Mark Rose  
Gr. 10 Coordinator



## Dates to Remember

- June 1 - Fun in the Sun
- June 5 - Final Band Concert @ 7pm
- June 6 - Athletic Awards @ 2pm
- June 8 - Food Truck Day
- June 10 - Grad @ 1pm
- June 14 - Last Day Regular Classes
- June 15 - 27 - School Based Exams
- June 18 - Father's Day
- June 21 - Indigenous Peoples' Day
- June 29 - Turn Around Day (no students)
- June 30 - PD Day - No Students

## In This Issue

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



***Spruce Grove Composite High School  
Graduation Ceremony - Saturday, June 10, 2023  
1:00 pm - Edmonton Expo Center - Halls F & G  
General Seating, the doors open at 12 Noon***

Our Graduation Ceremony is right around the corner. 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](mailto:cindy.nullmeyer@psd.ca) or call 780-962-0800.

**TICKET INFORMATION:** Please remember to have a digital image or bring a copy of your tickets with you. The doors open at noon and seating is first come, first served.

**SOUVENIR GRAD GOWN PACKAGE:** These packages will be distributed to students on June 5 & 6 in the student lounge from 3-5pm. If this souvenir package wasn't picked up, please come to the main office. ***Please remember to bring your gown, vee stole, cap and tassel with you to the Ceremony!***

**PARKING:** The Edmonton Expo Centre has automated gates and parking is \$15 per vehicle.

**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.

**PHOTO:** Each student will receive a complimentary 5x7 Commencement Photo that is taken at the Ceremony by Lifetouch. This will be mailed directly to the graduates home address towards the end of June or beginning of July. If you have any questions please contact them directly at 1-866-457-8212 ext 4.

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Greetings, Students and Parents/Guardians, especially this year's Grade 12s and their families.

I would like to take a moment to thank the students, staff and parents of SGCHS for their hard work and dedication to excellence. It has been a pleasure to engage with the class of 2023 as we learned to do school in many different ways, and, together, we will move on to new adventures as you begin your journey into adulthood and as I transition to a new school and a new role. It has been a true joy to be part of the SGCHS staff and Panther Pride, and I will truly miss this community.

Linnaea Anderson

Grade 12 Coordinator



SGCHS BAND PRESENTS

# FINAL CONCERT



2 0 2 3



**A MUSICAL APPROACH  
TO RECONCILIATION**

June 5th

Doors at 6:30 pm

Horizon Stage

Free Admission





# INDIGENOUS MUSIC PROJECT

SGCHS Band has been very busy over the past couple of months. Most notably, our band members have been participating in a profoundly moving music project. With the help of local musician Shane Redstar and his daughter Shaneyah, SGCHS band students have been learning about some of the rich Indigenous music traditions that have existed on Treay 6 territory for centuries.

The project kicked off with a wonderful presentation from Shane at our Band Camp in April and has been followed by several after school rehearsals to work on a unique piece of music entitled *Cardinal Elements* by Canadian composer Kenley Kristofferson. *Cardinal Elements*, described as a four movement act of reconciliation, was written in collaboration with Indigenous singer and drummer Ray "Coco" Stevensen. It is meant to represent a meeting point of Settler and Indigenous musical traditions, as well as acknowledge the harmful exclusion of Indigenous voices in wind band literature in our recent history. Each movement represents a different element and flows continuously from one to another, connected by Indigenous drumming and singing. While the band music was written following conventional wind band notation, the Indigenous drumming and singing parts are unique to the individuals who perform them and their traditions, meaning that each performance of this piece is one of a kind.

Kristofferson is very clear in his instructions for implementing this music; directors who program this piece must connect with and perform with Indigenous musicians from their own treaty area. Highlighting and celebrating Indigenous voices is at the core of *Cardinal Elements*, and an integral part of our process has been building a connection with Shane and Shaneyah. We are incredibly grateful for their willingness to share their knowledge and talent with us and look forward to performing with them.

**Please join us at our Final Concert on June 5th to hear us perform *Cardinal Elements* with Shane and Shaneyah.**



Photo borrowed from CBC and submitted by Charity Redstar



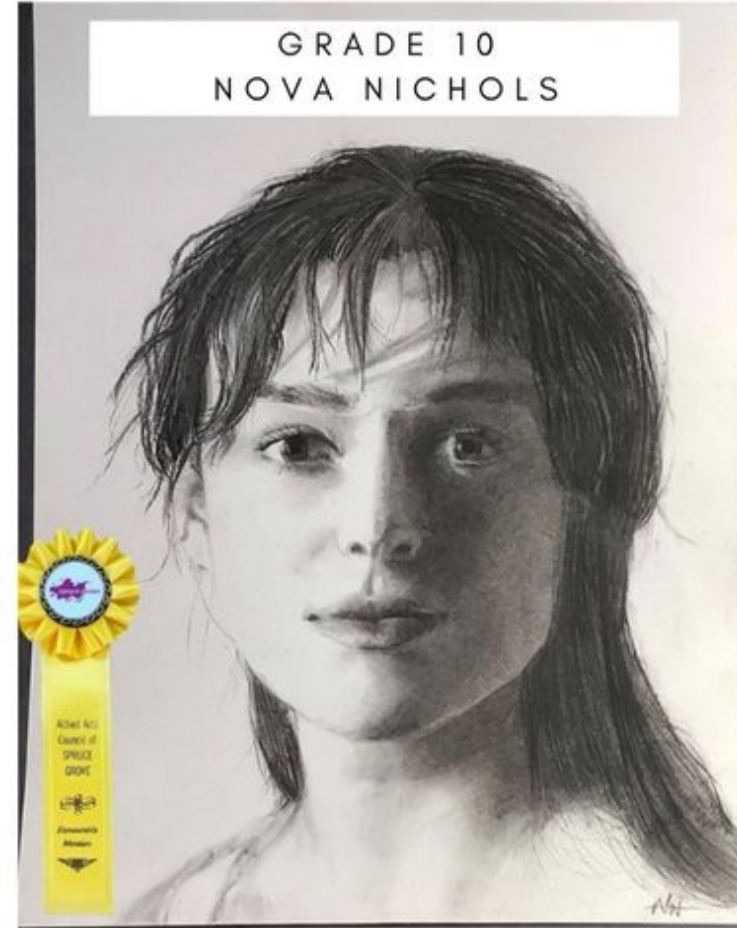
We are thrilled to extend our warmest congratulations to the incredible Art Students who recently showcased their talents at the Allied Arts Council of Spruce Grove's Annual High School Show. It is an honour to be chosen to present in the gallery, and many of our students also took home awards:

Congratulations to: (Photos included with names for First place, second, third, and honourable mention)

The show is available for viewing by clicking the online link or by typing in <https://www.alliedartscouncil.com/2023studentshow>.



GRADE 12  
KRISTEN KLEIN



GRADE 10  
NOVA NICHOLS

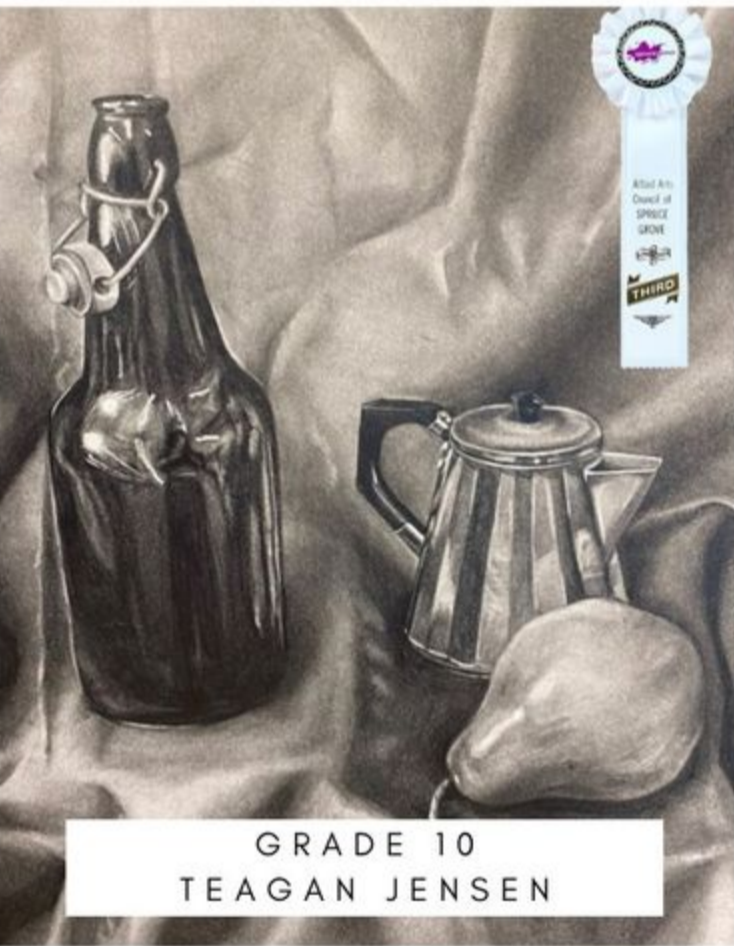


GRADE 11  
TESSA CHISOLM

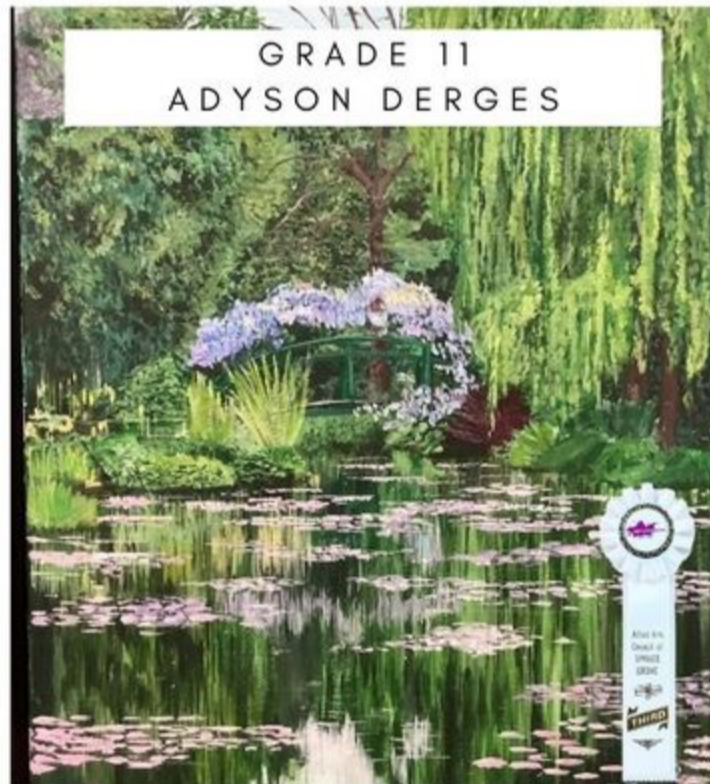


GRADE 12  
NIX YOUNG

2023 HIGH SCHOOL SHOW  
FIRST PLACE AWARDS



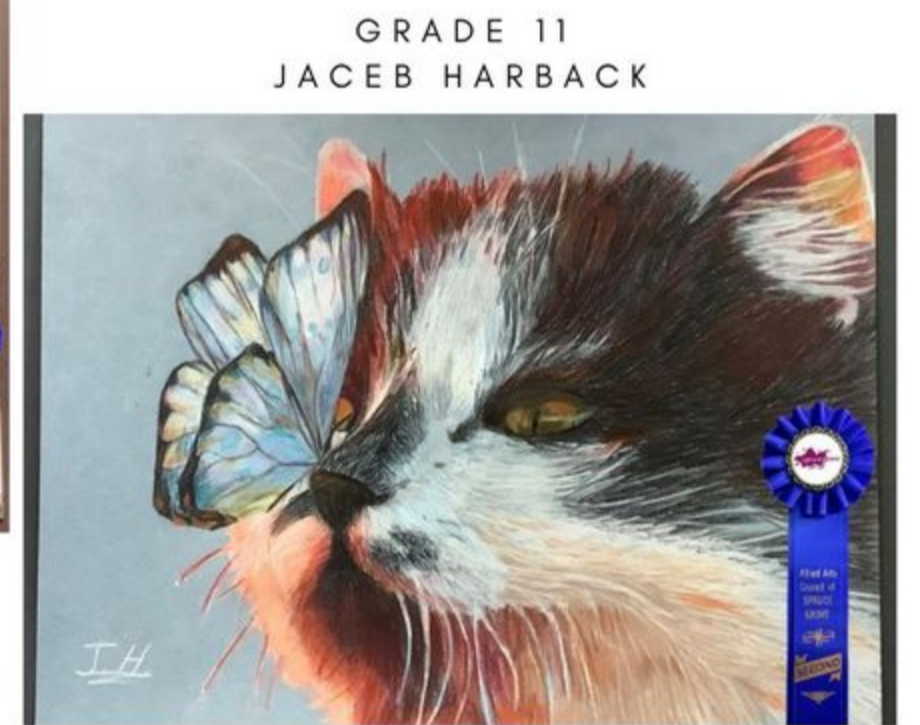
GRADE 10  
TEAGAN JENSEN



GRADE 11  
ADYSON DERGES

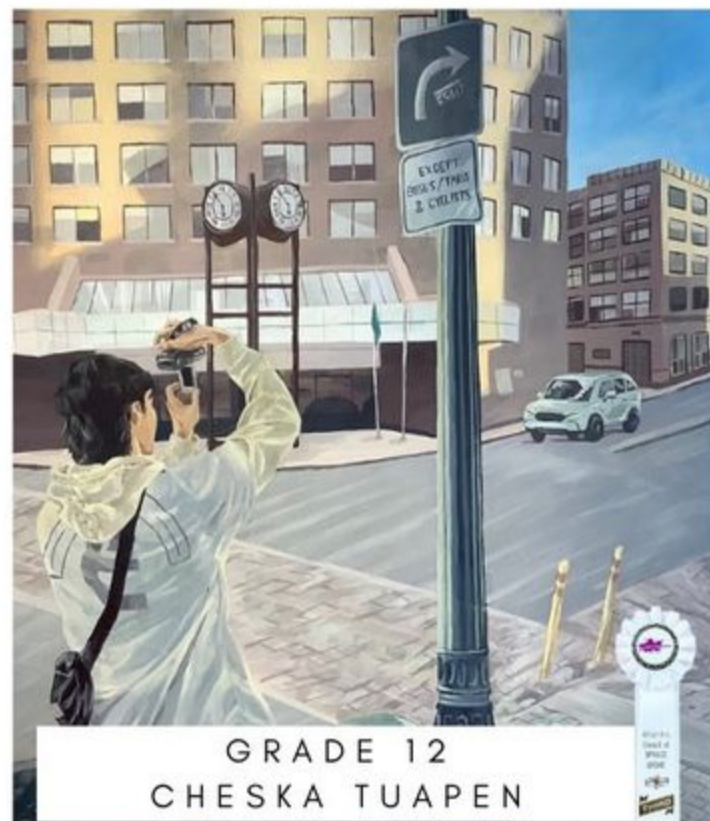


GRADE 10  
ARIEL LEWIS



GRADE 11  
JACOB HARBACK

2023 HIGH SCHOOL SHOW  
THIRD PLACE AWARDS



GRADE 12  
CHESKA TUAPEN

2023 HIGH SCHOOL SHOW  
SECOND PLACE AWARDS



GRADE 12  
MADI KURYSH





# From the Student Services Office

June brings 2 weeks of classes and then final exams. Be sure to check the exam schedule so you know WHERE and WHEN to be at the school. Don't forget your ID, writing utensils and water.



01

I am going to

SGCHS

## GRAD 2023

We are so very proud of our graduating class of 2023! After 13 years of schooling they are definitely ready for their next big step. Our celebratory wall declaring what our grads are doing after high school is up. If you have a grad and they have not had their picture taken at Student Services please remind them to come down!

02

## MAZY OUR WELLNESS DOG

Did you know we have a wellness dog that comes in for visits? Mazy will be with us for our final day on Wednesday, June 14th between 10-1 to celebrate the last day of classes!



03



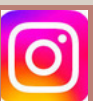
## SUMMER WISHES

We wish you all the best over the summer months! Take time to enjoy the outdoors during those long summer evenings; find a good book; take a break from social media; explore a new place; come back rested!

04

## MYPASS- DIPLOMA MARKS

Do you have a diploma exam coming up in June? You'll be able to find out your mark through 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)



# STRONGER TOGETHER

## Parkland School Division Family Supports Newsletter May 2023

Dear parents and caregivers,

This month our newsletter provides resources and support around Trauma and Addictions. We have provided some great articles that you may find informative. Please remember to reach out in your community, if you or anyone in your family needs any assistance. We also would be happy to chat with you!

Always find time for the things that make you smile,  
Vicky 780-668-7422  
Jenn 780-819-1962

### Trauma and Addiction

#### How they are connected and how to spot signs of addictive patterns in your child

**By Jenn Banas, Master Practitioner in Clinical Counselling and Clinical Traumatologist at the Parkland Wellness Center**

#### How it starts

In our lives, we might have had experiences that led us to feel threatened and unsafe, we didn't have the sense of how to process it in the moment. Because of this, our brain was unable to store the memory of that experience(s) in a linear and logical way. The memory sometimes ends up being *scrambled* and unprocessed in the brain. When this happens, our brain can end up perceiving that unprocessed memory as something that is *still happening* to us and rings the alarm bell, known as [the Fight and Flight response](#). Over time, that consistent state of alarm in the body can have [negative long term effects](#).

#### When our system is unbalanced

When our [Autonomic Nervous System](#) is unbalanced because of the constant state of Fight and Flight, it can impact the body's ability to regulate Dopamine, the chemical in the body responsible for feelings of pleasure, satisfaction and motivation. Sometimes, we will seek out dopamine "hits" to satisfy or balance this. Dopamine hits can come in many forms: watching a good movie, eating a satisfying treat, spending time laughing with a friend. However, sometimes we can become addicted to the feeling of the Dopamine high and seek out bigger and longer sustained hits or highs through excessive video game play, drugs, alcohol, overeating and many others. This is when it can begin to look like an addiction.

#### When Our Children seek Dopamine highs that lead to addiction

As a parent, you might wonder if your own child is becoming addicted or has an addiction issue. Here are some signs that this might be the case:

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odours

- Subtle changes in conversations with friends, e.g. more secretive, using “coded” language
- Change in clothing choices: Mirroring the clothing choices of friends, influences that support addictive behaviours
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs—especially painkillers, narcotics, and mood stabilizers

### **How do I support a child that may have unprocessed trauma or addiction?**

- Begin with a compassionate conversation. Remember that your child may be using their addiction to soothe pain. [Offer addiction counselling support](#) and consider attending a group yourself such as [AlAnon](#). Seek out conversations with their support people and seek to increase supportive people in their life. Finally, consider healing for yourself through counselling supports. Remember, a healthy parent can more readily support health in their children.

### **There is Hope**

Do not lose heart if you believe your child has unprocessed trauma and addiction. There is healing for both, and you are not alone. Although it may seem overwhelming now, many parents have seen their children experience healing from trauma and addiction and find a new, and healthier road ahead.

## **Healthier Together - AHS**

### **Help teens quit smoking or vaping - the way they want!**

Quash is a new smoking and vaping cessation program for teens and young adults (age 14-30) that makes it easy to build a custom plan for quitting. Funded by Health Canada and co-designed by youth, Quash is available in both English and French. Through a free mobile app and web resources, Quash helps young people learn the dangers of smoking, and coaches them through behaviour change. They can track their successes and setbacks, longest quit streaks, and how much money they've saved. They can access tools and activities to help them through the quit process, including help lines.

If you know a young person who is looking for support to quit smoking or vaping, encourage them to get Quash on the App Store or Google Play. To learn more about how it works and what adult allies can do, go to [quashapp.com](http://quashapp.com).



## **APFA Stress, Trauma and Addiction Workshop**

### **Resource List**

#### **Trauma recovery resources:**

[The Wisdom Of Trauma -](#)

[Mobile Apps - PTSD: National Center for PTSD](#)

YouTube video for [recovery](#)

[Trauma Recovery Program \(TRP\) - Traumatology Institute](#)

[Helping Children Cope After a Traumatic Event](#)

#### **Addictions Supports:**

##### **Courses - Dr. Gabor Maté**

[Alberta Adolescent Recovery Centre](#)

<https://pepsociety.ca/>

[Treatment Services for Youth | Alberta Health Services](#)

[AADAC Parent Information](#)

[Teen Corner \(Alateen\) - Al-Anon Family Groups](#)

[Al-Anon](#)

[Dopamine Nation — Anna Lembke, MD](#)

#### **ADHD, trauma, and addictions:**

[Is It ADHD or Trauma? - Child Mind Institute](#)

[AD\(H\)D - Dr. Gabor Maté](#)

[Trauma and ADHD: PTSD Questions and Answers \(additudemag.com\)](#)

[is\\_it\\_adhd\\_or\\_child\\_traumatic\\_stress.pdf\(nctsn.org\)](#)

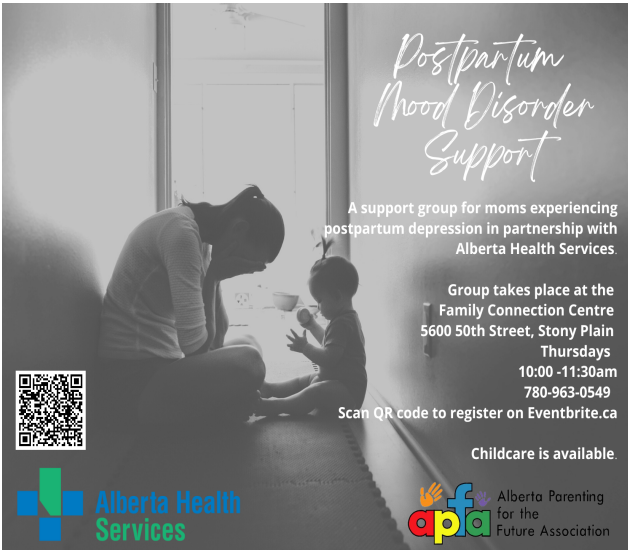
#### **The ACE Assessment**

[Adverse Childhood Experience Questionnaire for Adults](#)

## Resources for Parents and Caregivers (activities for kids & 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](mailto:info@apfa.ca) or call 780-963-0549.

Check out the [May calendar](#)/activities at APFA




*Postpartum Mood Disorder Support*


A support group for moms experiencing postpartum depression in partnership with Alberta Health Services.

Group takes place at the Family Connection Centre  
5600 50th Street, Stony Plain  
Thursdays  
10:00 - 11:30am  
780-963-0549

Scan QR code to register on [Eventbrite.ca](#)

Childcare is available.

 Alberta Health Services

 Alberta Parenting for the Future Association



**Teen Social**

Wednesdays 5-7pm  
April 12 - May 31  
Dinner included

For teens ages 14-17, and their parent/guardian. Dinner is provided. Teens will build connections with their peers, take part in fun activities, and have access to mental health supports. Parents will partake in a breakout "Conversation Cafe" - just for them! Each week will focus on a different mental health topic.

**A provisional psychologist and a psychology practicum student will be in attendance.**

SCAN QR CODE TO REGISTER

FAMILY CONNECTION CENTRE  
5600 50TH STREET, STONY PLAIN

 DOCHAS  
Alberta Parenting for the Future Association



**Monthly ADHD Support Group**

FOR CAREGIVERS OF CHILDREN & ADOLESCENTS WITH ADHD

A safe space to share your challenges and successes; to learn about ADHD; and receive parenting strategies and tools to support your child with ADHD.

GROUP MEETS THE LAST THURSDAY OF EACH MONTH FROM 6-7PM

In partnership with:

 Little Oaks PSYCHOLOGY

QUESTIONS? CONTACT:

Heidi at 780-963-0549  
[albertaparenting.ca](http://albertaparenting.ca)

Family Connection Centre  
5600 50th Street  
Stony Plain, AB

 Alberta Parenting for the Future Association

Scan QR code to register

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

|Recurring Event (See all)

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.





## Stony Plain FCSS

# 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](mailto:spyc@shaw.ca)

[www.spyc.ca](http://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)

Like us Facebook!



Get your kids involved - check out programs at the [Tri-Leisure](#).

You may qualify for a [subsidized pass](#) through Wishing You Wellness



### Funding is available!! Your family may be eligible!

#### [KidSport 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.

### Every Kid Can Play

Announced April 24, the Alberta government is investing \$8 million to help make sports, physical activity, and recreation more accessible through the new [Every Kid Can Play](#) program. Designed to enable more Alberta children and youth to access sports, physical activity and recreation, the program will provide up to \$350 for program registration costs to Alberta families that are struggling financially. Parents can apply for funding in June through the Alberta chapter of KidSport, linked above.

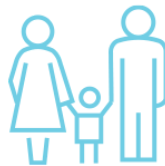
Check out the May calendar/activities at the **Stony Plain Library** by clicking on the below image.



Check out the May calendar/activities at the **Spruce Grove Library** by clicking on the below image.



### [Alberta Affordability Payments](#)



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





# LD Edmonton

Learning Disabilities Association of Alberta - Edmonton Chapter

## 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

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.

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## 2023 SUMMER CAMPS - 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.



## Change Adventure Camp Programs

### **Parkland County Camps**

Day camp programs running from 9am-4pm daily at the location and dates listed below. Cost is \$100 for five day camps and \$80 for four day camps. Each day will be made up of fun activities focused on camp games, physical literacy and building social connections amongst the campers.

#### **July 3-7**

Duffield Community Hall  
Golden Spike Community Hall

#### **July 10-14**

Parkland Village Community Centre  
Graminia Community League

#### **July 17-21**

Holborn Community Hall  
Wabamun Jubilee Hall

#### **July 24-28**

Sandhills Community League  
Fallis Community Association

#### **July 31-August 3**

Clymont Community League

#### **July 31-August 4**

Westland Park Community League

#### **August 7-10**

Muir Lake Community League

#### **August 7-11**

Tomahawk Agra Centre

### **Remuda Horsemanship Camps**

Saddle up with Change Health and Remuda Horsemanship as we partner up to offer the best camp on four legs. Whether you are a beginner looking to get to know horses safely, or an experienced rider hoping to log some serious horse time this summer, we have a camp for you.

Camps will focus on learning communication, connection and trust as we work with the horses both on the ground and in the saddle. From grooming and saddling, to riding in the arena and out on the trail, throwing in some hilarious dad jokes and some fun competition, we will do our best to cover all things horsey. Bring a lunch, close toed shoes and a riding helmet if you have one, and saddle up with us for a couple days of fun.

#### **Ages 7-10 years old**

July 3-4  
July 19-20

#### **Ages 11-15 years old**

July 17-18  
August 3-4

### **Edmonton Area Camps**

Day camp programs running from 9am-4pm daily at the location and dates listed below. Cost is \$100 for five day camps. Each day will be made up of fun activities focused on camp games, physical literacy and building social connections amongst the campers.

#### **July 24-28 & July 31-August 4**

Parkdale Cromdale Community League



## 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** **STONY PLAIN** **Rotary**  
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.

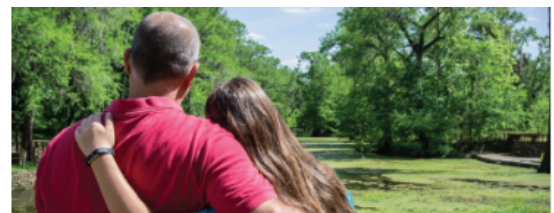
Ongoing: Tuesdays 7:00 pm – 9:00 pm Stony Plain FCSS Youth Centre 4902 – 51 Avenue, Stony Plain

Free To register: 780-245-2459 [Community & Social Development](#)

**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 - Town of Stony Plain - [Community & Social Development](#)



**Caring Friends**

## Provincial Mental Health Support for Newcomer Children and Families

Immigrant families arriving in Canada will want to know of a new provincial mental health initiative! The [Multicultural Health Brokers Cooperative](#) offers free counseling services to families with immigrant and refugee experience. Accessible online or in-person, counseling is provided by registered psychologists, social workers, and certified counselors in the areas of individual therapy, marriage counseling, play therapy, trauma therapy, and holistic family support. To access counseling information in different languages to share with families, please contact [Karin Linschoten](#). For referrals, email [counsellingintake@mchb.org](mailto:counsellingintake@mchb.org). Spread the news!



# TRIREGION FOOD RESOURCES

## 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](http://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.sgconline.breezechms.com/form/communitytable](http://www.sgconline.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](mailto:helps@sprucegrove.church)

### **NeighbourLink Parkland**

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto: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 emotional 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.



Community Education Services



### Supporting Children and Youth through Grief & Loss - May 17th

[Registration](#)

1:00 PM - 3:00 PM

To watch a child, grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. The pandemic has added even more reasons, with children grieving the loss of normalcy and a sense of safety. This session is to help adults counter the false idea of "not feeling bad" and to empower children with positive, effective methods of dealing with loss. We will look at guidelines for helping children develop a lifelong, healthy response to loss and how you can support them through these tough times.

### Juno House presents: Healthy Brains = Healthy Children - May 25th

[Registration](#)

12:00 PM- 1:30 PM

Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self harm or an eating disorder. At Juno House [www.junohouse.ca](http://www.junohouse.ca) we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood. You will learn about :



- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

## **Earth Play: The Benefits of Outdoor Exploration - May 30th**

### [Registration](#)

10:00 AM - 11:30 AM

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 messy play, exploration, and adventure for supporting positive mental health and provide practical, age-appropriate ideas for kids to get outside, get moving, and get messy!

### **Reach out for support in our community:**

[Youth Mental Health](#) Clinic (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221

Children's Mental Health - **NEW** Intake number **825-402-6799** (see next page for updated information)

Mental health and substance use - AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895,

If you or someone you know is struggling with substance use, [help is available.](#), [Alberta AHS - Addiction and Mental Health Resources](#)

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 & Jenn Goulden 780-819-1962

### 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:

- 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 <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)