

October 3, 2023

Important Dates

October 3 – CPF Parkland Meeting

October 5 – Panther Band Society Meeting

October 6 – PD Day (No School for students)

October 9 – Thanksgiving Day (No School)

October 16 – Photo Retakes

October 17 – School Council Meeting

October 25 – TCT – Classes begin @ 10:06 a.m.

October 31 – Halloween

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Greetings, All.

The 2023-2024 School Year kicked off with a Grade 12 Info Night, where students and their parents/guardians received valuable information about Graduation and the options available after high school. Colleen Bouwmeester, one of the Grad Parent Association Co-Chairs, joined the evening to provide information on how parents/guardians can get involved. For those who couldn't attend, information is available [here](#).

Life after High School was explored further on September 21 at the Post-Secondary Event held at the Tri Leisure Centre. This event brought together colleges, universities, and representatives from various career pathways. It featured informative opportunities for students to connect with institutions and programs that align with their future aspirations.

Towards the end of September, on the 27th, the school hosted a New Student Parent Orientation Event. This event was designed to introduce newcomers to Spruce Grove Composite High School to important aspects of the school, such as understanding what Seminar and TCT entail. Information from this event is accessible at this [link](#).

Additionally, during this orientation, we noted we are currently looking for parents/guardians interested in taking on roles within our School Council, including the Chair, Vice Chair, and Secretary positions. We are looking to fill these positions at our School Council Meeting on Tuesday, October 17 in the SGCHS Library on our second floor. There is more information regarding this further on in the newsletter on page 3. All parents/guardians are important members of SGCHS's School Council and are encouraged to actively engage in providing feedback and support to the school community, either by attending meetings, participating in surveys, or directly sharing their insights.

September concluded with the observance of Truth and Reconciliation. Both staff and students took part in various Orange Shirt Day learning opportunities to promote understanding and awareness of Indigenous history and experiences.

As we transition into October, there is much excitement in store. On Thursday, Oct 5 at 7:00 pm come out to watch the U of A play against NAIT in our gym. The school will host two major Volleyball tournaments, starting with the Dave Pysyk International Tourney on October 6 and 7 for our Senior Teams, featuring teams from as far away as Texas. Following that, the Junior Varsity (JV) Tournament is scheduled for October 13 and 14. These events promise to bring energy and competition to the school community.

On the artistic front, Ms. G's Musical Theatre Class is deeply engrossed in rehearsals for their upcoming production of *Finding Nemo*. This is a substantial production with the participation of roughly 80 students. In addition to the main performances, they will be offering matinee shows for feeder schools. Keep an eye out for ticket sales for the evening performances scheduled for December.

With Thanksgiving just around the corner, I would like to take this opportunity to express gratitude for the continuous support and engagement of the school community throughout the year. The support and involvement of parents, guardians, and students play a crucial role in enhancing the school experience for everyone involved.

Happy Thanksgiving,
Cheryl Otto
Principal

SGCHS Student Artwork



Cross Country





SGCHS SCHOOL COUNCIL INFORMATION

Up until last year, SGCHS has always had a traditional School Council. With the busy-ness of everyone's lives, we were unable to secure an Executive Team for last year; instead, we operated as a School Advisory. School Council plays a very important role in keeping lines of communication open between the school, our students and parents/guardians, and our larger community. With your assistance, we would like to resume a full Executive Team this year. If you are interested in taking on any of the following roles--Chair, Vice Chair, or Secretary--please come out Tuesday, October 17 to the SGCHS Library. Traditionally, our meetings have been held on the third Tuesday of the month for Sept, Oct (election), Nov, Jan, Feb, March, April and May.

DUTIES OF THE EXECUTIVE MEMBERS

The Chair will:

Chair all meetings of the School Council; Coordinate with the Principal to establish meeting agendas; Communicate with the Principal on a regular basis; Decide all matters relating to rules of order at the meetings; Ensure that the School Council Operating Procedures are current and followed; Be the official spokesperson of the School Council; Ensure that there is regular communication with the whole School community; Be an ex-officio member of all committees; Review any communication to the School community prior to distribution and include the Principal in same; Stay informed about School Board policy that impacts School Council; Comply with the School Councils Regulation by providing the School Board with an annual report that summarizes the School Council's activities for the previous School year; Have general responsibility for all activities of the School Council.

The Vice-Chair will:

In the event of resignation, incapacity or leave of absence of the Chair, fulfill the Chair's responsibilities.

The Secretary will:

Act as a recorder at each meeting and ensure that the minutes are prepared accurately to reflect the directions agreed to at the meeting; Keep minutes, correspondence, records, other School Council documents, and resources (Alberta School Councils' Resource Manual), and ensure that all relevant documents (as per legislation) are available to the public in an accessible location in the School, for a period of 7 years; Maintain a dated record of all the Members of the School Council who have knowingly provided their contact information, in compliance with PIPA; Distribute, as determined by the School Council , agendas, minutes, notices of meetings and notices of other events.

*In the absence of the Secretary, the School Council shall choose a recording Secretary for the meeting.

SGCHS Final Exam Schedule - January 2024

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

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 10 (Wednesday)			9am	English 30-1, 30-2 Part A (Small Gym)
Jan. 11 (Thursday)			9am	Social Studies 30-1, 30-2 Part A (Small Gym)
Jan. 12 (Friday)			9am	French Language Arts 30-1/30-2 Part A (Small Gym)
Jan. 16 to 18 (Tues., Wed. & Thurs)		English 10-1 & 10-2 Part A Social Studies 10-1 & 10-2 Part A French Lang. Arts 10-1 & 10-2 Part A (These Part A Exams are completed within your classroom & with your teacher; your teacher will communicate the specific day and block for each section)		
Jan. 18 (Thursday)	Last Day of Regular Classes for ALL Students			
Jan. 19 (Friday)	8:30am	Social Studies 20-1 Part A (Small Gym) Etudes Sociales 20-1 Part A (Small Gym)	9am	French Language Arts 30-1/30-2 Part B (Large Gym)
	12:00pm	Social Studies 20-2 Part A (Small Gym) Etudes Sociales 20-2 Part A (Small Gym)		

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 22 (Monday)	8:30am	English 20-1 Part A (Small Gym)	9am	Mathematics 30-1, 30-2 (Large Gym)
	12:00pm	English 20-2 Part A (Small Gym) Mathematics 30-3 (Large Gym)		
Jan. 23 (Tuesday)	8:30am	Science 10, 10FI, 14 (Large Gym)	9am	English 30-1, 30-2 Part B (Small Gym)
	12:00pm	Science 20, 24 (Large Gym) Chemistry 20 (Large Gym)		
Jan. 24 (Wednesday)	8:30am	Mathematics 10C, 10CT, 10-3 (Large Gym)	9am	Social Studies 30-1, 30-2 Part B (Small Gym)
	12:00pm	Mathematics 20-1, 20-2, 20-3 (Large Gym)		
Jan. 25 (Thursday)	8:30am	French 10, 20 (Large Gym) German 10, 20 (Large Gym) Japanese 10, 20, 30, 31 (Large Gym)	9am	Biology 30 (Small Gym)
	12:00pm	Biology 20 (Large Gym)		
Jan. 26 (Friday)	8:30am	French Language Arts 10-1, 10-2 Part B (Large Gym) Social Studies 10-1, 10-2 Part B (Large Gym)	9am	Chemistry 30 (Small Gym)
	12:00pm	Physics 20 (Large Gym)		
Jan. 29 (Monday)	8:30am	English 10-1, 10-2 Part B (Large Gym)	9am	Physics 30 (Small Gym)
	12:00pm	English 20-1, 20-2 Part B (Large Gym)		

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 30 (Tuesday)	8:30am	Social Studies 20-1, 20-2 Part B (Large Gym) Etudes Sociales 20-1, 20-2 Part B (Large Gym)	9am	Science 30 (Small Gym)
	12:00pm	Conflict Exams (Large Gym)		
Jan. 31 (Wednesday)	High School Transition Day - No Exams & No Students Attend			
Feb. 1 (Thursday)	Semester 2 Classes Begin - ALL STUDENTS ATTEND			

Welcome to Canadian Parents for French!

Canadian Parents for French is an organization that serves members and stakeholders across Canada. CPF collaborates as a Network to strengthen member and stakeholder experiences and to enhance our service delivery.

Mission Statement

Canadian Parents for French is a nationwide, research-informed, volunteer organization that promotes and creates opportunities to learn and use French for all those who call Canada home.

CPF Parkland Meeting Agenda
Tuesday, October 3, 2023, 6:30-8:00pm
Hybrid Meeting
École Meridian Heights/ Library
Video call link: <https://meet.google.com/eqr-vhsa-wck>
Or dial: +1 424-523-0650 PIN: 960614256

Agenda Items

- 1) Call meeting to order
- 2) Approval of the Agenda
- 3) Approval of minutes from last meeting
- 4) Treasurer's Report:
- 5) President Report:
 - a) Chapter Events: Apple Fundraiser, Meet the teacher, Freezies/ Volunteers, correspondence, mail, awards at highschoools, executive meetings, activity report
 - b) New Policy from CPF Alberta, Volunteers must register
 - c) Contact information for new members: cpfparkland@gmail.com or follow us: <https://www.facebook.com/cpfparkland>
 - d) CPF Alberta Events: Fall into French, French for Parents, <https://ab.cpf.ca/en/>
 - e) Alliance for French is a great resource to check out <https://www.afedmonton.com/en/>
- 6) Old Business/ Action Items
 - a) Group chose to go forward with the same format of executive based chapter.
- 7) New Businesses
 - a) Update CPF Alberta by Trish (10 min)Questions if time allows it.
 - b) Apple Fundraiser: Volunteers for meeting Davison truck and handing out apples at Meridian.
 - c) Training Session "Raising Funds for your Chapter" Sponsor a delegate to Canmore October 20-22
 - d) Review procedure of voting. If multiple nominations are accepted, each person will have 5 minutes to present their platform to the membership.
 - e) Call for Nominations for Treasure (Elizabeth is letting her name stand for another two year term)
 - f) Call for Nominations for Secretary-1 year term: platforms/vote if not acclamation
 - g) Call for Nominations for Vice President-1 year term:platforms/vote if not acclamation.
 - h) Call for Nominations for President-2 year term: platforms/vote if not acclamation.
 - i) Changes to banking, remove old executives and instate new executives.
 - j) Hand over all CPF Parklands property to new executives.
- 8) Set the next meeting date.
- 9) Adjournment

SGCHS BAND

FALL 2023



UPCOMING EVENTS

- October 5th: Panther Band Society AGM. All Band parents/guardians encouraged to attend. 7pm in the Band Room.
- October 16th - 17th: SGCHS Concert Band goes to Camp Nakamun for an intensive music clinic.
- December 11th: Winter Concert. All bands perform.

DRUMLINE BOOTCAMP

On September 20th, Panther Drumline students had the opportunity to participate in a Drumline Bootcamp with over 100 drummers from other schools in the Edmonton area. It was a blast and gave our 17 drumline members a head start on all things technique and rhythm.



SUN PEAKS FESTIVAL TOUR 2024

Concert Band students will be travelling to Sun Peaks, BC this upcoming April to take part in the Con Brio Music Festival. As part of this experience, students will participate in an adjudicated performance, have sessions with guest instructors, watch professional ensembles perform, and meet other band students from all over North America. To learn more, check out the [ConBrio - Sun Peaks](#) website.



All Concert Band Parents/Guardians are strongly encouraged to attend the PBS meeting on Oct. 5th to learn more about this tour.

ATTENTION ALL BAND PARENTS & GUARDIANS



Join the PBS at their

Annual General Meeting

Time and Place

Thursday
October 5th, 2023
7 PM
SGCHS Band Room

Topic 1 Band Camps, Festival & More!

Find out more about our upcoming learning opportunities, including a trip to Sun Peaks, BC to compete in the ConBrio Music Festival. This will include important information regarding itinerary, cost, and deadlines for students to apply.

Topic 2 Get Involved!

Learn how to become involved with the PBS. The society is always open to new members. This is a wonderful way to connect with your students' passion for music while also ensuring they have a memorable high school experience through our music program.

Topic 3 All Hands on Deck!

Without the financial support of the PBS, unique experiences like band camp would cost a whole lot more for our families. We will discuss potential fundraising options, as well as our plan for lowering the overall cost of the Sun Peaks Trip to make it accessible for all students regardless of financial status.

From the Student Services Office



Welcome back! We are so excited to welcome in our grade 10 students, continue building success for our grade 11's, and prepare our grade 12 students for their future ahead! If you need any assistance please stop into Student Services for help!

01



POST SECONDARY VISITS

One of our main goals in Student Services is to give opportunities for our students to see what is out there after high school. We have many colleges/universities coming for visits in the next month so please take note and use this resource!

POST SECONDARY VISITS CON'T

- Oct4: MacEwan (booth in lounge @ lunch or sign up for 1-1 visits during block 3)
- Oct 12: UBC- booth in lounge @ lunch
- Oct17: Concordia- booth in lounge @ lunch and 1-1 visits during block 3
- Oct 18- U of A Campus Saint Jean- presentation during seminar in FI class
- Oct 30- U of A Augustana- booth in lounge @ lunch

02



03



INDIVIDUAL EDUCATION PLANS

If you are a student, or a parent of a student, that has learning needs/accommodations, you will be receiving this year's IEP in October. Please watch your emails that indicate it is ready for you to read and sign.

MYPASS- DIPLOMA MARKS

Applying for post secondary outside of Alberta? Need your transcript? Wondering where you are in your graduation requirements? You can find that all out through MyPass. Give the school your personal email (through this form) and then setting up your account is easy!

04



Food Security

In keeping with Parkland School Division's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students. We would like to acknowledge the President's Choice Children's Charity *Power Full Kids* program in providing support for food security at SGCHS for the 2023-24 school year.



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



PARKLAND
SCHOOL DIVISION

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

October 2023

What's Inside

Nourishing Your ADHD Child's Full Potential

#2

Strong family session

#3

Community Sessions & Resources

#4-6

Community Events

#7

National Day for Truth and Reconciliation

September 30th marks the National Day for Truth and Reconciliation, a solemn day of remembrance that honors the children who never returned home and the Survivors of residential schools, alongside their families and communities. This day calls for a public acknowledgment of the tragic history and enduring impact of residential schools. Our commitment to reconciliation goes beyond mere recognition; it entails embracing Indigenous worldviews to guide our actions and approaches. We understand that reconciliation is not solitary but collaborative, transcending organizational boundaries. It's an ongoing, relational journey that necessitates collective effort.

Contact Us

Jennifer Goulden

Division Family Support
Coordinator

e: jenn.goulden@psd.ca

p: 780-819-1962

Fristy Thomas

Division Family Support
Coordinator

e: fristy.thomas@psd.ca

p: 780-963-8412

**SEPTEMBER 30TH
NATIONAL DAY FOR
TRUTH AND RECONCILIATION**

WALK TOGETHER FOR TRUTH & RECONCILIATION

9:30 A.M. - 12:30 P.M.
HERITAGE PARK, STONY PLAIN

Wear your orange shirt, walk 1.5km together and then listen, share, and connect with others ending with a free feast.
For more information: connect@stonyplain.com

IT HAD TO BE DONE BY TESSA DESNOMIE

7:30 PM
HORIZON STAGE, SPRUCE GROVE

Join us on National Day for Truth and Reconciliation for a screening of the short documentary *It Had to Be Done* by Tessa Desnomie. Tea, Bannock, and fruit-infused water will be served after the screening. Free tickets are available through Horizonstage.com
For more information: skydancerindigenous@gmail.com

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Nourishing Your ADHD Child's Full Potential

Attention-Deficit/Hyperactivity Disorder (ADHD) is often misunderstood as an inability to focus on anything, and it is often stereotyped as a disorder that makes someone behave like the Tasmanian devil. The reality is that ADHD is a complex combination of symptoms that present differently for almost everyone who has the disorder. People can experience symptoms of inattention or of hyperactivity and impulsivity, or they may have a combination of inattention and hyperactivity and impulsivity. Despite what is suggested by its name, having ADHD does not mean that folks cannot focus. In actuality, people with ADHD can focus very well - typically on things that are interesting to them. ADHD might be better understood as an attention dysregulation disorder rather than an inability to pay attention.

- ADHD awareness month provides an opportunity for people to have access to accurate information about ADHD, and to have open discussions about its implications. For instance, did you know that 3-5% of the general population have ADHD? And that up to 75% of people who have ADHD also have disordered learning (sometimes called dyslexia)?
- In the half-day workshop, Chantal Jackson will briefly review the neurology of ADHD, and the related symptoms. The main focus of the workshop is to review strategies for supporting children with their ADHD symptoms. In the workshop space, stations are set up to allow folks to explore strategies in real life, and to experience the use of strategies in a classroom-type setting.

Submitted by:

Chantal Jackson, a Registered Psychologist and a Certified Hakomi Therapist. She worked in school-based counselling roles for 4 years and has been in private practice in Spruce Grove for 8 years.



Saturday, October 14:

Strong Families: Nourishing Your ADHD Child's Full Potential.

This workshop allows parents and caregivers of children with ADHD to explore ways of growing their child's potential. To set the stage for the ADHD potential to shine, we will explore strategies for areas of difficulty such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotional regulation and more.



Upcoming adult sessions:



This transitional support information night is part 1 of a 3 part series. The two other parts will be held in the new year. The focus of Part 1 is a brief overview of each application (FSCD, AISH, PDD, DTC), qualifying factors of each, where and how to apply, what additional forms or pieces of information need to be in place to submit each of these applications (i.e.: SIN, Medical Forms, etc.). There will also be time for a question and answer period. In partnership with Gateway Association.

The month of October is...

POVERTY AWARENESS MONTH

Building a Caring Community Together

Join community member Dianne Brown to learn about Social Economics, Justice, Citizenship, and Enterprise, and have a conversation about poverty in our community.

Thursday, October 5
6-8 PM | Stony Plain Public Library
Learn about *Social Economics and the cost of poverty* from the following local community members:

- Dr. D. Kirk, Change Health
- Cpl. Zdzialek, Parkland RCMP
- Julie Okuliar, Riverview Educator

Thursday, October 12
6-8 PM | Spruce Grove Public Library
Learn about *Social Justice and the root of poverty* from a panel of community members with lived experience in poverty, wealth, and abuse, including:

- Tony and Jess Ziegen
- Lorna Smith
- Sandra Johnson, Safe Horizon

Thursday, October 19
6-8 PM | Stony Plain Public Library
Learn about *Social Citizenship and the responsibility of each of us* from the following local community members:

- Mike McMurray, Stony Plain Kiwanis
- Amanda Wilson, Wilson Book Shop
- Brad Kuzalick, Gateway Plastic
- Anja Dalog, WestVox Primary Care Network

Register at: <https://ow.ly/Ka2t50Pn4ey> or scan the QR code below:

Facebook: @StonyPlain | Instagram: @StonyPlainAB | Twitter: @StonyPlainAB

INFORMATION SESSION

Guardianship & Trusteeship

Presenter from the Office of the Public Guardian and Trustee

Office of the Public Guardian and Trustee

WEDNESDAY OCT 18
2 pm - 4:30 pm

BORDER PAVING ATHLETIC CENTRE

Jen Col & Zender Ford Rooms
#100 9 Tri Leisure Way
Spruce Grove, AB.

Click on the QR code to register or FOR MORE INFORMATION, CALL (780) 962-7618

Upcoming sessions:

"click on Images"

JOIN US FOR

RESUME & COVER LETTER PREP

BREDIN CENTRE
Nov. 15 | 1PM-4PM | YOUTH | 314 MCLEOD AVENUE

Calling all teens and youth! Join us at the Bredin Centre for Career Advancement to learn how to create a resume and cover letter.

This workshop is free! No registration Required.

JOB

For More Info:
Spruce Grove FCSS
780-962-7618

JOIN US FOR

INTERVIEW PREP

BREDIN CENTRE
Nov. 16 | 1PM-4PM | YOUTH | 314 MCLEOD AVENUE

Calling all teens and youth! Join us at the Bredin Centre for Career Advancement to learn helpful interview skills and techniques!

This workshop is free! No registration Required.

JOB

For More Info:
Spruce Grove FCSS
780-962-7618

Logos: The City of Spruce Grove, parkland county, TOWN OF STONY PLAIN, BREDIN CENTRE FOR CAREER ADVANCEMENT

TALKING CIRCLE

Cantiro Pioneer Wellness Centre
344 Pioneer Rd, Spruce Grove, AB
Spruce Grove, AB
Date: Sept. 14, 2023

Welcome and Snacks:
5:30 p.m. to 6:00 p.m.
Circle will start at 6:00 p.m.

Talking Circles come from the culture and traditions of Indigenous People in North America. All community members are welcome at these Talking Circles.

Listen deeply with an opportunity to understand, learn, and establish of sense of community.

Logos: Spruce Grove Public Library, The City of Spruce Grove, SKYDANCER Indigenous Wellness Centre, CANADA POST CANADA

S.E.L.fie
A SOCIAL EMOTIONAL LEARNING PROGRAM


Have fun while increasing your confidence in social-emotional skills. This program will also include an exploration of different emotions including where we feel emotions in our body, the impact of emotions on our thoughts and behaviours, and how to manage emotions in a healthy way.

Cost: Free
Location: Cantiro Pioneer Wellness Centre
When: Wednes day's, Sept. 27-Nov. 8: 3:30-4:30pm
Age: Grades 4-6
Contact: 780-962-7618

Logos: parkland county, Family Life PSYCHOLOGY & WELLNESS, The City of Spruce Grove

More information: www.sprucegrove.org/FCSSprograms


Upcoming Sessions



Scan the QR Code to register.

A COMMUNITY CONVERSATION

WHAT'S GOING ON WITH OUR TEENS?



19 OCTOBER ✦ 6 - 8:30PM ✦ LIGHT SUPPER

Join us for an engaging and insightful community conversation about the challenges and experiences our teenagers face today. We invite parents, caregivers, and community members interested in understanding and supporting our teens to attend.

For more information contact: info@apfa.ca or call 780 963-0549

This event is exclusively for adults in teenagers' lives, not the teens themselves. Join the session for a community discussion on the challenges teenagers face today, covering topics like mental health, social media, and peer pressure. It's an opportunity for parents, caregivers, and community members to gain insights and strategies to support teens in a safe and nurturing environment. Plus, enjoy a light supper during the event. Don't miss it!

Venue :
 Family Connection Centre
 5600 50 Street, Stony Plain, AB T7Z
 1P8Stony Plain, T7Z 1P8 CA

Supporting Children Through Grief Group

WEEKLY MEETINGS BEGINNING OCTOBER 10, 2023 4PM - 5PM

Family Life Psychology & Wellness is very excited to offer an 8 week grief support group dedicated to children ages 10-13. Registration cost is \$10.00 per child with a cap of 8 children per group. Group outcomes include: psychoeducation of grief, emotion mapping and practical strategies to grieve.

Facilitators:
 Harmony Nimchuk, Registered Provisional Psychologist and Grief Specialist
 Brittany Zabolotniuk, Mental Health Therapist and Grief Specialist

Contact us for registration below!



Family Life
 PSYCHOLOGY & WELLNESS


 [familylifewellness.ca](https://www.facebook.com/familylifewellness)
 [familylifewellness.ca](https://www.instagram.com/familylifewellness)
 780-669-2122

Understanding Anger

To feel anger is to be human but to be an angry human is to be hurt. Join Vanessa Foley from Alycol Integrative Health Services in exploring the origins of your anger, how you can regulate strong emotions, and how to heal the hurt it has caused.

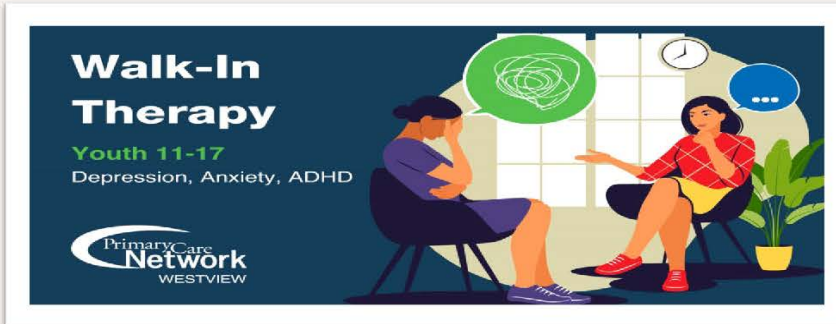
When: Tuesdays, September 19 - October 24
Time: 6:00 - 8:00 p.m.
Cost: \$65/ participant subsidy available
Where: Cantiro Pioneer Wellness Centre
Age: 18+

To register visit:
www.sprucegrove.org/FCSSprograms
 or call 780-962-7618



Stony Plain, Spruce Grove and Parkland County Public Libraries

"Click on the Images for Links"



Free youth services with @triregionyouthhub: Support for ages 11-24 in Spruce Grove, Stony Plain, and Parkland County.

Questions? Call 780-960-9533 or visit westviewpcn.ca/youth-mental-health.



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

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

The 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 \$350 per child/year, for kids who live in communities we serve.



Therapy & Assessment Services

Giving individuals, couples, and families the opportunity to receive support and to experience growth during challenging times in life.



Community-based Sessions



On behalf of the Palix Foundation and in partnership with the Alberta Parenting for the Future Association, you're invited to the Stony Plain Resilience Day

September 15, 2023
10:30am – 3:00pm

Alberta Parenting for the Future Association Headquarters
5600 50 St, Stony Plain, AB

Lunch will be provided



REGISTER NOW

Resilience is the ability to adapt and remain healthy in the face of adversity and can be strengthened or weakened over time in response to our experiences. The Resilience Scale tool developed by the Palix Foundation (Alberta Family Wellness Initiative) helps to illustrate how three factors interact to determine resilience: adversities, positive supports, and acquiring skills and abilities. The Resilience Scale aligns perfectly with the Harvard Centre on the Developing Child's Frontiers of Innovation template for coding interventions according to their context and primary design principles; interventions occur in various settings (e.g., medical clinic, childcare setting, community setting) and are designed to target specific components of resilience by reducing adversity, adding positive supports, or improving skills and abilities.



ASIST
Learn the skills.
Help save a life.
Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

When: October 16 & October 17; 8:30 a.m.- 4:30 p.m.
Registration Deadline: October 9
Location: Cantiro Pioneer Wellness Centre (344 Pioneer Road)
Cost: \$125 (please contact us if finances are a barrier)
Contact: 780-962-7618 (Spruce Grove FCSS)

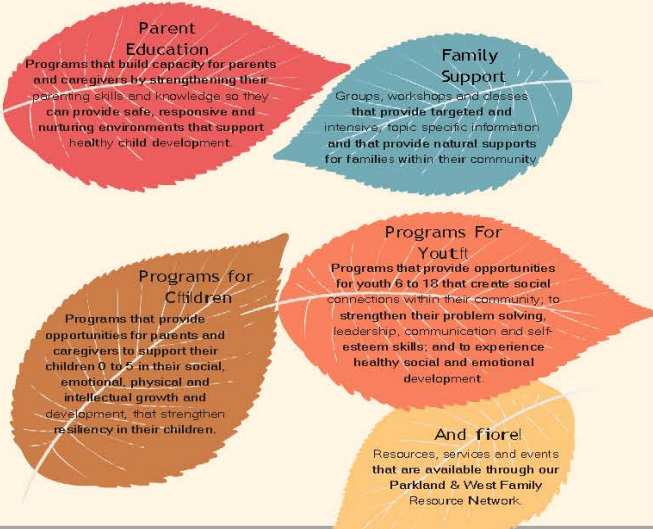
For more information and to register:
www.sprucegrove.org/community/programs/fcss-programs/



ASIST works. Learn more and see the evidence at www.livingworks.net/asist



FALL PROGRAM GUIDE 2023



Alberta Parenting for the Future Association is a member of the Parkland & West Family Resource Network.
Contact Us: (780)963-3549 info@apfa.ca Register online www.apfa.ca eventcentre
Visit us at the Family Connection Centre 5600 50 Street Stony Plain.
Visit us at the Cantiro Community Centre 344 Pioneer Road Spruce Grove Wednesdays and Thursdays 9:30 am to 2:30 pm

HANGING WITH MY SUPER DAD!



MARK YOUR CALENDAR!

- Friday September 29 - 6:00 to 8:00 pm, "Eat Make & Play"**
 - work together preparing and sharing your dinner and take home another meal.
- Friday October 13 - 6:00 to 8:00 pm "Mission Possible"**
 - Your mission, should you choose to accept it, is to work together to find the golden eggs and deliver them safely back to Jack.
- Friday November 10 - 6:00 to 8:00 pm "Lego & Relax"**
 - We provide the lego, you provide the fun. Together you will create masterpieces.
- Friday, November 24 - 6:00 to 8:00 pm "Hangin' With My Snomies"**
 - Fun with snow - or other snow-like stuff.

SCAN QR CODE FOR INFORMATION AND REGISTRATION



Held in the Family Connection Centre
Pre-Registration is Required

STRONG FAMILIES SERIES:



Transitional Support Information Nights

You Will Learn :

- Application overviews (FSCD, AISH, PDD, DTC, RDSP)
- Qualifying factors
- Where and how to apply
- Question and answer period

3 PART SERIES HELD ON:



October 4th, 2023
6:30 - 8:30pm Part 1



January 10th, 2024
6:30 - 8:30pm Part 2



April 10th, 2024
6:30 - 8:30pm Part 3



Family Connection Centre
5600 50th St., Stony Plain, AB



780-963-0549



heidi@apfa.ca



@albertaparenting



SCAN QR CODE
FOR MORE
INFORMATION
AND
REGISTRATION





NOURISHING

YOUR ADHD CHILD'S FULL POTENTIAL

with Chantal Jackson

*Registered Psychologist,
Seeds of Hope Psychological Services*

A workshop for parents and caregivers of children with ADHD to explore ways of growing their child's potential. We will explore strategies for executive functioning, social skills, self-regulation, emotional regulation, impulsivity, etc. Therapyware will be set up with items to purchase. *Childcare and a light snack also provided.*



SATURDAY
OCTOBER 14, 2023



DOORS OPEN 9:00AM
9:30AM - 1:00PM



FAMILY CONNECTION
CENTRE
5600 50TH ST,
STONY PLAIN

Please scan QR
code to register

