

Parkland School Division Family Supports Newsletter April, 2022

Dear parents and caregivers,

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

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



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

Free online webinars
Low cost counselling for children and adults

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

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

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

Fight Flight Freeze – A Guide to Anxiety for Kids

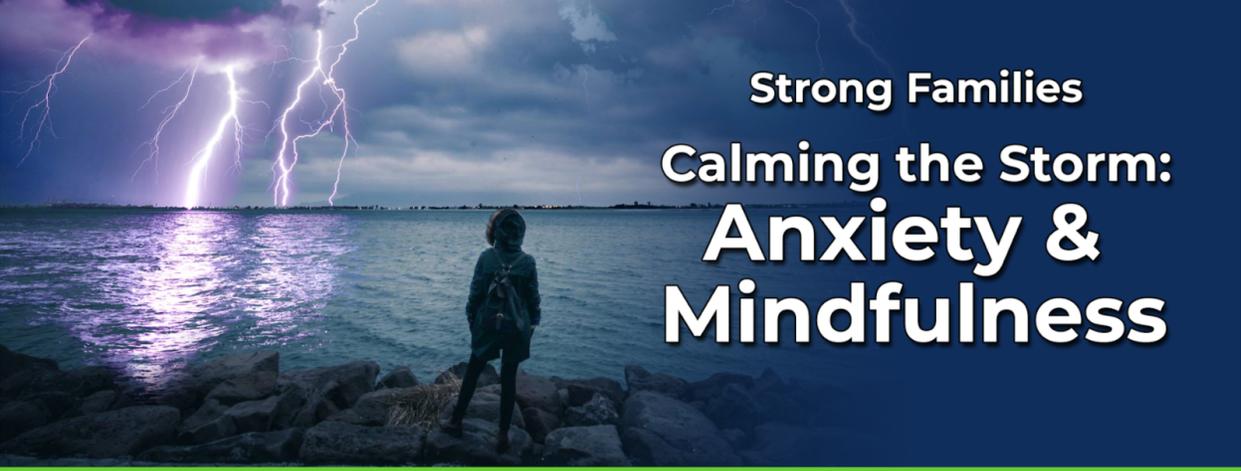


https://www.youtube.com/watch?v=FfSbWc3O_5M&t=4s

Fight Flight Freeze – Anxiety Explained For Teens



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



Strong Families
Calming the Storm:
Anxiety &
Mindfulness

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

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

April 14th

6:30-8:00

Register at:

https://www.eventbrite.ca/e/calming-the-storm-and-mindfulness-registration-296904849397?aff=ebdso_porgprofile

Check out this upcoming session -
Anxiety to Calm

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

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

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

Ages: 18 and up

Cost: Free but only 12 spaces available

Location: Online

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



What is anxiety and when is it a problem?

ANXIETY 101 (from Anxiety Canada)

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



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

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

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

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

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

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

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



Try the app

MindShift™ CBT - FREE

Mental Health Relief

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

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





THE CARD SYSTEM FOR PARENTS/CAREGIVERS

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

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

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

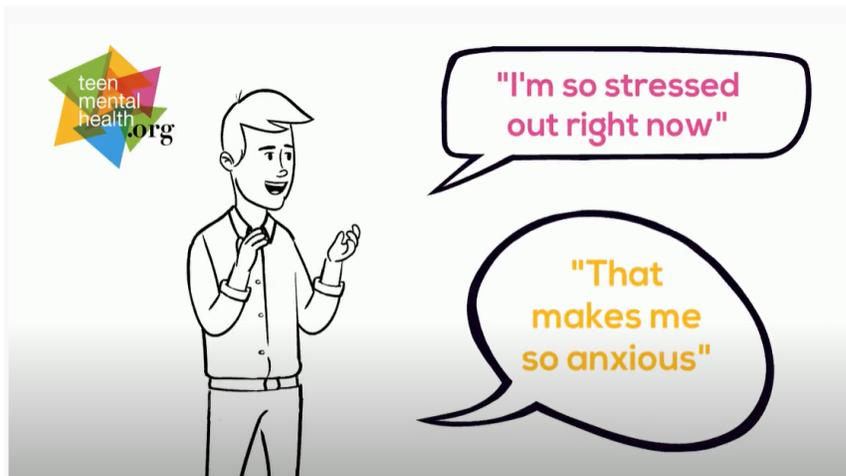
RELAX: Children see and feel what their parents are doing and often do the same. Model relaxation for your child. Speak to your child in a calm and normal speaking voice.

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



<https://www.anxietycanada.com/wp-content/uploads/2020/04/CARD-for-Parents-and-Caregivers.>

The difference between stress and anxiety:



Stress vs Anxiety (from TeenMentalHealth.org)

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



Alberta Parenting
for the
Future Association

Spring Break Camps

info@apfa.ca
780-963-0549

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

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



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

Funding is available!! Your family may be eligible!

KidSport Parkland
<https://kidsportcanada.ca/alberta/parkland/>
We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Parkland, or in one of the other communities we serve.



Check out the Stony Plain Youth Centre on Instagram

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





Red Cross Stay Safe! Program

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

...

Duration: 5-6 hours

For Ages: 9-13

County Residents: \$15 per participant

Non-residents: \$20 per participant

Red Cross Youth Programs

How to register - call 780-727-3947 or go to www.parklandcounty.com/redcrossprograms



Red Cross Babysitting Course

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

...

Duration: 7-8 hours

For Ages: 11-15

County Residents: \$20 per participant

Non-residents: \$25 per participant

Wisdom From a Grandma -what I have learned

Now I know

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



Stony Plain
Public
Library

MARCH READER

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 myspl.ca/support-spl/donations through  **CanadaHelps.org**
Giving made simple.
Stony Plain Library appreciates the support it receives from community organizations and individuals. To thank you for your support we have created a donor recognition program.

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

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

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

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

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



ACT Social Lab Digital Literacy Outreach

Parkland County, Stony Plain & Spruce Grove are providing FREE computer literacy training.

For information on programs visit mysppl.ca or contact Leanne Knapp cell: (780) 264-1145
email: info.actcompclasses@gmail.com

 The Community Compass and Stony Plain Public Library



Program Highlights:

Board Game Night - Enjoy playing some of your favorite board games and tabletop games with family and friends. We will highlight games that are a part of our expansive library collection. You can even borrow the games you like with your library card and play them at home!

Monthly, 1st Friday of the month
February-June 4:00-5:00pm 1 April, 6 May, 3 June
All Ages (10+ recommended) In-person, registered.

Virtual Art Program: Art Collection Adventure NEW

The AGA has over 6,000 objects in their collection. Students get a behind-the-scenes look at how they store ALL of that art while uncovering a few gems hidden in the vaults. These 30-min artful conversations are facilitated by Art Gallery of Alberta online through Google Meet.

Thursday 24 March @ 9:30-10:00am Recommended for Grades K-3 School age kids, Homeschoolers and All Ages
Online, registered

The Tech Bowl is back!

Splash into our Tech Bowl this season! Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

Tuesdays 12-8pm, Wednesdays 3-6pm, Thursdays 3-6pm, Fridays 12-6pm

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

No School Friday is back!

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

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

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

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

In-person, drop-in

Virtual Velyken' Ukrainian Pioneer Easter

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

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

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

A promotional poster for "No School Friday" at Spruce Grove Public Library. The poster features images of the movies "Minions" and "Spider-Man: Far From Home". It lists the event as "Ages 5 & up" on "Friday March 25" from "10:30am-12:30pm" and "1:30pm-3:30pm". The text says "IT'S A NO SCHOOL DAY! THERE'S NO BETTER WAY TO SPEND IT THAN AT THE LIBRARY!" and "We will be showing two movies* throughout the day! The Tech Bowl will be open ALL DAY so come on by to create and explore!". It also includes the library's name and contact information: "For more info call 780-962-4423, email library@sgpl.ca, or visit www.sgpl.ca".

NO SCHOOL FRIDAYS

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

We will be showing two movies* throughout the day!
The Tech Bowl will be open ALL DAY so come on by to create and explore!

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

Ages 5 & up

No School Day
Friday March 25

10:30am-12:30pm
1:30pm-3:30pm

FREE, Drop-in

Spruce Grove Public Library

For more info call 780-962-4423, email library@sgpl.ca, or visit www.sgpl.ca



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

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

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

Date and time

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

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

Register at:

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



Teen Social Club

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

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

Location: Family Connection Centre, Stony Plain

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



SAFE

Support & Advocacy for Everyone
Gender Sexuality Awareness

2SLGBTQ+ adults & allies are welcome!
Adults 18+

7 pm – 9 pm
3rd Thursday
each month

March 17 th	April 21 st
May 19 th	June 16 th
July 21 st	August 18 th
September 15 th	October 20 th
November 17 th	January 19 th , 2023

You Be You!

Please pre-register for each meeting by email

Covid health check, proof of vaccination, masks, physical distancing, and hand sanitizing is required for all meetings!

Please ensure you are healthy before attending.
(no coughing, sneezing, runny nose, sore throat, fever)

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

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

Because I Love You
Parent and Youth Support Groups

B.I.L.Y. TRI REGION

Family In Crisis?

We Can Help!

Weekly Support Group MEETINGS

We are a group of parents who understand. We offer creative solutions that can help and tools to improve communication. Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.

Meetings are Free of Charge!
Tuesdays at 7 PM
Call Today for Location
587-588-8633

Parents.....

Are you dealing with

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?

Is your child between the age of 2 and 5?
Can you relate to any or all of these issues?
This parent support group is for you!

B.I.L.Y. TRI REGION
bilytriregion@gmail.com
587.588.8633

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





B.I.L.Y. offers a **youth group** designed to work specifically with youth whose parents attend and participate in the parent group. To find out more call 587-588-8633.



Stretch your food hamper through our free - Community Kitchen

- learn food preparation tips and safety
- select budget friendly healthy options
- prepare 3 family portion meals to take home
- sign up at www.apfa.ca 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








Check out the Lighthouse Church Community Outreach Days on FB.



Check it out on facebook.

Offering help

Offering a warm and nutritious meal on the second Friday of every month to those who would find it helpful in the Tri-Region Area

Grandparents As Parents (GAP) group

Are you a grandparent raising your grandchildren? Check out the grandparents group!

Kathy (Facilitator)
 Stony Plain Senior's Center
 Friday Morning 945am-12pm
 Following REP program
 780-963-3897

Caring Friends Grief Support Group

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

Upcoming Dates:

Thursday, May 12, 2022 7:00 p.m. - 8:30 p.m.
Thursday, June 9, 2022 7:00 p.m. - 8:30 p.m.
Thursday, July 14, 2022 7:00 p.m. - 8:30 p.m.
Thursday, August 11, 2022 7:00 p.m. - 8:30 p.m.
Thursday, September 8, 2022 7:00 p.m. - 8:30 p.m.
Thursday, October 13, 2022 7:00 p.m. - 8:30 p.m.
Thursday, November 10, 2022 7:00 p.m. - 8:30 p.m.

Address:

107, 4613 -52 Avenue
[View on Google Maps](#)

Category:

Programs and Services

Event Details:

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

UNDERSTANDING ANGER

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

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

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

Presented in partnership by:



Something For Everyone!

Look below to see the incredible number of sessions that are being offered over the next couple of months. These opportunities are certainly something positive that has come from the pandemic. We hope you find something that sparks your interest and feeds your curiosity. All sessions are free and online.

Family 2 Family

Join **Glenrose clinicians** for an **online presentation, tips and resources** on topics that affect quality of life for children and families. Bring your questions and real-life scenarios! Parents and family caregivers only please.

Anxiety – Helpful or Problematic

April 20, 6:30 – 8:00 pm

Sensory Regulation Strategies and Children with Varying Needs May 17, 6:30 – 7:45 pm

For registration or to receive upcoming Family 2 Family calendars . Please call Charlene Prochnau at 780-735-7999 ext 15578 or email at PFRC@ahs.ca

Caregiver Education Series

Supporting Your Child with Structure and Routine

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

Date: Thursday, March 24, 2022

Time: 6:00 – 7:30 pm

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

Registration

Sessions are offered online through the Zoom conferencing application.

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

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

Community Education Service

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

March 25

Earth Play: The Benefits of Outdoor Exploration

1:00 PM - 2:30 PM

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

March 28

Part Two: Building Resiliency in the Family Unit

6:30 PM - 8:30 PM

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

March 29

LGBTQ2S+: What grandparents need to know and do

6:30 PM - 8:00 PM

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

· SOGIE related terms

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

April 5

Part Two: Building Resiliency in the Family Unit

10:00 AM - Noon

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

April 11

ADHD & Executive Functioning: For Children & Youth

6:00 PM - 8:00 PM

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

April 12

Circle of Security Parenting- Building Secure Attachment

1:00 PM - 2:30 PM

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

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

April 13

Brain Science: Sciences of Hope and Resilience

6:30 PM - 8:30 PM

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

April 21

Earth Play: The Benefits of Outdoor Exploration

6:00 PM - 7:30 PM

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



For more information, visit www.cyfcaregivereducation.ca

Reach out for support



Setting achievable goals can be a valuable step towards positive mental health. @togetherall have shared their tips for setting achievable goals for the year ahead. Togetherall is an anonymous online community to support your mental health, join today for FREE at <https://bit.ly/31PTBBm> using your Postal Code.

[Register Here](#)

a free, province-wide online peer-to-peer mental health community that may be of interest to you

- FREE to ALL Albertans aged 16+ through a partnership with the Alberta Government and Alberta Health Services.
- A safe, online, 24/7 peer community where members remain anonymous to each other and can share their lived experiences with common mental health concerns.
- Registered mental health practitioners moderate and monitor the community to ensure individuals are safe and feel supported. Moderators help signpost resources and escalate those at risk, but they do not provide 1:1 counselling or therapy.
- Access to self-assessments, resources and self-guided courses to help foster wellbeing.



One in 5 Canadians experience a mental illness or addiction problem - and nearly half of Canadians reported that their mental health worsened during the pandemic.

Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

Download the APP from the Apple APP Store or Download the APP from Google Play

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

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

CANADA.CA/HEALTH

Reach out for support in our community...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Michelle Enright - 780-217-4146 Stony Plain and Prabh Gill - Spruce Grove and Greater Parkland area 780-217-8701

Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment)780-342-2700
MOBILE/AFTER HOURS CRISIS TEAM: 780-407-1000

AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895

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

Adult Crisis Response - 780-342-7777

Support Network Distress Line - 780-482-4357

Adult Mental Health Referral and Treatment - 780-424-2424

Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422



Youth Substance Use Services

Counselling services are free and confidential

We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent capable and promote the positive mental health of youth, families and communities.

Meet in-person Telephone Video Call (Zoom)

Lisa Kimmerly
Substance Use Therapist
Spruce Grove/Stony Plain and Area
780-868-1895 (text or call)



A 50-minute therapy session

In-person or virtually

Exploring possible issues & solutions

101-505 Queen St. Spruce Grove, AB

Youth Mental Health Clinic

Walk in Service

Available to Youth 11-17

Fridays only: 10AM -2PM
First come, first serve.

Book by phone:

Day: Fridays

Time: 9AM-12PM

Phone: 780-960-9533 Ext. 221

Location: 101, 505 Queen St., Spruce Grove

www.westviewpcn.ca

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 RCMP825-220-2000
 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?

 **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 16-28) ... 780-415-0048
 Child and Adolescent Mental Health Services 780-342-2701
 Westview PCN Youth
 Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

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

Spruce Grove FCSS #105 - 505 Queen Street, Spruce Grove, AB 780-962-7618
 Stony Plain FCSS #107, 4613 - 52 Avenue, Stony Plain, AB 780-963-8583

