



FUSION News

May 2025



HOT LUNCH

Round 6 Ordering Opened April 28 and Closes May 9. To order, open or create your account, visit our [website](#).

May 2 – Wok Box	May 9 – Sams	May 15 – Dairy Queen	May 30 – Quiznos
Booster Juice:	Tuesday, May 13	Wednesday, May 28	

UPCOMING MEETINGS

School Council: Wednesday, May 21 at 6:30 pm

Meetings will be held in person in the library learning commons and virtually. Links can be found on our [website](#).

PAT's

Grade 6 & 9 students are scheduled to write their "Part A" PAT's on May 27, 28 & 29. Links for the current PAT schedule can be found on the [website calendar](#).

MARKET PLACE

Marketplace will be held on May 21-23. Our Grade 9 students are busy planning their businesses and sale items as part of a cross curriculum project. Tickets will be available for purchase on your PowerSchool Parent Portal beginning May 5. Please note, May 21, 22 & 23 ticket sales close daily at 8 am. All proceeds go to the Grade 9 Farewell and end of year trip. Thank you all for your support!

STUDENT ABSENCES

We ask parents to always let us know when their child is going to be absent and the reason. For your convenience, you can do this by emailing the school at broxton@psd.ca. Alternatively, you may also call the main office.

SCHOOL FEES

Please be sure to log into your [PowerSchool Parent Portal](#) and make sure any outstanding fees are paid so that your child can continue to enjoy participating in things like field trips, options, and extra-curricular activities. Thank you!

NO SCHOOL

Friday, May 16 is a PD Day for staff, and Monday, May 19 is the Victoria Day holiday. Enjoy the long weekend, here's hoping for sunshine and warm weather!

IMMUNIZATIONS

May 27 grade 6 regular childhood immunizations have been RESCHEDULED TO JUNE 10TH. Please note that consents remain valid until the series are finished. If you have questions or concerns, contact AHS at 780-968-4268.

SUMMER SCHOOL AT CFL

Parkland School Division is offering French Immersion literacy and numeracy summer school opportunities for students entering grades 1-7 in September 2025. For more information and to register, please visit the [Connections for Learning homepage](#).

TRACK & FIELD

Jr. high Track & Field will take place on May 5 at the Westview school. Qualifying athletes will have the opportunity to attend the Zone Track Meet on May 21.

RunWild

Registration closed April 25th. For the **Spruce Grove race on May 3**, no late registrations will be accepted **on-site**. **Late entries** will only be accepted **in person** during package pickup in **St. Albert on Friday and Saturday**.

JUMP ROPE FOR HEART

Our fundraising goal this year is **\$2,000**, and we need your support to reach it! The event will take place on **May 2nd**, and we are looking forward to a fun and active day! To donate, please use this [link](#).
Thank you for your support in helping us make a difference!

ATHELICS

The following calendar has information on the sports events in our school. **Please note that the dates and times sometimes change and any short notice changes will be communicated to your child by their coach.**

For more info on try-outs, practices and games scheduling, please see our [website calendar](#).

Broxton Park

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Soccer Practice 3:15-4:30pm	2	3
4	5	6 Badminton Playoffs	7 Badminton Playoffs Soccer Practice 3:15-4:30pm	8 Badminton Playoffs	9 Badminton Finals	10
11	12 Soccer Practice 3:15-4:30pm	13	14 Soccer Practice 3:15-4:30pm	15	16 PD Day	17
18	19 Victoria Day	20	21 Track and Field Zone 2	22	23	24
25	26	27	28 Soccer Practice 3:15-4:30pm	29	30 Track and Field Divisionals	31

Broxton Music in partnership with CFL presents

Disney • PIXAR
**FINDING
NEMO**
JR.

May 29th & 30th
10:30 am | 1:30 pm | 6:00 pm

Tickets for evening shows are \$10/each
available on PowerSchool

Book, Music and Lyrics by
Kristen Anderson-Lopez and Robert Lopez

Book Adapted by
Lindsay Anderson

Music and Orchestrations Adapted and Arranged by
Myrna Conn

Based on the 2003 Disney / Pixar film Finding Nemo written by
Andrew Stanton, Bob Peterson, David Reynolds and directed by Andrew Stanton.
Disney's Finding Nemo JR. is presented through special arrangement with and all
authorized materials are supplied by
Music Theatre International, New York, NY
212-541-4684 mtishows.com

On May 2 we encourage staff & students to embrace your curls!

Curly Hair Day!

May 2nd

On May 2, we're wearing
our hair curly to raise
awareness for a life
limiting rare disease
called GAN
#curlyhairday



That sounds like fun, how can I help?

- 1) Mark your calendars! May 2nd is the day!
- 2) Start thinking about your curly method, how will you style your hair on the day?
- 3) Then show us how curly you can get on May 2nd by sharing your curls on socials with the tag #curlyhairday, feel free to also tag @goingwiththegagnons and @hannahshopeforgan



To learn more about GAN and how
you can help, please visit

www.hannahshopefund.org

Hi my name is Jordan and I have
these beautiful luscious curls
because I have GAN. Curly/kinky is a
characteristic that is a common
characteristic in people diagnosed
with GAN!

GAN short for Giant Axonal Neuropathy is a
terrible disorder that currently has no cure and
slowly takes away the child's every function until
eventually taking their life.



Camp Read S'more Literacy Event!

Please join us for a fun filled evening as we celebrate the love of
reading! Participate in activity stations and a chance to read with your
child "around the fire".

Who: Students and Families

Where: École Broxton Park Learning
Commons

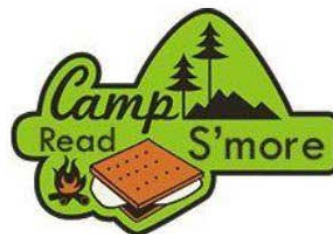
When: Wednesday, May 7th

Time: 4:00 - 6:00

What to bring (if you would like): Blanket,
pillow, flashlight, your favourite book

Dress Code: Camp attire!

Please **RSVP** to Mme Mortensen at
alexandra.mortensen@psd.ca by Friday, May
2nd.



Volunteer Appreciation Week April 27 - May3

Thank you to our amazing volunteers!

We're so grateful for your time, energy, and dedication—you make everything we do possible.

We're also excited to share that our **traditional Volunteer Tea** will be returning this **June!** It's one of our favorite ways to say thank you in person. More details will be shared soon.

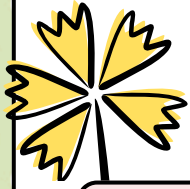
To all of our
principals
and assistant
principals,
**THANK
YOU!**



Principals & Assistant Principals Appreciation Day | May 1

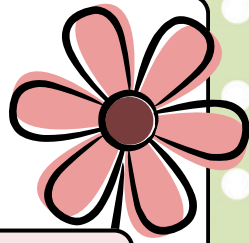


School Bus Driver Appreciation Day | May 5
Thanks for going the extra mile!



Counsellor's Corner

May, 2025



Let's Talk Transitions

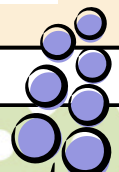
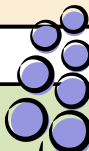
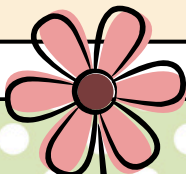
I want to emphasize the importance of preparing children for transitions—whether it's moving to a new grade, starting a new school, or adjusting to warmer weather and new recreational activities - even positive changes can feel tricky sometimes. These moments of change can be exciting while also bringing uncertainty and stress. With support and guidance from parents, children are better equipped to navigate these shifts with confidence, resilience, and a positive mindset. While your school team works hard to intentionally prepare our students for upcoming transitions, working together works best. Happy Spring!
:) Mme Macy

Supportive Strategies

- **Talk Early and Often:** Start conversations well before the change happens. Talk openly about what's coming, answer questions, and validate any worries or feelings. This helps reduce anxiety and gives children time to mentally prepare.
- **Establish Predictable Routines:** Consistent daily routines offer a sense of security. If the upcoming change will affect their routine (like earlier mornings for school or practices), start gradually adjusting their schedule ahead of time.
- **Involve Them:** Let children take part in preparations—choosing supplies, snacks, visiting the new space or sports facility, or planning their weekly schedule. Involvement gives them a sense of control and confidence. Consider introducing flexibility and choice throughout your child's daily transitions to enhance your kiddo's sense of control during change.
- **Practice Situations:** Role-play or walk through what the new experience might be like. Practicing greetings for a new team or navigating the new school route can ease uncertainty and build readiness.
- **Focus on Strengths:** Remind your child of their past successes with change and highlight what's exciting about the transition. Encourage a growth mindset by emphasizing that new experiences are opportunities to learn and grow. Remind them - they got this!

Share your Feedback

As your School Counsellor, I would love to hear from you. If you have comments or suggestions for school-wide or classroom initiatives, including requests for upcoming Family Fusion sessions, you can provide anonymous feedback using the QR code



Caregiver Education Team Newsletter

May/June 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

Caregiver Education Sessions

Understanding Autism

For parents and caregivers of children in grades K-12

Part 1:

Tuesday, May 13
12:00 – 1:00 pm

Part 2:

Tuesday May 20
12:00 – 1:00 pm

Junior-High Jitters

Transitioning to the Teenage Years

For parents/caregivers and pre-teens (grades 6-8) to attend together.

Tuesday, May 27
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day *Understanding Depression*

For adults supporting their own wellness or the wellness of a loved one.

Wednesday, May 7
12:00 – 1:00 pm

Silver Linings *Supporting Wellness in the Later Years*

For adults supporting their own wellness or the wellness of a loved one.

Part 1:

Wednesday, June 11
12:00 – 1:00 pm

Part 2:

Wednesday, June 18
12:00 – 1:00 pm

Participant Feedback

“Excellent presentation. The presenters seem like they have practiced well to deliver the content. I love that they are precise and clear and focused. Thank you!”

“Thanks for making this accessible to the public.”

“These sessions are excellent! The content itself is so bang on and very helpful.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May/June 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Part 1: Tuesday, May 13, 2025

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, May 20, 2025

Time: 12:00 – 1:00 pm

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

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. We will look at ways to support these changes and boost wellness.

Date: Tuesday, May 27, 2025

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

Registration:

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"The method of presentation is excellent."

"The techniques shared in this webinar were helpful and I am looking forward to trying to pass on some of them to the families I work with."



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

May/June 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, May 7, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Silver Linings Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

Part 1: Wednesday, June 11, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Part 2: Wednesday, June 18, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

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

Participant Feedback:

“Loved this session. The time, length and information were perfect.”

“I like both the video and lecture way of learning. I like the virtual delivery, time of day, and length of each session.”

“The information, discussion, elaboration, and videos all together, have made this a very valuable resource. Thank you all very much.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca



PARKLAND
SCHOOL DIVISION

Stronger Together

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

May 2025

What's Inside

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Stronger Families: Youth and Social Media



Click
images
for link

- This discussion will include topics such as : Parental Controls, Impact of Social Media on Mental Health, Acronyms, Slang, Emojis, Criminal harassment, Bullying and Extortion and more

Contact Us

Fristy Thomas

Family Support Coordinator

e: fristy.thomas@psd.ca

p: 780-963-8412

Tracy Power

Family Support Coordinator

e: tracy.power@psd.ca

p: 780-963-8412

WHEN:

Monday May 12th 2025 6:00 PM - 7:30 PM MST

WHERE:

Parkland School Division - Division Office
4603 48 Street Stony Plain, AB T7Z 2A8

To Register: <https://www.eventbrite.ca/e/strong-families-youth-and-social-media-tickets-1037084185717?aff=ebdssbdestsearch>



Alberta Parenting
for the
Future Association

May 2025

“ The month of May is the gateway to summer”

Jean Hersey

Click on images for link

Call 780-727-3947
OR register on line
@
[https://
app.univerusrec.com/
parklandcountypub/
index.asp](https://app.univerusrec.com/parklandcountypub/index.asp)



The Alberta Teachers' Association
Raise awareness of the importance of
mental health in schools , wear a hat on
May 7th 2025



May 2025

Anxiety Workshop

Click on images for link



Anxiety Workshop-May 20th 2025

Register online @ <https://www.eventbrite.ca/e/adhd-workshop-anxiety-tickets-1302249014859?aff=ebdsoporgprofile>

This session will enhance your understanding of how to support individuals dealing with anxiety

SIBSHOP



APFA– Alberta Parenting for the Future Association

May 10th 2025, 10:00am-12:00pm

Sibshops are for brothers and sisters who have siblings who have a disability, neurodiversity, special health, or a developmental concern.

For sibs age 6-14 years old

Register @ <https://www.eventbrite.ca/e/sibshop-tickets-1258464223369?aff=ebdsoporgprofile>



Alberta Parenting
for the
Future Association

**Stony Plain Farmers Days
Rodeo and Exhibition
May 30th 2025-June1st 2025**

**Click on images
for link**



The Town of Stony Plain in partnership with Stony Plain Kinsmen , present Stony Plain Farmers Days events,
including:
park N ride , kids korral, midway, markets ,
parade and more



Pancake breakfast, Pioneer Museum,
Live Music ,Local vendors and more

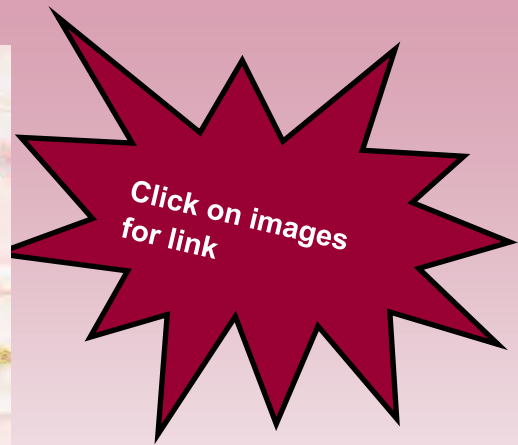
Click on the image to see what's going on at the Spruce Grove Public Library in May, Family events for all ages

May 2025						
35 Fifth Avenue Spruce Grove, AB T7X 2C5 780-962-4423 • library@sgpl.ca • www.sgpl.ca SpruceGroveLibrary sg.library SGPL Library SpruceGroveLibrary						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Register/ask-person program 2 Register/ask-person program 3 Online program	4 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	5 LIBRARY CLOSED	6 LIBRARY CLOSED	7 LIBRARY CLOSED	8 LIBRARY CLOSED	9 LIBRARY CLOSED
10 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	11 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	12 LIBRARY CLOSED	13 LIBRARY CLOSED	14 LIBRARY CLOSED	15 LIBRARY CLOSED	16 LIBRARY CLOSED
17 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	18 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	19 LIBRARY CLOSED STAT HOLIDAY: Victoria Day	20 LIBRARY CLOSED	21 LIBRARY CLOSED	22 LIBRARY CLOSED	23 LIBRARY CLOSED
24 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	25 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	26 LIBRARY CLOSED	27 LIBRARY CLOSED	28 LIBRARY CLOSED	29 LIBRARY CLOSED	30 LIBRARY CLOSED
31 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	1 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	2 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	3 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	4 Community Craft (while supplies last) Baby Babble 10:30-11:00am Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	5 Poetry 'n Prose 1-2:30pm Author Presentation by Tasha Hilderman 4-5pm	6 3 COMIC CON 10am-3pm (see sgpl.ca for full schedule of events)
7 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	8 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	9 Morning Tech Help 10:30am-12pm Junior Paleontology Society 4-5pm	10 Baby Babble 10:30-11:00am Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	11 Baby Babble 10:30-11:00am Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	12 Teen Takeover 4-5pm	13
12 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm Pokemon Club 6:30-7:30pm	13 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	14 Morning Tech Help 10:30am-12pm	15 1, 2, 3, Meditate with Me 10:30-11:00am Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm May Talking Circle 5:30-8pm	16 Glow in the Dark Storytime 10:30-11:15am Poetry 'n Prose 1-2:30pm Teen Takeover 4-5pm	17 Minecraft Mania! 1-3pm	18
18 Adult Anime Club 1-2:30pm Connecting Threads 1-4pm	19 LIBRARY CLOSED STAT HOLIDAY: Victoria Day	20 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm	21 Morning Tech Help 10:30am-12pm	22 Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	23 Teen Takeover 4-5pm	24 Mer-Mania Party 1-3pm
25 Connecting Threads 1-4pm True Crime Book Club 3-4pm	26 LIBRARY CLOSED	27 Family Storytime 10:30-11am Tick Tock Time 10:30-11:15am Teen Lunch Space 11:30am-1pm Let's Play Roblox 6-7:30pm	28 Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	29 Family Storytime 11:30am-12pm English Conversation Circle 1-2pm GSA Youth Program 4-6pm Digital Tutor 4-6pm	30 T.A.C.O.S. 4-5pm NERF Battle Royale 6:30-7:30pm	31



Live Music, public skating, pop up playgrounds, games and more

Click on images for link



Runway of Dreams

Fashion Show fundraiser , raising money for local families in the Tri Region Area

Heritage Park Stony Plain

Register for tickets @ <https://www.eventbrite.ca/e/runway-of-dreams-tickets-1258470953499?aff=ebdssbdestsearch>

Hosted by Parkland County Runway of Dreams Society



A dazzling blend
of County Charm
and Glamorous
Flare



TRIREGION FOOD RESOURCES

Updated: March 2025

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove

Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 9AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)

Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

Wecan Food Basket

4904-52 Ave., Stony Plain, AB (Columbus Academy)

Fresh Nutritious Affordable Food Basket

Order by first Friday, pickup at back lane on third Friday of month 11AM-2PM

www.wecanfood.com

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)

Mini food pantry of non-perishable items.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County

780-960-9669

www.neighbourlinkparkland.ca

office@neighbourlinkparkland.ca



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove

Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre

5600 50 Street, Stony Plain

(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

<https://www.sgconline.breezechms.com/form/communitytable>

780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove

Dine-in or take-out options

Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain

Drop-in for bagged lunch

First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove

Hot meal to go for pick up

Second Friday of month 5PM-6:30PM

www.sgac.net/eventregistration

780-962-4700

Community Table

180 Century Road, Spruce Grove

Hot meal to go for pick Up

Last Friday of the month (No meal in December)

www.sgconline.breezechms.com/form/communitytable

780-306-1955

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

Hope Mission (ages 16+)..... 780-422-2018
 Mustard Seed (Strathcona) 780-619-9885
 (Central)..... 780-919-1735
 WEAC (women only, emergency)..... 780-423-5302
 Elizabeth Fry (women only)..... 780-784-2200
 YESS (ages 15-21)..... 780-468-7070
 Maskokamik Shelter..... 587-525-8222
 Salvation Army (Transitional, \$17/day) 780-244-2962

A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters
 24/7 1-866-331-3933

I NEED DETOX SUPPORT

George Spady..... 780-424-8335
 Addictions Recovery Centre 780-342-5900
 Youth Addiction&MH Services 780-408-8783

I NEED A SAFE CONSUMPTION SITE

George Spady Centre..... 780-424-8335
 Radius Health Centre..... 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health 780-424-2424
 Youth Addiction&MH Services 780-408-8783
 Young Adult Services (ages 16-25) 780-887-9781
 Child and Adolescent
 Mental Health Services 825-402-6799
 WestView PCN Youth
 Mental Health Clinic (ages 11-24) 780-960-9533

I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland 780-960-9669
 Community Helps Team 780-962-5611
 Pay Forward Kindness
 (homeless supports) 587-286-4663
 Parkland Pregnancy Support Centre
 (Tue & Thurs 9-3pm) 780-962-5505

WHERE CAN I FIND FOOD?

Parkland Food Bank 780-962-4565
 WeCan Food Basket..... 780-413-4525

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Dine in/Take out, Tues 11AM-1PM)
 131 Church Rd, Spruce Grove..... 780-962-5131
 Food for the Soul (1st, 3rd Sat 10AM-1PM)
 49 Boulder Blvd., Stony Plain 780-963-3110
 Grace's Table (2nd Fri 5-630PM)
 250 Century Road, Spruce Grove 780-962-4700
 Community Table (last Fri 5-7PM)
 180 Century Road, Spruce Grove 780-962-5611
 apfa Food Rescue Community Fridge
 (W 11-330PM) 5600-50 Street, Stony Plain 780-963-0549

I NEED TO TALK TO SOMEONE NOW (24H)

Suicide Crisis Help..... 988
 Distress Line 780-482-4357(HELP)
 Addiction Helpline 1-866-332-2322
 Child Mental Health (8am-11:45pm) 780-407-1000
 Kids Help Phone 1-800-668-6868
 Bullying Helpline 1-888-456-2323
 Briteline (for 2SLGBTQIA+) 1-844-702-7483
 Seniors Abuse Helpline..... 780-454-8888
 Family Violence Info Line 310-1818
 Sexual Assault Centre (9am-9pm) 780-423-4121
 First Nations & Inuit Mental Health
 Hope for Wellness 1-855-242-3310
 Wellness Together—Text Wellness
 Adults..... 741741
 Youth 686868

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
 1-866-644-5135
 Access 24/7 (Adults, addictions & MH) 780-424-2424
 Children & Family Services Crisis Unit
 780-422-2001
 Kids Kottage (children's crisis prevention shelter)
 780-944-2888

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

I DON'T EVEN KNOW WHERE TO START?



24-hour information and
 referral line connecting
 you to social, health and
 government services.



Parkland County FCSS
 5217-52 St, Wabamun, AB
780-968-8342

**HELP FOR HARD TIMES
 TRI-REGION SUPPORT GUIDE**

**Spruce Grove Community
 Social Development**
 #414 King Street
 Spruce Grove, AB
780-962-7618

**Stony Plain Community
 and Social Development**
 #107, 4613 - 52 Avenue
 Stony Plain, AB
780-963-8583

