

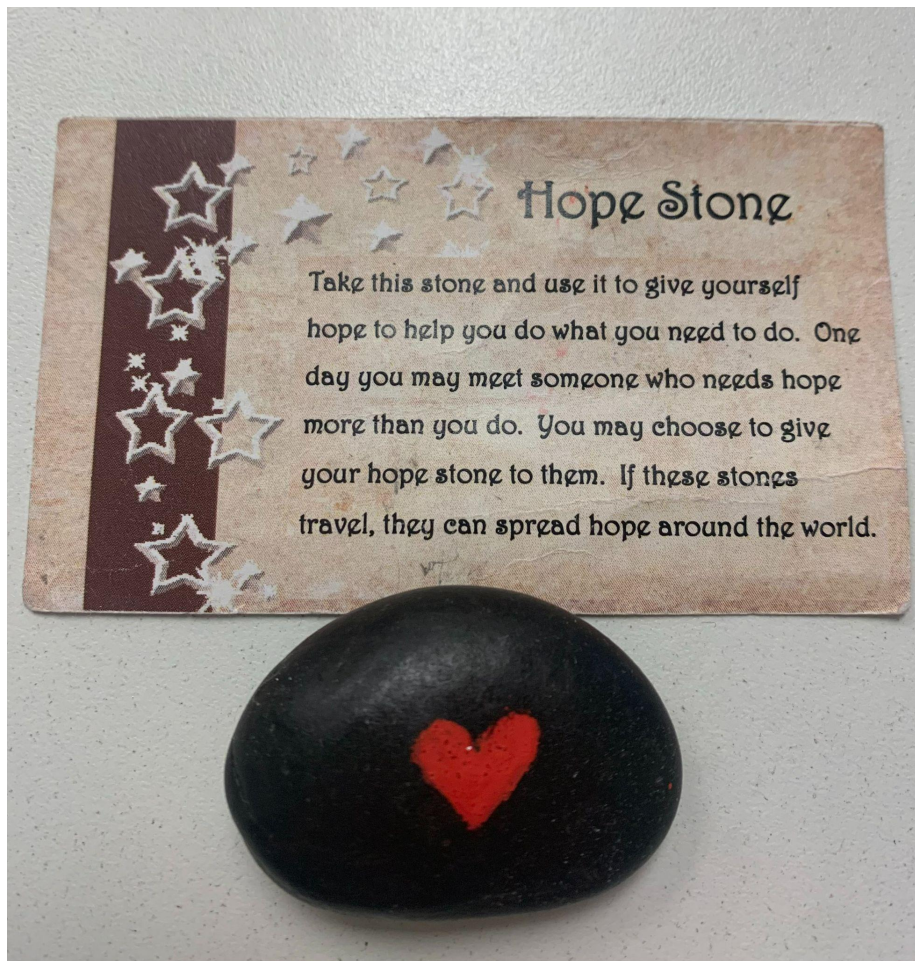
STRONGER TOGETHER

Parkland School Division Family Supports Newsletter February 2023

Dear parents and caregivers,

In this month of caring and kindness give the gift of hope to others. With your family, find some smooth rocks. Paint a heart on the rocks and share the message of hope with others who may need a little support this month. " love is something if you give it away...you'll end up having more"

Stay brave and kind,
Vicky and Dena





submitted by Joel Pukalo Kindness and empathy are important keys to healthy relationships. Teaching our children how to grow in empathy – considering how our actions make others think and feel – helps us become better friends and better citizens in society. Empathy helps us become more aware of those around us. Becoming more aware of others inspires us to take action. Empathy inspires kindness. Consider the following ideas to help children grow in compassion:

1. Daily Emotions Check-In – Daily reviewing an emotions wheel after school will help children become more aware of their own emotions. Becoming aware of our emotions helps us become more aware of others too.

2. Asking Powerful Questions – Parents who ask powerful questions help their children grow in empathy. Here are a few ideas:

- TV shows/books – Use fiction to ask children to consider how the characters thought or felt during various moments during the episode or chapter.
- Siblings – Instead of simply providing consequences when siblings are fighting, ask your children to consider what emotion they made their sibling feel and how they can take appropriate actions to encourage or support their sibling.
- School – After school ask about your child's friends. Which friends had a great day? Which friends might have been sad or struggling?

As parents we need to teach our children that empathy is an amazing superpower! But sometimes having superpowers can be challenging! Becoming aware of how others are feeling can be overwhelming and exhausting sometimes. One of our daughters is incredibly sensitive. She quickly picks up on the emotions of others in any environment. Our job as parents is to teach our daughter how to steward her superpowers by being aware of emotion, but recognizing it's not her job to worry about or take on the burdens of everyone around her.

Kindness is a practical action that helps us steward our superpower of empathy too. Kindness gives us the opportunity to act on our awareness and do something to help someone in need. Healthy emotional processing involves action. Teaching our children how to respond in kindness to need helps them process their emotion in a healthy manner.

Practically, there are many ways we can inspire our children to grow in kindness. Consider contacting your school or local charity groups for volunteer opportunities to help others in the community. I would also recommend starting a family kindness challenge.

Family Kindness Challenge – Start at home by planning a family meeting and deciding how each family member can help each other. In the same manner as picking names to purchase gifts, plan a family raffle where each family member picks the name of someone to help. Provide your children with some practical examples of ways to help each other such as doing chores, writing a kind note, purchasing a small gift, letting others take turns first with tech time, and older children helping younger children learn a new skill. Rotate names each week so every person in the home has at least one turn doing something kind for each family member. Or Challenge each member of your family to do one positive thing for each person in the home every day. Track these activities on a calendar or white board and celebrate the daily and weekly leaders in being kind at home.

Friend Kindness Challenge – Identify a neighbor or friend in need. Work with your children to assemble a care package of food, gifts, or practical time donated to help this individual. Make it a family project where each person in the family contributes ideas on how to support this individual.

Neighbor Kindness Challenge – Plan a way to spread positive vibes to your neighbors by shoveling their walkways or baking them treats. Work with your children to try to think of unique ways to help your neighbors.

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

Self-Care for Families

Emotional	Physical	Spiritual
<ul style="list-style-type: none"> ▪ watch a good movie ▪ write each other positive notes ▪ verbalize and talk about feelings ▪ draw self portraits ▪ say "I love you" ▪ spend time writing ▪ have a sing-a-long ▪ tell jokes ▪ try a new craft 	<ul style="list-style-type: none"> ▪ dance party ▪ go for a walk ▪ family bike ride ▪ take a hike ▪ play kickball ▪ tag ▪ roller skating ▪ go to the pool ▪ jump rope ▪ kid's yoga ▪ wii fit games 	<ul style="list-style-type: none"> ▪ a gratitude list ▪ go outside ▪ talk about forgiveness ▪ write thank you's ▪ volunteer ▪ spend time outside or with nature ▪ practice positive self-talk ▪ plan a tree
Mental	Practical	Social
<ul style="list-style-type: none"> ▪ read together ▪ draw or write stories ▪ kid's meditation ▪ find shapes in clouds ▪ practice belly breaths ▪ go on a walk to find new things ▪ make vision boards ▪ try Headspace for kids ▪ create mandalas ▪ make mindfulness jars ▪ play mind strength games like memory 	<ul style="list-style-type: none"> ▪ clean up ▪ declutter old toys ▪ assign chores ▪ make a grocery list together ▪ learn about money ▪ make a weekly budget check-in ▪ make a weekly cleaning check-in ▪ homework/study ▪ have a morning and night routine 	<ul style="list-style-type: none"> ▪ play in the Park ▪ call or visit relatives ▪ have family dinner ▪ play board games ▪ host a sleepover ▪ invite friends over ▪ plan a barbeque ▪ join a team ▪ do a neighborhood food drive ▪ have talks about friendship and how to be a friend

Just stay curious

Resources for Parents and Caregivers





Using Parental Controls

– tip sheet

There are lots of ways of limiting what content your kids can see online, which apps and programs they can access and how much time they can spend online. What tools are available depends on what kind of device they're using, and what browser they use to access the web.

Internet Providers

Many Internet providers provide tools and services to help you manage your child's online experience. Check with your provider to see what they offer that will allow you to block different sites, monitor your kids' online activities and set times when the Internet is not available.

Operating Systems

Operating systems are the “toolbox” that your computer, phone or other digital device uses to run programs and apps.

Android

On Android phones and tablets, you can set what [content rating](#) you want your kids to be able to access. Android allows you to set different content ratings for different types of content (movies, books, music, games, etc.) For information on how to do this, see <https://support.google.com/googleplay/answer/1075738?hl=en>.

Android and Chrome OS also allow you to create a managed account for your children, which gives you more direct control over what content they can see and how much time they can spend using the device. For information on how to do this, see <https://support.google.com/families/answer/7101025?hl=en>.

Apple

On iOS devices like iPhones and iPads you can disabled different features (like Camera and AirDrop), prevent your child from making in-app purchases, block access to content with specific ratings, block access to websites with adult content, and adjust privacy settings such as whether apps can share your child's location. For information on how to do this, see <https://support.apple.com/en-ca/ht201304>.

Windows

On computers, phones and tablets running Windows 10 you can prevent your child from accessing content above a certain age rating, require them to get permission from you before buying apps or making in-app purchases, and limit how much time they spend using the device. For information on how to do this, see <https://support.microsoft.com/en-ca/>

[help/12413/microsoft-account-what-is-family](https://support.microsoft.com/help/12413/microsoft-account-what-is-family).

Browsers

Browsers are the programs your computer uses to access websites. Your computer may have more than one browser installed, so make sure that you have set the parental control options you want on all of them.

Chrome

There are no parental controls built into the Chrome desktop browser. There are third-party plugins available in the Chrome Web Store: <https://chrome.google.com/webstore/category/extensions>.

On the Chrome browser for tablets and mobile phones, you can turn on SafeSearch, which blocks explicit images, videos and websites. For information on how to do this, see <https://support.google.com/websearch/answer/510> and click on "Android."

Edge

Edge's parental controls are set using the general controls for the Windows operating system.

Firefox

Firefox does not have any built-in parental controls. However, when used on a computer using Windows 10 it will reflect the parental control settings you have chosen for that operating system. You can also install third-party add-ons for a variety of parental control functions: <https://addons.mozilla.org/en-US/firefox/search/?q=parental+control&cat=all>.

Safari

When using Apple's Safari browser on a desktop Mac, click on the Apple icon and then select System Preferences. Choose the Parental Controls icon and then choose which account you want the settings to apply to. Click the Lock icon at bottom left and enter your password. Now you can set content rules for apps, websites and app stores. (If you want to know how to create an account for your child, see <https://support.apple.com/en-ca/HT201084>.)

Search Engines

Search engines are the tools you use to find websites. Any search engine can be accessed through your browser, and some can also be installed as apps on a mobile device. Most browsers and devices have a default search engine that they automatically use for searches.

Google

If you have a Google account you can turn on SafeSearch, which blocks explicit image, videos and websites. You can also lock SafeSearch to prevent someone else from turning it off (though they can turn it off if they log into a different Google account). For information on how to do this, see <https://www.google.com/preferences>.

Bing

Bing has three levels of Safe Search: Strict, Moderate and Off. You can select the one you want at <https://www.bing.com/account>.



DuckDuckGo

DuckDuckGo has three levels of Safe Search: Strict, Moderate and Off. You can select the one you want at <https://duckduckgo.com/settings>.

Video Sites

One of the most popular online activities for kids is watching video. Here's how you can limit what they can watch on two of the most popular video sites – whether they're visiting the website with a browser or using an app on a mobile device.

Netflix

Netflix lets you set parental controls to require anyone to enter a 4-digit PIN of your choosing before watching content above a particular maturity level. (The available options are Little Kids Only, Older Kids and Below, Teens and Below and All Maturity Levels.) You can also create a separate limited profile for your kids, but keep in mind that they can leave this just by clicking on Exit Kids. For information on how to do this, see <https://help.netflix.com/en/node/264>.

YouTube

If you have a Google account, you can set YouTube to Restricted Mode, which blocks some inappropriate content and also prevents you from seeing comments on videos. For information on how to do this, see <https://support.google.com/youtube/answer/174084>.

If you're using YouTube Kids, you can also block specific videos and channels. For information on how to do this, see <https://support.google.com/youtubekids/answer/7178746>.

Specific Games

In Roblox, log into the account, go to Settings (a gear icon on the computer version and a three-dots icon on mobile). Pick Settings, then Parental Controls. In the Account Restrictions section, move the toggle so that it turns green. You can learn more at <https://en.help.roblox.com/hc/en-us/articles/360000375686>

There are no content controls on Minecraft, but you can turn off chat (so other players can't contact you):

- In the PC Bedrock or Java editions, from the server menu you can press the Esc key to see options and then select Chat Settings. Click on the button that says Chat:Shown at the top left so that it changes to Chat:Hidden.
- On mobile, start by entering a world, then select Settings, tap Accessibility, and tap the Enable Open Chat toggle so that it's off.

Monitoring Services

Some commercial products and services allow you to directly monitor what your children are doing online, as well as to block different kinds of content. While these can be useful with young children, and may be an appropriate consequence if your kids have misused digital tools, it's important to keep in mind that they are only ever part of the solution. Kids are very good at getting around tools like these and using these tools can lead children to try to cover up when things go wrong, rather than coming to you for help. If you do decide to use monitoring software because you are concerned about your child's safety, it's important you be upfront about it rather than spying behind their back as this will erode trust.

Final Tips

Most of these settings can be changed by your kids if they know how: the most secure are the operating system settings, which you can require a password to change.

Remember that no parental controls are perfect, and they should never be a substitute for talking to your kids about what is and isn't appropriate and how you expect them to behave online.

When kids are exposed to inappropriate content, it's often by accident – and kids say that's one of the things that bothers them the most. Make sure you've told your kids to come and tell you if they ever see something, and reassure them that they won't get in trouble if they do.

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Great resources and activities for kids and families

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



COATS FOR KIDS - APFA can help! For more information call 780-963-0549



ADHD Workshop Series

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

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

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

Monthly Support Groups:

Who: Adults with ADHD, & their partners **or** Caregivers of children with ADHD

When: The last Thursday of each month 6-7pm

Where: Family Connection Centre

SCAN QR CODE TO REGISTER



IN PARTNERSHIP WITH:



QUESTIONS? CONTACT:

Heidi at 780-963-0549
albertaparenting.ca

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



Alberta Parenting for the Future Association

JOIN US FOR

SUPER DADS SUPER KIDS

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

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

Each session includes:

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

Register on Eventbrite

WINTER DATES:

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



Alberta Parenting for the Future Association



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

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

Dinner is provided.

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



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

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

|Recurring Event (See all)

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

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



[Find out more »](#)

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

|Recurring Event (See all)


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


**Stony Plain FCSS
Youth Centre (SPYC)**

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

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

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

Like us Facebook! 



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

The Gear - Drop-In Workshop In addition to the formal weekly registered programming, the Gear strives to be a hub for bike activity in Stony Plain. Youth are welcome to bring in and work on their own bikes under the guidance of staff during drop-in shop hours. If youth do not have a bike they are welcome to come and learn by disassembling some of the bikes in the shop. The 2nd and 4th Fridays of each month beginning September 13th 4:00 pm – 7:00 pm Stony Plain Youth Centre 4902 – 51 Avenue Free, Drop-ins welcome



ART IS IN THE AIR
Let's Jump Ahead To Spring

A flower themed program using painting application gouache & ink. This program is facilitated by artist Reg Faulkner.

SAT. MARCH 4, 11, 18 & 25 (2PM - 4PM)
AT THE WABAMUN VILLAGE OFFICE

FREE FOR TEENS AND ADULTS
REGISTER WITH JAMES 780-892-2713 OR
WABAMUNLIBRARY@PCLIBRARIES.CA



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

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

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

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



Funding is available!! Your family may be eligible!

KidSport Parkland <https://kidsportcanada.ca/alberta/parkland/>

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

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



Stony Plain
Public
Library

FEBRUARY 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 mysppl.ca/support-sppl/donations through



Stony Plain Library appreciates the support it receives from community organizations and individuals.

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

Board Game Night

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

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

Stony Plain Queer Straight Alliance

Ages 13+ Drop In Tuesdays 6:00-7:00pm

Join our Queer-Straight Alliance for resources and fun activities! All are welcome, no matter your gender identity or sexual orientation.

Pyjamas & Poems

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

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

Tale Of Two Cities

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

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

Teen Tuesday

Ages 13-18 Drop In February 14th & 28th 5:00-6:00pm

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

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


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



Spring programming will begin the first week of April .
Program registration opens March 7, 2023 for Spring Programs.

[February Program Calendar](#)

[March Program Calendar](#)

<div>  <div> 35 Fifth Avenue Spruce Grove, AB T7X 2C5 780-962-4423 • library@sgpl.ca • www.sgpl.ca SpruceGroveLibrary sg_library SGPL Library SpruceGroveLibrary </div> </div>						
March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>			1 Community Craft (while supplies last) Homeschool Meetup 1-3pm Beginner Cree Lessons 6:30-7:30pm*	2 Tech Bowl 1-5pm	3 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	4 Tech Bowl 1-5pm Builders Club 2-3pm*
	5	7 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm RPG Pokémon 6-8pm*	8 Beginner Cree Lessons 6:30-7:30pm*	9 Tech Bowl 1-5pm	10 Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*	11 Tech Bowl 1-5pm Gardening 101 1:30-2:30pm* Kids Whodunnit Mystery Party 2-4pm*
	12	13	14 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Pokémon Club 6:30-7:30pm*	15 Homeschool Meetup 1-3pm Recognizing & Avoiding Investment Scams 5:30-6:30pm**	16 Sensory Play Hour 10:30-11:30am* Tech Bowl 1-5pm Talking Circle 5:30-8:00pm	17 Indigenous Story Telling 10:30-11am Tick Tock Time 10:30-11:30am* Teen Takeover 3-5pm*
	19	20	21 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm*	22	23 Tech Bowl 1-5pm	24
26	27 SPRING BREAK WEEK	28 Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Coffee and Cards 1-3pm	29 Homeschool Meetup 1-3pm Backyard Science 4-5pm*	30	31 Indigenous Story Telling 10:30-11am NERF Battle Royale 6:30-7:30pm*	* = Registered/ In-person program ** = Registered/Online/ Hybrid program * = Online program

Coffee and Cards *Seniors*

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

Family Storytime *Ages 2-6*

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

Teen Takeover *Ages 12+*

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

Fridays 3-5pm.

Gardening 101 *Ages 18+*

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

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

Tech Savvy Seniors : Let's Get Digital

Seniors

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

In partnership with Tri-Community Adult Learning and Literacy

Homeschool Meetup *School Age/All Ages*

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

Indigenous Story Telling *Ages 2-6*

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

Alternate Fridays.

Dungeons & Dragon Club *Ages 13+*

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

Monthly last Saturday of the month.

Kids Pokémon Club *Ages 7-12*

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

Monthly, 2nd Tuesday of the month.

NERF Battle Royale *Ages 8+*

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

Monthly last Friday of the month.

Builders Club *Ages 7-12*

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

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

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

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

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

Tech Bowl *All Ages*

Splash into our Tech Bowl this season!

Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

New Hours:

Tues 12-7:30pm;

Thurs 1-5pm;

Sat 1-5pm

(hours may be subject to change)

Community Craft *All Ages*

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

**While supplies last*

Talking Circles *All Ages*

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

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

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

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

Furry Friend Visit *All Ages*

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


Behind the Stacks Podcast *Ages 18+*

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

The Allied Art Council offers programs for children and teens.

Check them out at

<https://www.alliedartscouncil.com/childrens-classes>



The image shows a computer monitor displaying the text "TEEN ART" in large, bold, white letters against a vibrant, abstract background of yellow, orange, and blue. Below the monitor is a small logo for the Allied Arts Council. At the bottom of the advertisement, it says "In Person/Online classes with Tina Bourassa Mondays from 430-6".

TEEN ART

Allied Arts Council
SPRUCES GROVE ART GALLERY

**In Person/Online classes with Tina Bourassa
Mondays from 430-6**

Reach out to our community

Because I Love You
Parent and Youth
Support Groups

B.I.L.Y. TRI REGION

Family In Crisis?

Weekly Support Group MEETINGS

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

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

Parents.....

Are you dealing with

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

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

B.I.L.Y. TRI REGION
bilyregion@gmail.com
587-588-8633

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

FACT **Rotary**
Club of Stony Plain

We Can Help!

B.I.L.Y.

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

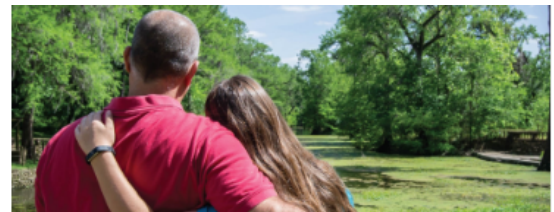
Ongoing: Tuesdays 7:00 pm – 9:00 pm Stony Plain FCSS Youth Centre 4902 – 51 Avenue, Stony Plain

Free To register: 780-245-2459

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

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

To register, please call: 780-963-8583



Caring Friends

Stretch your food hamper through our free - Community Kitchen

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

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

Call APFA for more information 780-963-0549

Alberta Affordability Payments



Families with children

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

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



FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
Monthly Food Hampers, by appointment,
• Tuesdays 8:30AM-4:30PM
• Wednesday 8:30AM-2:00PM + 6:20-8PM
• Friday 8:30AM-4:30PM
• Saturday 8:30AM-12:30PM
780-962-4565 ext. 1

Wecan Food Basket

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

FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

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

Food for the Soul

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

Grace's Table

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

Community Table

180 Century Road, Spruce Grove
Last Friday of the month

Auggie's Cafe

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

Food for the Soul

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

Grace's Table

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

Community Table

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

BASIC NEEDS HELP

Community Helps Team

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

NeighbourLink Parkland

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

Updated: October 2022

Learn Something New - free sessions for parents and caregivers

Parkland School Division – Family Session

February 28 @ 9:00 am - 11:00 am

Join Harmony, Mental Health Therapist, for a session on supporting your child's self regulation and independence in early childhood.

Childcare is available.

[Register here.](#)

Caregiver Education Series - Alberta Health Services

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

Technology and the Teenage Brain

Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Wednesday, February 22, 2023

Time: 6:00 - 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

[Click to Register](#)

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, February 28, 2023

Time: 12:00 - 1:00 pm

For parents and caregivers of youth in grades 7-12; for adults only.

[Click to Register](#)

Community Education Services - Alberta Health Services

February 21 - Ages and Stages: What to expect and what to do to support healthy child sexual development age 0-18 *please register using the poster only*****

6:30 PM - 8:00 PM

Presenter: Christine Sturgeon, B.Ed., Child Development Supervisor (Level III), Education Coordinator,

Do you parent, give care or work with children age 0-18? You may have learned about childhood development when it comes to milestones like talking, walking and reading; but many people haven't had the chance to build their knowledge about sexual development milestones. In this education session, learn about:

- Childhood sexual development milestones ages 0-18
- What children and youth need to know at each age
- Typical sexual behaviors
- Tips for responding to un-preferred typical sexual behaviors
- Tips for supporting healthy childhood sexual development through talking and creating affirming environments
- Reputable resources

[Poster](#)

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

February 23 - When Consequences Don't Work *please register using the poster only*****

6:30 PM - 8:30 PM

Presenter: Brenda Henley, Facilitator, Families Matter

In this workshop we look at the difference between logical & natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behaviour that work at different ages.

[Poster](#)

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

March 1 - Juno House presents: Healthy Brains = Healthy Children *please register using the poster only*****

12:30 PM - 2:00 PM

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

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

[Poster](#)

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

March 2 - Brain Science: Sciences of Hope and Resilience *please register using the poster only*****

10:00 AM - Noon

Presenters: Ashley Meagher, BA, CYC & Stephanie Sands BSc. Psychology
Rocky View School Division and MHCB Stepping Stones to Mental Health

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 life events as they relate to brain development, while providing information and strategies to build resilience.

Poster

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March 2 - Self-regulation for the family: How to manage stress and calm the chaos *please register using the poster only*****

1:00 PM - 2:30 PM

Presented by: Carmen Gietz, MA, Registered Provisional Psychologist and in Partnership with High Point Psychology

It can be hard to cope with your child's (or your own) dysregulation.

This presentation will break down the concept of self-regulation, help you better identify stressors and body signals that are clues to dysregulation, and provide key skills and tips to help your family better manage stressors and daily demands.

Poster

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March 7 - Sibling Rivalry What Should I Do? *Please register using poster only*****

6:30 PM - 8:30 PM

Presenter: Julie Freedman Smith BSc, BA, Owner JFS Parent Education

Author, Blogger, Podcast Host and 20+ year Parenting Expert, Julie Freedman Smith will share the following and answer your parenting questions:

- What's normal sibling rivalry
- How to tell if it is problematic
- When and how to jump in
- What to say
- When to mind your own business and let them sort it out on their own

Poster

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March 9 - Mental health for highly sensitive teens; unique struggles for these emotional feelers *please register using the poster only*****

11:00 AM - 12:30 PM

Presented by: Tracy Fields, BSW, MSW in partnership with Tracy Fields Consulting

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions. In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

Poster

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March 13 - Taming Anxiety Gremlins using the Anxiety Compass *please register using the poster only*****

11:00 AM - 12:30 PM

Presenter: Dr. Caroline Buzanko PhD, Registered Psychologist
Clinical Director, Koru Family Psychology

Anxiety is at epidemic levels among children and is the most common mental health concern they face. Anxiety is not something you outgrow, and early intervention helps minimize later problems with depression and other social, emotional, behavioural, and physical difficulties. Unfortunately, most kids go without effective support until too late, if at all. Since 70% of all mental health problems begin in childhood and adolescence, there is a clear need to support our children and youth.

In this workshop, parents, teachers, and professionals will learn how traditional ways of helping children and teens may unwittingly worsen their anxiety. They will also learn about the anxiety compass, which outlines eight essential steps in helping children and teens manage anxiety effectively.

Poster

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March 14 - From Finsta to FOMO: Understanding Social Media Use in Teens *please register using the poster only*****

6:30 PM - 8:30 PM

Presenters: Stephanie Sands, BSc. Psychology & Tashia Christie BA Psychology,
Rocky View School Division & MHCB Stepping Stones to Mental Health

The world of social media is constantly changing, and it can be hard to keep up. This session will look at some of the most popular platforms among Canadian youth and how to protect privacy and keep everyone safe. We will also discuss the effects of social media use on teen mental health and how to promote healthy social media habits in a digital world.

[Poster](#)

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

March 15 - Supporting Your Child's Journey to Wellness *please register using the poster only*****

Noon - 1:00 PM

Carmen McCarty - Youth Facilitator, RSW & Amanda Tailleux-Marshall - Youth Facilitator, Diploma in SW
Closer to Home Community Services

You will learn about teenage brain development, mental health statistics affecting our youth and how to advocate for your youth.

[Poster](#)

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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 Prab Gill - Spruce Grove 780-217-8701

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

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 Mental Health Clinic

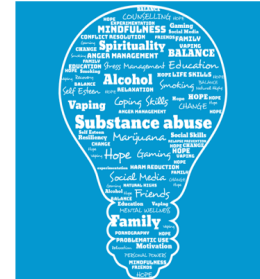
Walk in Service

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



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)



Children, Youth & Families Addiction and Mental Health - Edmonton Zone Community Clinics & Crisis Services

General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

Intake Services

Intake Services: Phone: 825.402.6799
Fax: 780.408.8776

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

Youth Addiction Services

Youth Addiction Services Edmonton (YASE)
780.408.8783
#300, 11634 142 Street, Edmonton, AB

Rutherford Mental Health Clinic
780.342.6850
202, 11153 Ellerslie Rd, Edmonton, AB



March 2022

1

Walk-In Services

Walk-In Service is available to children/youth aged 5-17. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

Locations and Hours:

- o Northgate Mental Health Clinic: 780.342.2700; #2020, 9499 137 Ave, Edmonton, AB
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- o Rutherford Mental Health Clinic: 780.342.6850; #202, 11153 Ellerslie Rd, Edmonton, AB
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- o St. Albert Mental Health Clinic: 780.342.1410; 30 Sir Winston Churchill Avenue, St. Albert, AB
Wednesdays ONLY 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)
- o Leduc Mental Health Clinic: 780.986.2660; 4906 49 Avenue, Leduc, AB
Wednesdays ONLY 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)

Crisis Services

The **Crisis Team** offers immediate crisis support through the Crisis Line (780.407.1000) to children/youth, aged 5-17, and their care providers. The Crisis Team also provides support to professionals in the community. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call. Available 7 days a week 8:00 a.m. – 11:30 p.m.

Emergency Department Resources:

- o **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- o **Community Hospital Emergency Department** – Physicians will assess, determine a treatment plan, and consult as necessary for children/youth who have an emergency mental health concern.

Crisis Phone Numbers within Alberta (24/7)

Health Link Alberta:	811 (Health Advice and/or to locate a family physician)
Mental Health Help Line:	1.877.303.2642 (toll free within Alberta)
Crisis Addiction Help Line:	1.866.332.2322 (toll free within Alberta)
Kids Help Phone: or text 686868 or chat www.kidshelpphone.ca	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
Addiction Helpline..... 1-866-332-2322
Child Mental Health (8am-11:30pm) 780-427-4491
Kids Help Phone 1-800-668-6868
Bullying Helpline 1-888-456-2323
Seniors Abuse Helpline 780-454-8888
Family Violence Info Line 310-1818
Sexual Assault Center (9am-9pm) 780-423-4121
First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
..... 780-644-5135
Access 24/7 (Adults)
Addictions & Mental Health 780-424-2424
Westview Health Centre..... 780-968-3600
Child Intervention Services 780-422-2001
Kids Cottage Crisis Childcare ... 780-944-2888
Parkland RCMP 825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm 780-960-9669
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 16-25) ... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

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

Spruce Grove FCSS
#105 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4813 - 52 Avenue, Stony Plain, AB
780-963-8583

