



PARKLAND
SCHOOL DIVISION

Stronger Together

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

October 2023

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National Day for Truth and Reconciliation

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

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SEPTEMBER 30TH NATIONAL DAY FOR TRUTH AND RECONCILIATION



WALK TOGETHER FOR TRUTH & RECONCILIATION

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

Wear your orange shirt, walk 1.5km together and then listen, share, and connect with others ending with a free feast.

For more information: connect@stonyplain.com

IT HAD TO BE DONE BY TESSA DESNOMIE

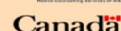
7:30 PM
HORIZON STAGE, SPRUCE GROVE

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

For more information: skydancerindigenous@gmail.com



Funded by the Government of Canada
Financé par le gouvernement du Canada



Nourishing Your ADHD Child's Full Potential

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

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

Submitted by:

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



Saturday, October 14:

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

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

Strong Families: Nourishing Your ADHD Child's Full Potential



Upcoming adult sessions:



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

The month of October is...

POVERTY AWARENESS MONTH

Building a Caring Community Together

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

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

- Dr. D. Klein, Change Health
- Cpl. Zambak, Parkland RCMP
- John Oldham, Retired Educator

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

- Tony and Patti Zegien
- Donna Smith
- Sandi Johnson, Safe Horizon

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

- Mike McMurray, Stony Plain Kinsmen
- Amanda Wilhauk, Wilhauk Beef Jerky
- Brad Masteller, Caregiver Parent
- Anita Dulacq, WestView Primary Care Network

Register at: <https://ow.ly/Ko3t50Pn4ey> or scan the QR code below:

TOWN OF STONY PLAIN **CITY OF SPRUCE GROVE** **Parkland**

Facebook: Town of Stony Plain | Instagram: @StonyPlainAB | Twitter: @StonyPlainAB

INFORMATION SESSION

Guardianship & Trusteeship

Presenter from the Office of the Public Guardian and Trustee

WEDNESDAY OCT 18
2 pm - 4:30 pm

BORDER PAVING ATHLETIC CENTRE

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

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

Upcoming sessions:

"click on Images"



JOIN US FOR

RESUME & COVER LETTER PREP



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

This workshop is free!
No registration Required.



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



JOB



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





JOIN US FOR

INTERVIEW PREP



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

This workshop is free!
No registration Required.



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



JOB



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





TALKING CIRCLE

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

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






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

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

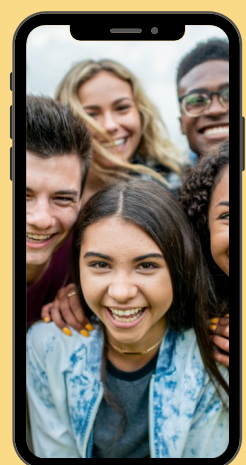
S.E.L.fie


A SOCIAL EMOTIONAL LEARNING PROGRAM



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

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





More information: www.sprucegrove.org/FCSSprograms

Upcoming Sessions



Scan the QR Code to register.

A COMMUNITY CONVERSATION

WHAT'S GOING ON WITH OUR TEENS?



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

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

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

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

Venue :

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

Supporting Children Through Grief Group

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

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

Facilitators:

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

Contact us for registration below!

Family Life
PSYCHOLOGY & WELLNESS

info@familylifewellness.ca
familylifewellness.ca
780-963-7481

Understanding Anger

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

When: Tuesdays, September 19 - October 24

Time: 6:00 - 8:00 p.m.

Cost: \$65/ participant subsidy available

Where: Cantiro Pioneer Wellness Centre

Age: 18+

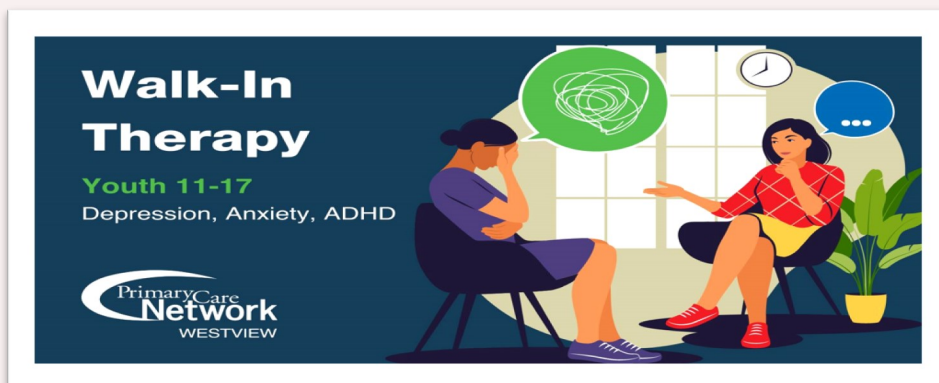
To register visit:

www.sprucegrove.org/FCSSprograms
or call 780-962-7618



Stony Plain, Spruce Grove and Parkland County Public Libraries

"Click on the Images for Links"



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

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



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

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

The Funding is available!! Your family may be eligible!
[KidSport Parkland](#)



We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to \$350 per child/year, for kids who live in communities we serve.



Therapy & Assessment Services

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



Community-based Sessions



Palix Foundation
Stony Plain Resilience Day

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

September 15, 2023
10:30am – 3:00pm

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

Lunch will be provided



REGISTER NOW

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



FALL PROGRAM GUIDE 2023



Parent Education

Programs that build capacity for parents and caregivers by strengthening their parenting skills and knowledge so they can provide safe, responsive and nurturing environments that support healthy child development.

Family Support

Groups, workshops and classes that provide targeted and intensive, topic specific information and that provide natural supports for families within their community.

Programs for Children

Programs that provide opportunities for parents and caregivers to support their children 0 to 5 in their social, emotional, physical and intellectual growth and development, that strengthen resiliency in their children.

Programs for Youth

Programs that provide opportunities for youth 6 to 18 that create social connections within their community, to strengthen their problem solving, leadership, communication and self-esteem skills; and to experience healthy social and emotional development.

And more!

Resources, services and events that are available through our Parkland & West Family Resource Network.

Alberta Parenting for the Future Association is a member of the Parkland & West Family Resource Network
Contact Us: (780)963-0549 info@apfa.ca Register online: www.apfa.ca eventbrite.ca
Visit us at the Family Connection Centre 5600 50 Street Stony Plain
Visit us at the Cantiro Community Centre 344 Pioneer Road Spruce Grove Wednesdays and Thursdays 9:30 am to 2:30 pm



Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

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

When: October 16 & October 17; 8:30 a.m.- 4:30 p.m.

Registration Deadline: October 9

Location: Cantiro Pioneer Wellness Centre (344 Pioneer Road)

Cost: \$125 (please contact us if finances are a barrier)

Contact: 780-962-7618 (Spruce Grove FCSS)

For more information and to register:

www.sprucegrove.org/community/programs/fcss-programs/



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

LivingWorks | ASIST | suicide to hope

HANGING WITH MY SUPER DAD!



MARK YOUR CALENDAR!

Children 4 plus will enjoy an evening with their "Super Dads" or other male caregiver with a light supper and fun, interactive activities.

SCAN QR CODE FOR
INFORMATION AND REGISTRATION



Friday September 29 - 6:00 to 8:00 pm,

"Eat Make & Play"

- work together preparing and sharing your dinner and take home another meal.

Friday October 13 - 6:00 to 8:00 pm

"Mission Possible"

- Your mission, should you choose to accept it, is to work together to find the golden eggs and deliver them safely back to Jack.

Friday November 10 - 6:00 to 8:00 pm

"Lego & Relax"

- We provide the lego, you provide the fun. Together you will create masterpieces.

Friday, November 24 - 6:00 to 8:00 pm

"Hangin' With My Snomies"

- Fun with snow - or other snow-like stuff.



Held in the Family Connection Centre
Pre-Registration is Required