

The Memorial Memo

ISSUE

07

April, 2021



PowerSchool

This is our parent's primary way to check in on their child's marks/assignments, update contact information, and to pay fees too. Contact the school for your username and access ID at mchs@psd70.ab.ca

Activate and sign into your account on the MCHS website in the Parents tab. Please contact Mrs. Harper or Mrs. Campbell at the office if you need assistance accessing your account.

School Fees Are Due

Please note that **School fees are not visible on the PowerSchool App**. Access to all information is only available through the [website](#)

Please log in to your [parent PowerSchool account](#) or come into the school to pay your high school fees. If you have any questions, please contact Ms. Miller at the office.

Reporting an Absence?

Please email mchsreportastudentabsence@psd70.ab.ca or call 780-963-2255 and dial 8 anytime to leave a message. Please leave your child's full name, grade, and details of the absence.



this issue

Happenings & Key Dates	P.2
Summer School & Course Selection	P.3
MCHS Music Performance	P.4
Torch Time Reminders	P.4
Rotary Interact News	P.5
Anti-Oppression Walk-Out	P.6
Congratulations!	P.7
Graduation	P.8
Athletics	P.9
Construction Selling to Public	P.10
Staff Spotlight	P.11
Student Teachers	P.12
MCHS Art	P.13
Off-Campus Education	P.16
MCHS Business & Running Club	P.17
Community Supports & Resources	P.18

PRINCIPAL'S MESSAGE

Hello Marauder Parents –

So sorry for the lateness of the newsletter. Having a quarter change immediately following spring break was a challenge for sure to get all tasks done and this one got pushed back a bit. My bad. 😊

I have to say that as I look through the newsletter, I am pretty amazed at how MCHS has been able to keep a semblance of a vibrant school life continuing for our students. It is a tribute to our staff for their commitment to balancing the safety of covid protocols to protect student physical health and normalcy in life to support student mental health.

There is a big-ticket item coming up for grade 10s and 11s next week. We will be starting course selections for 2021-2022. With the quarter change it has been awhile since students received that information. If you haven't done so already, please do sit with your child to review their planned selections. There is also a big-ticket item coming up for the grade 12s and it's literally tickets. Grad planning is well underway. Check later in the

newsletter for our Drive-In format. It's quite different than our previous formats. Tickets go on sale very soon.

Continuous growth of Memorial is expected and this is the time of year when we undertake planning for the next and future years. We are embarking on the theme of "Belonging At Memorial". Over the next couple of months and years, we will be addressing topics like enhancing positive culture, oppression, truth and reconciliation, human rights, and more through the lens of kindness and respect. We started this work over our last two PD days and are developing a student team to guide the adults.

It's the start of Q4. Check in with your kids regarding their classes and again establishing those positive student routines. June will be here in the blink of an eye.

Take care.

Ms. Jensen

Next School Council Meeting

Monday, April 26
7:00 pm

To join virtually by Gmeet click [HERE](#), or email Carolyn Jensen at cjensen@psd70.ab.ca and request an invite link to the meeting. You must have a Google Account to join.

MCHS parents always welcome!

Green & Gold Athletics

We are still in need of a Bingo Coordinator.

If interested please contact James Coghill at: jcoghill@psd70.ab.ca

We hope to have sports going in the new year. Stay safe and fingers crossed.

The next Green & Gold Executive Meeting is on Monday, May 3rd at 6:30 pm. To join virtually by Gmeet click [HERE](#) or email James Coghill at jcoghill@psd70.ab.ca to request an invite link to the meeting. You must have a Google account to join.

Memorial Moments

Wondering what's been going on at MCHS? Or wondering what is yet to come?



April Key Dates:

- 02 - Good Friday
- 05 - Easter Monday
- 06 - Staff Planning & Development Day
- 07-09 Counsellor Visits to Gr. 10 & 11s re: 21-22 Course Selection
- 08 - Field Trip - Camp Yowochas (CALM/Ab Studies)
- 09 - Field Trip – Science 20
- 12 - English Diploma - Part A
- 12 - Green & Gold Executive Meeting - 6:30
- 13 - Social Diploma - Part A
- 14 - English Diploma - Part B
- 15 - Q3 Last Day of Classes
- 15 - Social Diploma - Part B
- 16-20 - Q3 School Exams
- 16 - Math Diploma - AM
- 16 - Biology Diploma - PM
- 19 - Chem & Science Diploma
- 20 - Physics Diploma
- 21 - Q3 High School Turnaround Day – No Classes
- 22 - Q4 First Day of Classes
- 26-30 Gr. 10 & 11 Course Selections
- 26 - School Council - 7:00
- 27 - Q4 Timetable Change Deadline
- 28 - LAWS Field Trip – TLC
- 29 - Jersey Day

May Key Dates:

- 03 - G&G Executive Meeting - 6:30
- 03 - 07 PSD Visual Arts Celebration
- 05 - Hats On for Mental Health
- 12 - Q4 Route Change Deadline
- 12 - LAWS Field Trip - TLC
- 16 - Mother's Day
- 18 - Q4 PowerSchool Update - Marks & Comments
- 19 - Q4 Course Drop Deadline
- 20 - Q4 Parent Teacher Interviews
- 21 - Staff Planning & Development Day
- 24 - Victoria Day
- 31 - School Council - 7:00

MCHS Grade Administrators

Grade 10 – Mr. Coghill
Grade 11 – Mrs. Farrell
Grade 12 – Ms. Fisk

Please note there is no Torch Time for the first 5 days of Quarter 4. Classes will run until 3:25pm.

BELL SCHEDULE:

Block 1	8:35 – 11:08 am
Lunch	11:08 – 12:08 pm
Block 2	12:08 – 2:45 pm
Torch Time	2:50 – 3:30 pm

AN IMPORTANT MESSAGE FROM THE TRANSPORTATION DIRECTOR

A very important reminder that GUEST RIDERS are not permitted on any of the buses at any time. For more information, please contact:

Transportation Services

4603-48 Street
Stony Plain, AB T7Z 2A8
Phone: 780-963-8452
Email: Transportation@psd70.ab.ca



Registration for Summer School is now open, and will close on Monday, June 21, 2021. Please view the Summer School [Registration](#) and [Fees](#) pages on the Connections for Learning site for more information and to register.

MCHS Course Selection

Counsellors visited current grade 10 and 11 classes on April 8 & 9 talking about course selections for next year. Students will be choosing their courses for next year April 26 - 30 when classes will be called down to the library computer lab to do so. Parents need to have completed the online school registration prior to students choosing their courses.

Have you set up your myPass account yet?

myPass is the self-service website for the education documentation of Alberta students. It is very important that all students set up their myPass account while in high school, but it is particularly important for **Grade 12 students**. This is the only way that Grade 12 students will find out their diploma exams marks.

Go to <https://mypass.alberta.ca> and "Sign in With an Education Account". Students require their Alberta Student Number (which can be found on PowerSchool) and a personal email address. Do not use your psdblogs account because it will be deactivated when you graduate.

Please stop by Student Services if you have questions or require assistance.

REACHING YOUR CHILD DURING THE SCHOOL DAY

Cell phones can be a distraction and a disruption to classroom learning. Our teachers and your kids have worked hard together to come up with routines so that cellphones are not disrupting class. Here are some things for parents to know about communicating with their kids while they are at school.

- During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. He/she may not be able to respond immediately.
- You can contact your child during their designated lunch hour:

Lunch: 11:08 – 12:08

We appreciate your support in reaching your child directly to minimize disruption to classroom instruction. Of course, we are happy to assist in an emergency.

DID YOU KNOW.....

The cafeteria menu is available on our website under "For Students", "Announcements". It is available the Sunday before each week.





THE TORCH

held high

On April 21st, the MCHS choir and band students performed from the Mechanics Shop on 93.1 FM. It was windy with occasional rain, but the audience watched from the safety of their vehicles. What a treat to have live music after so long without it. This out-of-the-box thinking was truly appreciated.



TORCH TIME (Flex)

IMPORTANT REMINDERS:

Students who are choosing to leave can do so if they are in good standing in their courses. Parents or students must sign up for the Off Campus Torch group in order to leave without.

A reminder that student attendance will be tracked and reported in PowerSchool. Parents can log into their PowerSchool account and also sign up their kids. If a teacher or a parent registers a student, the student cannot unregister themselves and is required to attend. Students may also sign themselves up for the various sessions and unregister if they need to change locations.

- Flex for Parents & Guardians [A video tutorial for parents can be found here.](#)
- Flex for Students [A video tutorial for students can be found here.](#)
- [How To Sign Up For Torch Time \(Flex\) on Your Phone](#)
- [Further Information Regarding Torch Time](#)



SYNC THE MCHS PUBLIC CALENDAR AND THE DIPLOMA EXAM CALENDAR TO YOUR GOOGLE CALENDAR!

You can find the links on our website under the [Calendar & Events](#) section under the "Our School" dropdown. At the bottom of the page you can choose either:

[Add the MCHS Calendar to your Google Calendar](#)

[Add the Diploma Exam Calendar to your Google Calendar](#)

This is a great way to make sure you don't miss anything important!

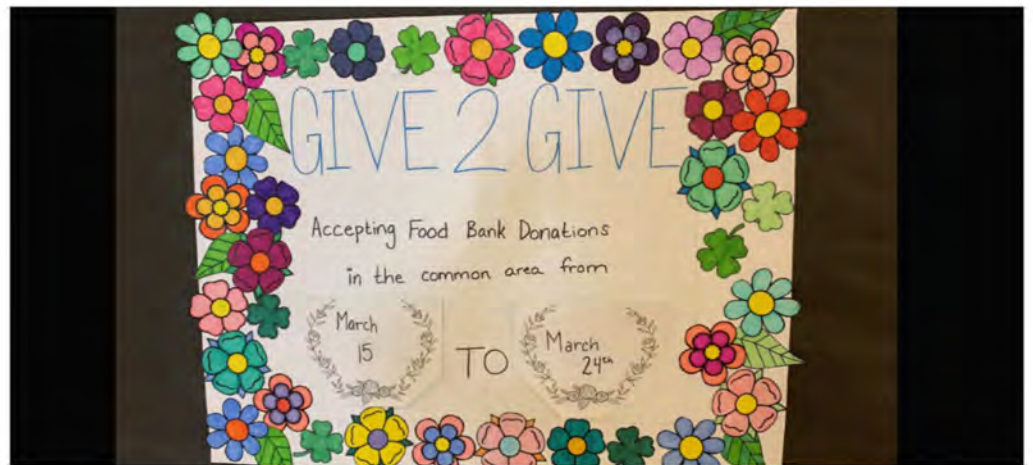
News

You can find current news items on our website's main page or under the ["Our School"](#) dropdown menu.

Announcements can be found under the ["For Students"](#) dropdown menu.



Memorial Rotary Interact is a student-led leadership group (cohort) dedicated to making the school and the local community a better place. Recently, members participated in a well-needed parking lot clean-up. A special thank you to Ella Sloan, Gabi Stachniak, Mackenzie Hennig, Alex Wilson, Ellis Frieser, Kayla Hansen, Wesley Kehler, Jaelyn Kehler, Emma Hansen, and Blaire Buchan.



On behalf of Memorial Rotary Interact, thank you to everyone who supported the "Give to Give" initiative. The Interact students collected Parkland Food Bank items and monetary donations until in the Common Area during lunch time. We raised \$72.30 and collected 3 boxes of food for the Parkland Foodbank.



MCHS Anti-Oppression Walk-Out

On Friday March 18 th students chose to express their support for the Anti-Oppression movements around the world. We have an amazing student body that appreciates that diversity is a strength and that all students deserve to belong and feel safe at MCHS!



CONGRATULATIONS!

Please join us in congratulating Dylenn Baker who will represent the Graduating Class of 2021 as their Valedictorian. Through her time at MCHS, Dylenn has been an exemplary student showing excellence in her academics, demonstrating respect in all that she does and contributing to our school and community through various volunteer opportunities. After Graduation, Dylenn plans to attend the University of Alberta in the Faculty of Science, Honors in Bio-Chemistry as she pursues a career in medicine. Congratulations Dylenn!



Alexandre Wilson has been chosen as the MCHS nominee for The Premier's Citizenship Award. This award is one of 3 Alberta Citizenship Awards that recognize students who have contributed to their communities through public service and voluntary endeavour. The Government of Alberta annually presents one award to a student enrolled in each high school in Alberta. Congratulations Alex!

2021 Graduation Information Update

April 7, 2021



Current Information
Saturday June 12th 2021
Edmonton Expo Centre Grounds
Grounds Access: 3:00pm
Commencement Ceremony Start Time: 4:00pm
1 Vehicle Per Family
NO limousines, party buses, tractors, etc allowed on property; only regular single family vehicles
Ticket price & details to come
Extra spaces will be made available after all Graduates have access to their initial space.

1 Expo Center Grounds

Guests will enter from Wayne Gretzky Drive and be directed to the area. Vehicles will be 'zippered' to ensure spacing. Stage is on the southern fence. Students will be walked across the stage!



2 Grad Speeches

Speeches: Applications are posted for positions of Valedictorian, Historian, Toast to the Parents, Toast to the Staff Deadline is Friday April 9th! Get your applications in.

3 GRAD LIST April 13, 2021

- To make the list, you must have...
- Minimum of 90 credits by the end of Q3
- Minimum 50% achievement in any required course must be maintained throughout Q3 & Q4 to stay on the list.
- Any required Work Experience credits must be submitted/accounted for by the end of Q3
- Required Q3 & Q4 module based course work through At Home Learning, AAC or ADLC must be successfully in progress at a rate that will ensure completion within the quarter (this is determined by Ms. Fisk)
- Attendance in good standing.
- Behaviour in good standing



Awards & Scholarships 4

- Grade 12 Awards application is open online!
- There is a wealth of information on many scholarships that can found on our website
- Stop by Student Services to pick those up and to ask any questions.



Questions? Contact Ms. Fisk
Phone: (780) 963-2255
mfisk@psd70.ab.ca



An email was sent out to parents on April 8th with this updated information.

Please remember - students are responsible for ensuring they meet the Alberta High School Diploma/KAE Certificate requirements to graduate and must be on the Grad list to participate in the Graduation Ceremony. Any student concerned about their eligibility to graduate, must see Ms. Fisk or a School Counsellor in Student Services.

As we continue to plan for Grad activities please check Memorial's website often, and watch for messages in your inbox from the school. All Graduation activities are based on Alberta Health Services (AHS) regulations.

MCHS Athletics

Track & Field Athletes

Anyone interested in practicing Track and Field events and getting out and being active to help prepare for next season should be coming out starting after Spring Break every **Tuesday & Thursday from 3:45- 5:00 pm.**

The first practice was on Thursday, April 8th.

All events are available to practice like long, triple and high jump, sprints and hurdles, all throwing events.

See Ms. McGonigal or Mr. Drolet

Women's Flag Football

We are looking for any female athletes interested in playing Flag football. **NO EXPERIENCE NECESSARY!** Come out and enjoy the game!

We will be starting *Wednesday, April. 7 from 3:45 pm- 5:00 pm.* For more information see Mr. Drolet & Mr. Richardson.

Please join us in congratulating Brynn!
She has signed with Briercrest to continue
her education and volleyball career.



**BRYNN
HARDY**

HOMETOWN
Parkland County, AB

PREVIOUS SCHOOL
Memorial Composite HS

PROGRAM OF INTEREST
BA Psych Major with Kin Minor

CAREER HIGHLIGHTS
Competing in Div 1 & Repeating
Home Tournament Champs

MCHS Construction is taking orders for personalized outdoor benches, picnic tables and garden sheds.

Outdoor benches - \$75.00 each.

Picnic Tables - They are unfinished with rounded edges and sanded surfaces. The tables are heavy duty constructed of mostly 2x6 with reinforced seating and carriage bolts. The prices are as follows:

8 ft \$250.00

6 ft \$200.00

4 ft \$175.00



Please email aclarke@psd70.ab.ca if you would like further information or would like to order.

SPOTLIGHT:

Mrs. Nuijens and Mrs. Porter are our MCHS counsellors. They work in the Student Services department and help with things such as:

School Programming

- Graduation requirements
- Timetable changes
- Course selection
- Post-secondary program prerequisites

Career Exploration

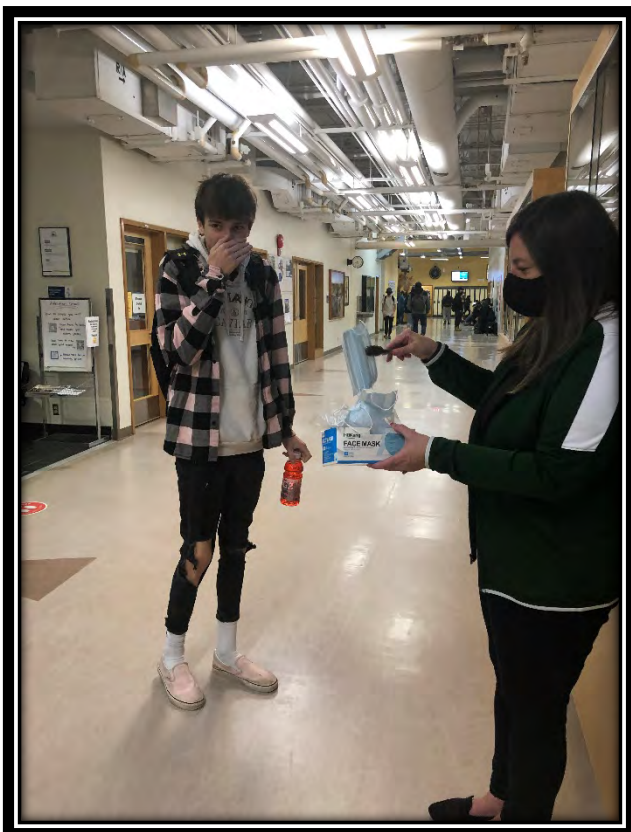
- Career counselling
- Career information

Post-Secondary Planning

- University and college information from across the continent
- Information on 60,000 [scholarships](#)
- Student finance
- Admission applications
- Transcript and credit information

Personal Counselling

- Stress, anger, anxiety or depression
- Peer conflicts
- Harassment
- Grief and loss
- Suicide prevention
- Study skills/organization
- Access to out-of-school specialists and community resources.



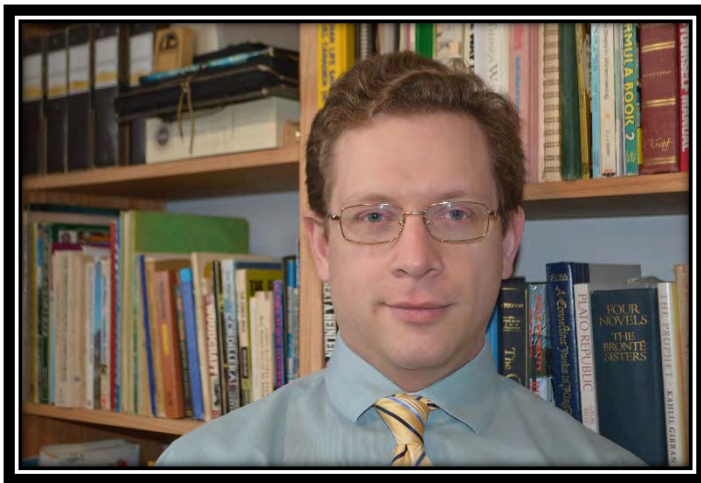
We would like to extend a special thank you to Mrs. Nuijens. Since school started in August, she has committed her mornings before classes start to handing out masks at the front entrance to students who have lost, forgot or broken their masks. Our students have been extremely diligent in their mask-wearing, but these things happen! So thank you Mrs. Nuijens for being such a big help in keeping our school safe.

MCHS STUDENT TEACHERS

Joining us this Spring are Amy LaBuick, Lachlan Bakker and Shea Richardson.

Amy LaBuick

I am an Education After-Degree student, with a Biology major and Chemistry minor. I previously completed a BSc with Specialization, with a double major in Physiology and Developmental Biology. I love science, and also spent much of my university years coaching volleyball and basketball, working at the Edmonton Valley Zoo, travelling, and playing sports like golf and hockey.



Lachlan Bakker

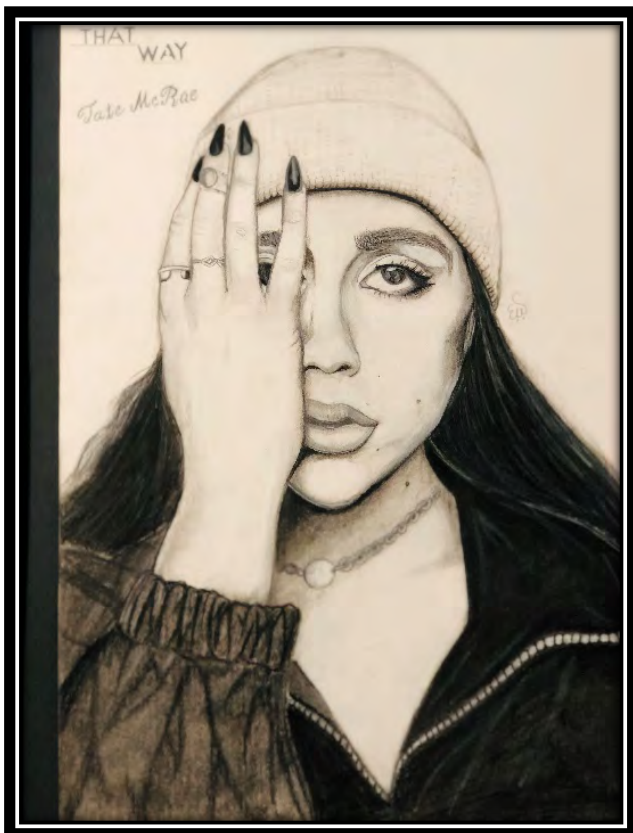
I am a former engineer and a Stand-Up Paddleboard instructor at Telford Lake. Right now, I am a student-teacher as part of the University of Alberta's B. Ed. After degree program with a major in Mathematics and a minor in English Language Arts. When not teaching, I enjoy dancing, reading and listening to a wide range of podcasts.

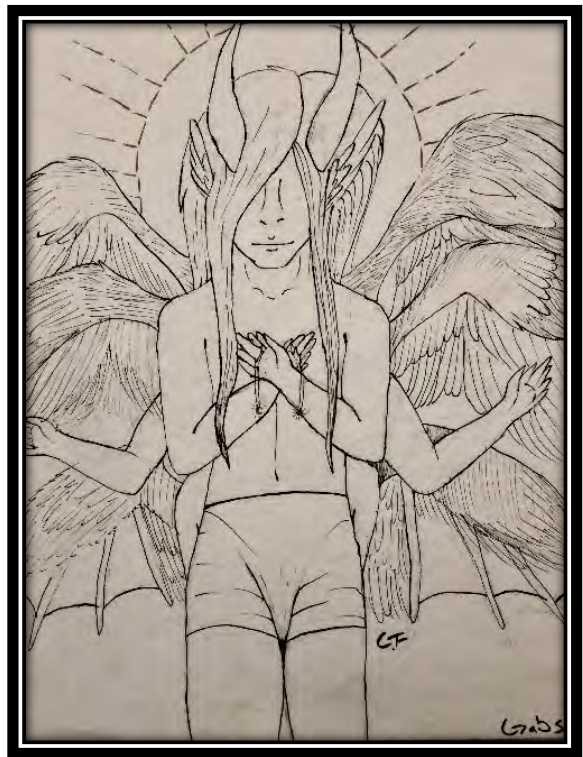
Shea Richardson

My name is Shea Richardson (or Mrs. Richardson). I am a student teacher from the University of Alberta. I am in a combined Bachelor of Kinesiology and Bachelor of Education degrees program. I love learning, music, and being active.



MCHS Art







OFF-CAMPUS EDUCATION

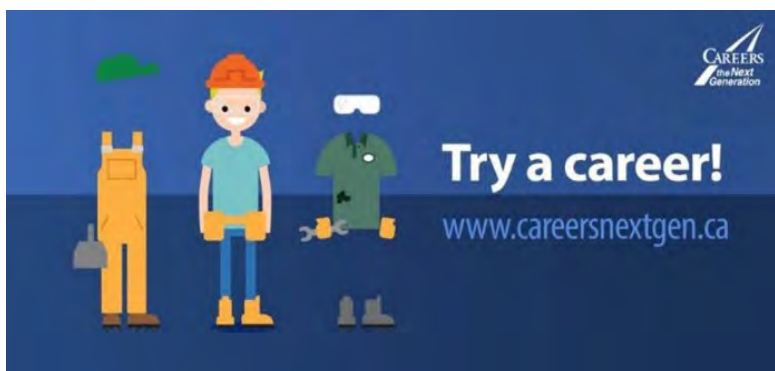
Parkland School Division's Off-Campus Education programs are tailored for high school students interested in exploring their career options and developing the skills they will need to work in their chosen field while still earning credits towards a diploma.

Students have multiple off-campus options to choose from depending on their interests: mastering a trade, working in agriculture, getting a head start in a post-secondary program, and more.

If you would like more information about how to earn credits while working, please visit PSD's [Off-Campus Education Page](#) or contact Mike Partington at mpartington@psd70.ab.ca or 780-966-2209.



[MCHS Off-Campus Education Information](#)



What are you going to be when you grow up? CAREERS: The Next Generation is a not-for-profit organization that helps students tackle this monumental question and prepares them for the future. By connecting students to paid internships in skilled trades, health care and information & communications technology, they can try out careers of interest before they graduate. They even earn high school credits! Want to learn more? Contact CAREERS at 1.888.757.7172 or www.careersnextgen.ca/learnmore

Alberta  Advanced Education

[Apprenticeship and Industry Training](#)

This Government of Alberta site provides detailed information on the three levels of trades practiced in Alberta and the post-secondary courses recommended for those interested in practicing them.

The Business Competition Club has six students currently competing in the Dhillon School of Business Finance Competition. Right now they are competing in a Stock Market Challenge with 20%. Then they have to do a presentation on what they learned that is worth 40%. Last they will compete in a Trading Challenge worth 40%. Scholarships worth \$1000, 750, and 500 are up for grabs.

Good luck to our teams!

Team 1: Mackenzie Hennig, Ryder Chambers, Blake Andersen

Team 2: Tacey Robertson, Alex Sinclair, and Brooklyn Plante



Please check out and help support [these Memorial Business students!](#)

Entrepreneurship is a class that allows students to start up their own company. As a part of the process, students will create a business plan, raise start-up capital, market their product or service, sell their product or service and manage the funds within their company.

Students have the option of opening a sole proprietorship, partnership or corporation. To gain experience, they are also required to run their booth at local farmer's markets, within the school Common Area, or in other businesses or organizations in the area. A portion of all of their proceeds must be donated to a charity of their choice to illustrate the importance of corporate social responsibility.

RUNNING CLUB

When: Monday and Wednesday 3:45 – 4:30 pm

Where: Meet in front of the PE doors

See Mr. Gee for more information.



**We hope you enjoy
this month's newsletter. 😊**

If there are any topics that would like to see in future newsletters to assist you as a parent in your family conversations about education and helping your high school child(ren) navigate the world growing up, please drop an email to mchs@psd70.ab.ca. Our target is to have the newsletter go out on the 1st Monday of each month, so please send your email by the third week of the month to give us time to prepare. See you next month!

MCHS Contact Info & Social Media

Ph: 780-963-2255

Email: mchs@psd70.ab.ca

Website: <https://mchs.psd70.ab.ca/>

[Facebook](#) @MemorialComp

[Instagram](#) @memorialcomposite

#memorialcomp

[Twitter](#) @MemorialComp

[YouTube](#): Memorial Composite High School, PSD

For more information on what programs are available through **Town of Stony Plain Family and Community Support Services** please visit: [The Town of Stony Plain FCSS Programs](#) page.

Programs include:

- Webinars
- Neighbourhood Connect
- Grief Support
- Youth Centre

Support Groups:

- Living with Loss to Suicide
- Caring Friends Bereavement Support Group
- BILY – Because I Love You

Looking for community agencies that support our students and families?

The **[Green Book](#)** is a community resource directory for the City of Spruce Grove, Town of Stony Plain and Parkland County.

ALBERTA HEALTH SERVICES

[Alberta Health Services](#) has all the information you need regarding Covid-19 and can also help you:

- Find a doctor
- Find programs and services
- Find information and news about a range of health topics
- Stay informed about what is happening in your community.

And don't forget that the [811 Health Link](#) can provide you with health advice from a registered nurse 24/7. Remember, in a medical emergency, always call 911 or visit the nearest emergency department.



Stronger Together

Parkland School Division Family Supports Newsletter March 19, 2021

Dear parents and caregivers,

The newsletter theme this month is all about emotional regulation. The added stressors that come from coping with a Pandemic can play havoc with the way we are able to cope emotionally. This is true for us and for our kids. The good news is that there are skills we can all learn to help regulate our emotions more effectively. As parents it is important for us to understand ourselves and our children's emotional responses before we react. This will help with our kid's behaviour, mood and even learning.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



Family Tips for Emotional Regulation with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Creating an environment of emotional empowerment requires that parents work collaboratively with their children to help them grow in emotional awareness and emotional regulation. Emotional awareness means that I understand *how* I'm feeling. Emotional regulation means

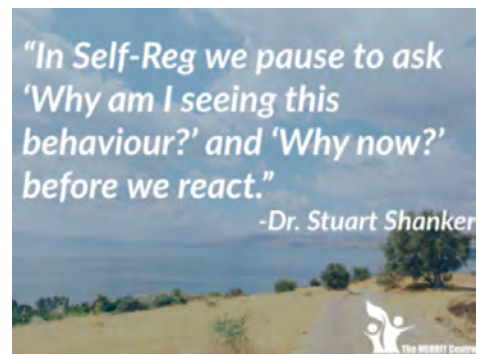
knowing *what to do* to manage *how* I'm feeling. Understanding *how* I feel is essential to figuring out *what to do* about how I feel. Emotional regulation requires emotional awareness. Therefore, the first step in putting children in the driver's seat of their own emotional management is to help children understand *how* they are feeling. In a parent-driven approach, parents may tell their children how to feel. Consider the following examples:

- o Johnny, don't get angry. It's a small problem stop making it such a big deal.
- o Jill don't cry. Everything is going to be okay.
- o Jack, you should be happy right now. Think of all the good things in your life and stop being so gloomy.

In a child-driven approach parents value relationship and keeping their child happy so they have difficulty providing appropriate parameters for emotional expression. Children may also use their feelings to try to get what they want. Consider the following examples:

- o Johnny is having a tantrum over not getting a toy in the store, so the parents break down and buy the child a toy.
- o Jill is having a crying meltdown about accidentally dropping her phone at school so her parents go out and buy her the newest iPhone.
- o Jack is really frustrated about losing technology privileges for the day so he fluctuates between extreme anger and extreme sadness until his parents give him back his device.

Connection-based parents teach their children to communicate *how* they are feeling while providing them with tools and strategies to help children manage their emotions. Consider using a circle of responsibility, a core value of connection-based parenting. Within my circle, I am responsible for my emotions, words, actions, and behaviors. I am also responsible for how my emotions, words, actions, and behaviors impact other people around me. I am allowed to feel the way I do AND I am responsible to communicate it in a healthy way that does not negatively impact the people around me. I need emotional awareness to know what I'm feeling and I need emotional regulation to communicate how I'm feeling in a constructive manner. But before I can figure out *what to do* with my emotions, I need to understand *how* I am feeling first.



SELF-REG for PARENTS



What is Self-Reg all about?

Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. In Self-Reg we consider both our responses to stress and our underlying state of energy and tension when we encounter a stress.

Self-Regulation

- Self-Reg is based on the original, psychophysiological definition of self-regulation, which refers to how we respond to stress.
- We all self-regulate, though sometimes in ways that are maladaptive: i.e., that don't help us recover from stress and actually lead to even greater stress down the road.
- Adaptive (effective and helpful) self-regulation promotes growth and learning as well as helping us recover from stress.
- Self-regulation is not the same as self-control. Self-control is about inhibiting troublesome impulses. Effective self-regulation reduces the stress-induced feelings that cause impulses.
- Self-regulation is about understanding, not "monitoring and managing," emotions, thoughts and behaviour in ourselves and others.

Shanker Self-Reg® looks at stress across five domains of experience: biological, emotion, cognitive, social, and prosocial.

There are five practices in The Shanker Method®:

1. Reframe the behaviour.
2. Recognize the stressors across the five domains.
3. Reduce the stress.
4. Reflect and enhance stress awareness.
5. Respond with personalized ways to support restoration and resilience.

Self-Reg includes recognizing what calm feels like for yourself as well as what it feels like to become overstressed.

The ultimate, long-term Self-Reg goal is to help children acquire the necessary understanding of when and how to manage their own energy and tension, so they can adapt to the various stresses of life. But Self-Reg is also personal. If we are going to support our children's self-regulation we first have to understand our own stress and know how to manage our own energy and tension.

Self-Reg can help us understand and respond positively to the roots of many behaviour, emotion and social challenges that affect children and families.



The Seeds of Self-Reg Parenting

SAFETY

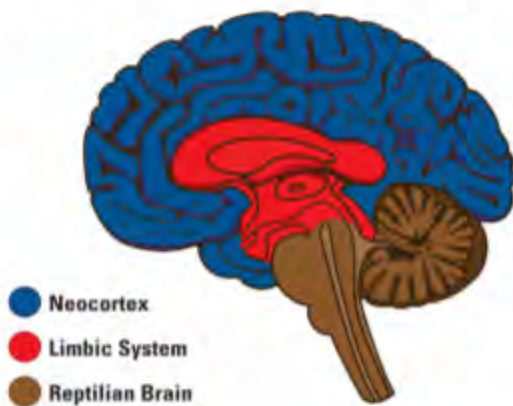
- Helping children feel safe, in every way—physically, emotional and socially—provides the foundation for their mental, social and emotional wellness.
- Excess stress affects brain-body stress systems in ways that can make children feel unsafe, even if we think they are safe (and should feel safe).

RELATIONSHIPS

- Self-Reg parenting starts with relationships. Dr. Stuart Shanker says, "The foundation of self-regulation is the feeling of calmness and safety that children experience with their parents."
- Children learn to self-regulate through "co-regulation" with parents.
- Co-regulation: When two people adjust to and regulate one another's behaviour (mood, emotions, language) via bi-directional interactive signals and behaviours.

ENVIRONMENTS

- Factors such as too much screen time, not enough physical activity, visual clutter, lack of sleep and excess junk food are "hidden stressors" for some kids.
- Create spaces in your home where children can go to feel more calm or more energized as needed.
- Unstructured, non-electronic play, especially outdoor play, are great stress relievers for children.



BECOME A STRESS DETECTIVE

- Learn to "reframe" children's behaviour (see and understand it in a different way)
- Many behaviours that adults think of as misbehaviour—tantrums, for example—are actually "stress behaviour," caused by too much stress.
- When a child "misbehaves," ask "Why?" and "Why now?" Look for stressors that may be causing the behaviour.

IT'S PERSONAL

- Self-Reg is personal and it begins with you. Consider your own stress and how it affects you and, in turn, your children. You will be most able to build your children's self-regulation, if you take care of your own.
- Self-Reg can help you understand your children's behaviour better and help you be less angry and more patient and understanding.

SELF-REG PARENTING IS A LEARNING JOURNEY

- Learn about the connections between stress, energy and tension and how they affect children's behaviour, mood and learning.
- Read Dr. Stuart Shanker's book *Self-Reg*.
- Consider taking one of our [online](#) courses, such as *Self-Reg in Parenting* or *Self-Reg Foundations*.

Courtesy of the Mehrit Centre https://self-reg.ca/wp-content/uploads/2020/06/Infosheets_Self-Reg_for_Parents.pdf

Consider taking one of the Self Reg for Parents courses <https://self-reg.ca/parents/>

WHY DOES MY CHILD'S BEHAVIOR TRIGGER ME?

(AND WHAT SHOULD I DO IN THE MOMENT?)

YOU ARE TAKING THEIR BEHAVIOR PERSONALLY

YOU HAVE UNREALISTIC EXPECTATIONS

IT MAKES YOU FEEL LESS CONFIDENT AS A PARENT

YOU FEEL DISRESPECTED

YOU WERE ALREADY TIRED OR STRESSED

IT TRIGGERS A TRAUMA RESPONSE

YOU WERE PUNISHED FOR THE SAME BEHAVIOR AS A CHILD



RESPONDING IN THE MOMENT TO YOUR TRIGGERS

Step 1

STOP WHAT YOU'RE DOING

Unless someone is hurt, stop what you're doing. (If someone is hurt, attend to their needs.)

Step 2

DROP TO YOUR CHILD'S EYE LEVEL OR LOWER

Getting eye level or lower will signal to your child that you aren't showing up to fight. If you need to reset, lay down on the floor and focus on breathing.

Step 3

TAKE DEEP BELLY BREATHS

Breathe in for the count of four, allowing your belly to blow up like a balloon, then breathe out slowly through your nose for the count of four.

Step 4

PRACTICE A DIFFERENT RESPONSE

Don't worry about having the right response. Just be willing to practice a different one. You can say, "I'm not sure what to do right now."



What Can Parents Do As Co-regulators?

1. Recognize signs of dysregulation in your child
2. Identify the stressors or environmental cues that trigger dysregulation for your child
3. Teach your child how to recognize and communicate his or her feelings, and to become more aware of their response to stress
4. Help your child find a way to become more alert (if idling on low) or more calm (if revved up too high)

It's best to introduce and practice the following regulation techniques when your child is feeling *calm*. Doing so will help your child to strengthen these skills and be more apt, in kind, to using them in moments of struggle. For a time, however, your ongoing support will be needed to help your child use these strategies when feeling dysregulated.

Calming Techniques

When your child's body, mind, or mood is *revved up*:

- Take slow, deep breaths to help calm the body and the brain
- Use progressive muscle relaxation activities: tense then relax key muscles in your body, moving from head to toe
- Take a squeeze – use a stress ball or hug a stuffed animal
- Listen to calming music
- Distract with a fun activity or game (non electronic)
- Block out noises, sights or smells that are overstimulating
- Take a break – go for a walk or splash cool water on your face

Practice mindfulness - focus your mind on an activity to get back to the present. For example, eat a small piece of fruit - focus on the taste, the smell and the feel of it

Alerting Techniques

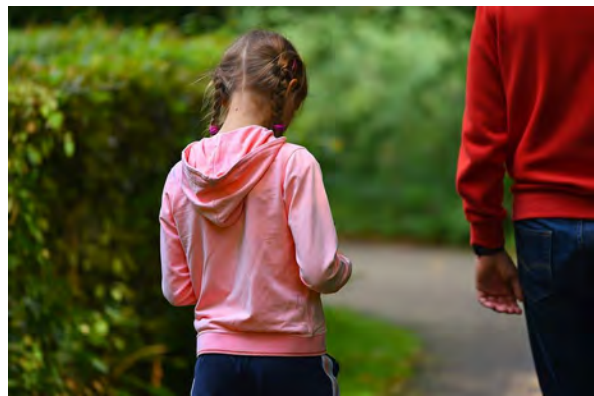
When your child's body, mind, or mood is *idling on low*

- Get their body moving through play and physical activity
- Use a fidget toy or wiggle cushion
- Chew gum
- Eat chewy, crunchy, or sour foods
- Drink cold, citrus-infused water

Staying Regulated

Be sure to spend time setting up your child or teen for success:

- Encourage positive self-talk – tell yourself things like “this will pass” or “I can do this” or “my turn will soon come, I can wait”
- Ensure your child gets enough quality sleep · Eat well. Promote a healthy diet of wholesome foods
- Engage in regular physical activity – minimum 60 min/day
- Have and maintain a regular routine at home and at school
- Reach out to social supports – talk to a friend, family member, teacher, coach, or trusted adult



From - Alberta Health Services

Learning to Think Helpful Thoughts

Have your child explain what unhelpful and helpful thoughts are to all family members.

Sharing out loud some of your own thoughts helps your child or youth to recognize whether thoughts are helpful or unhelpful.

Encourage your child to focus on the positives of any situation and realistic thoughts.

Changing Unhelpful Thoughts, Increasing Helpful Thoughts



From the BC Children's Hospital

20 Things Every Parent of Kids with Special Needs Should Hear

By Dr. Darla Clayton, PsyD, The Mobility Resource See the full article at <https://www.abilities.com/community/parents-20things.html>

- 1) You are not alone.
- 2) You too deserve to be cared for.
- 3) You aren't perfect—and that's ok!
- 4) You are a superhero.
- 5) Therapy is play.
- 6) Play is therapy.
- 7) Make time to enjoy your kids
- 8) You will be obligated to make heart wrenching decisions.
- 9) You won't always get it right.
- 10) Forgive yourself.
- 11) Being a parent is hard. Being a parent to a child with extra needs is *extra* hard.
- 12) Parenting a child with extra needs is like a marathon.
- 13) Don't lose yourself.
- 14) Keep your sense of humor.
- 15) Celebrate the little things!
- 16) Don't let typical parents get you down.
- 17) Don't compare.
- 18) You don't have to be "THAT" parent.
- 19) Make time for your marriage.
- 20) Trust your instincts.





APR
07

Supporting Emotional Regulation with Children on the Autism Spectrum

by Alberta Parenting for the Future Association

[Follow](#)

Free



[Register](#)

This workshop is intended to give caregivers tools & strategies to deal with emotional regulation for their children on the Autism Spectrum.

About this Event

Presenters: Larissa Predy & Ashton Parker from [Little Oaks Psychology](#)

In partnership with Parkland School Division

Date And Time

Wed, April 7, 2021
6:00 PM - 8:00 PM MDT
[Add to Calendar](#)

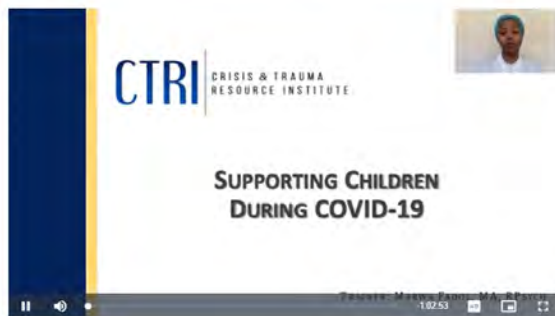
Location

Online Event

Register here:

<https://www.eventbrite.ca/e/supporting-emotional-regulation-with-children-on-the-autism-spectrum-registration-131635817273?aff=ebdsoporgprofile>

Supporting Children During COVID-19



<https://ca.ctrinstitute.com/covid-19-videos/supporting-children-during-covid-19/>

WISE-MIND WEDNESDAYS FOR YOUTH



WEDNESDAYS FROM 4-5:30PM

This spring, Spruce Grove FCSS and Stony Plain Youth Centre have partnered to offer virtual programs for youth every Wednesday from 4:00pm-5:30pm. The programs are free, but registration is required. Once registered, youth will be able to access any or all of the Wise-mind Wednesday programs.

- Understanding Anger March 24
- Setting Boundaries March 31
- Effective Listening April 7
- Respectful Assertiveness April 14
- Navigating Change & Loss April 21
- Super You - Learning to Self Empower April 28
- Understanding Stress May 5
- Social Emotional Skills & Strategies for Self-Regulation May 12

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



parkland
county



WISE-MIND WEDNESDAYS FOR YOUTH



WEDNESDAYS FROM 4-5:30PM

UNDERSTANDING ANGER - MARCH 24

Learn to understand the emotions of anger and how it can affect decision-making. By learning practical skills youth will be better able to communicate when they are upset. Understanding Anger is one of the four programs that is required for the Collaborative Communication certificate.

SETTING BOUNDARIES - MARCH 31

Setting boundaries with yourself and others allow you to increase your personal power and build healthier relationships. In this session, learn how to establish and effectively communicate their boundaries to others. Setting Boundaries is one of the four programs that is required for the Collaborative Communication certificate.

EFFECTIVE LISTENING - APRIL 7

Being able to understand what others are communicating will help you to respond in a healthier and effective way. Youth will learn skills to improve their ability to listen and better understand where communication breakdowns can happen. Effective Listening is one of the four programs that is required for the Collaborative Communication certificate.

RESPECTFUL ASSERTIVENESS - APRIL 14

Learning to be assertive will help youth to be confident in their communication, while still being respectful of others. This session will help recognize how you can express yourself in a positive and effective way. Respectful Assertiveness is one of the four programs that is required for the Collaborative Communication certificate.

NAVIGATING CHANGE & LOSS - APRIL 21

Change can be overwhelming at times, especially if we don't give ourselves time to process and understand our emotions. Learn practical skills to help navigate through times of loss and to know when to ask for help.

SUPER YOU - LEARNING TO SELF EMPOWER - APRIL 28

When we eliminate negative self-talk and doubt we increase our ability to live a meaningful and healthy life. Youth will learn to break down their limiting beliefs in order to build confidence and improve self-esteem. Focusing on what makes each of us special and the importance of valuing self.

UNDERSTANDING STRESS - MAY 5

Stress can affect you physically, emotionally, and mentally. Knowing how to plan ahead by using daily tools can help to prevent unnecessary stress. This program focuses on teaching healthy ways to cope during stressful times and recognizing when you may need help from others.

SOCIAL EMOTIONAL SKILLS - MAY 12

Learn the tools on how to identify emotions and express yourself in a healthy way. By focusing on practical skills to self-regulate youth will be better able to communicate effectively when they are feeling overwhelmed.





Lighthouse Church added a new photo.

Lighthouse Church



Lighthouse Church added a new photo.

Lighthouse Church



Lighthouse Church

Just a reminder that our free community outreaches will be running this Saturday, March 20 from 10:00 - 1:00 pm.

Our outreaches are located in the house directly behind the Church at:

49 Boulder Avenue, Stony Plain

Hope lives at Lighthouse Church, everyone is welcome!

Garments of Praise (the free store) has their spring clothing out, come and find a new to you outfit, for you and your family.

Food for the Store will be providing free community bag lunches. Don't forget to register for the Easter of Hope, free community Easter dinner - registration closes March 28, 2021. To register go to www.lhpc.ca

Caregiver Education Series - Alberta Health Services

Topic	Caregiver Education Session - Technology and the Teenage Brain - CYF Caregiver Education
Description	Digital Wellness for Families / Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared. Note: Caregivers and their youth (grades 7-12) are welcome to attend this session together.

Time: March 24 at 6:00pm

Register here: <https://www.cyfcaregivereducation.ca/virtual-education/caregiver-series-registration>

Topic	Drop-In Series - Anxiety Part 4: Overcoming Avoidance - CYF Caregiver Education
Description	<p>In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills. For caregivers of children in grades K-12.</p> <ul style="list-style-type: none">• This session is for adults only unless otherwise indicated.• Please do not take screenshots, or share content from this session.• Session resources and links will only be sent to participants who attend the session. <p>For information about upcoming sessions and more caregiver resources, go to www.cyfcaregivereducation.ca</p>
Time	Mar 25, 2021 06:00 PM in Mountain Time (US and Canada)

Register here: https://albertahealthservices.zoom.us/webinar/register/WN_ItIVCbMTQu2c29DqYFeg9w

Community Support



<https://adaptabilities.ca/parent-resources/>

T: 780-431-8446
F: 780-669-5762
E: info@adaptabilities.ca



<https://www.autismedmonton.org/programs>

Edmonton Fetal Alcohol Network

10320 - 146 Street NW

Edmonton, AB T5N 3A2

Phone: 780-919-0354

Website: EdmontonFetalAlcoholNetwork.org

Understanding FASD - ERLC

<http://www.engagingalllearners.ca/il/supporting-students-with-fasd/>

Supporting Students with Fetal Alcohol Spectrum Disorders

A key to supporting students with Fetal Alcohol Syndrome Disorder (FASD) is having a good understanding of FASD and how individuals with FASD are impacted.



The association offers a parent support group and has many resources on their website at http://adhdedmonton.com/?page_id=25#.Xwz-jyhKhPY.

<https://www.ldedmonton.com/>

LD Edmonton



Tuesday Evenings - 7:00 - Family Connection Centre

Register prior to attending.

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
 Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater
 Parkland area 780-217-8701
 Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700
 MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
 Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
 Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 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
 Sunrise Supports - Dena Davis - 780-977-6241

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: 5124th) 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 19-24) ... 780-415-0048
 Child and Adolescent Mental Health Services 780-342-2701
 Westview PCN Youth Mental Health Clinic (ages 17-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

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

Spruce Grove FCSS
 8105 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
 2107, 4912 - 52 Avenue, Stony Plain, AB
780-963-8583





Caregiver Education Team Newsletter

April 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

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.

Lunch & Learn Webinars

Anxiety Part 1: An Introduction

Tuesday, April 6
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 1 – Monday, April 12
12:00 – 1:00 pm

Anxiety Part 2: Calming Our Bodies

Tuesday, April 13
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 2 – Monday, April 19
12:00 – 1:00 pm

Anxiety Part 3: Settling Our Minds

Tuesday, April 20
12:00 – 1:00 pm

More than Just a Bad Day: Understanding Depression

Monday, April 26
12:00 – 1:00 pm

Anxiety Part 4: Overcoming Avoidance

Tuesday, April 27
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Test Anxiety:

Strategies for Success
Wednesday, April 7
6:00 – 7:30 pm

Understanding Autism

Wednesday, April 14
6:00 – 7:30 pm

Keeping Scattered Kids on Track:

Understanding and Supporting Children and Youth with ADHD
Wednesday, April 21
6:00 – 7:30 pm

Building Executive Functioning Skills

Promoting Success in Learning
Wednesday, April 28
6:00 – 7:30 pm

Drop-In Series

Mental Health and Resiliency Series

Settling Into Routines:

Making Uncertain Times More Predictable
Thursday, April 8
6:00 – 7:30 pm

Giving Time and Attention to Our Big Needs

Thursday, April 15
6:00 – 7:30 pm

Strengthening Connections

With Ourselves, Our Kids, and Our Communities
Thursday, April 22
6:00 – 7:30 pm

Positive Communication that Promotes Growth

Thursday, April 29
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

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

Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, April 7, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects 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.

Date: Wednesday, April 14, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Parent Feedback:

“I really appreciated the fact that I could attend and share this learning experience with my teen, it prompted meaningful discussion.”

“Thank you for the great session. I really appreciate the answers during the Q&A section.”

“I enjoyed the interactive questions. Time and length was good.”

(Continued on next page...)



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Caregiver Education Sessions

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www.cyfcaregivereducation.ca

(...continued)

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, April 21, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Building Executive Functioning Skills Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Date: Wednesday, April 28, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Very well done, I liked the balance of the videos and the presentation.”

“I’ve enjoyed all the sessions offered so far!”

“This session was so helpful – the presenters were relatable and gave practical advice.”

“I liked the variety provided by different presenters; 90 minutes was a good length.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

April 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Part 1

Date: Monday, April 12, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2

Date: Monday, April 19, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

More than Just a Bad Day:

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, April 26, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

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

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

www.cyfcaregivereducation.ca

Parent Feedback:

“I got a lot out of this session and I’m excited to make some changes.”

“Excellent resources and a reminder that we need to take care of ourselves and our family.”

“Wonderful! I get to learn from the comfort of my house.”

“The two presenters keep it engaging and the virtual platform makes it easy to join.”



Mental Health Foundation



Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

April 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness. Participants are welcome to attend single sessions or the full series.

Anxiety – Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

Date: Tuesday, April 6, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Anxiety – Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Tuesday, April 13, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Anxiety – Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Tuesday, April 20, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Anxiety – Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Tuesday, April 27, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

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

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

www.cyfcaregivereducation.ca

Parent Feedback:

“Excellent session with relevant and current information for professionals and parents. Thank you!”

“I really enjoyed these sessions and have signed up for the next three. Thanks for providing them!”

“I feel like I have some new tools in my toolbox to help foster a change in my household for the better!”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

April 2021

Mental Health and Resiliency Series

These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Participants are welcome to attend single sessions or the full series.

Settling Into Routines

In this webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Thursday, April 8, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Thursday, April 15, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Thursday, April 22, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, April 29, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

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

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

www.cyfcaregivereducation.ca

Parent Feedback

"It was very informative and easy to understand."

"The length was perfect and information was straight and to the point. No fluff and tons of suggestions for strategies to implement."

"Good mix of education and application in real life."

"I enjoyed the 'interactive-ness' of the presentation!"



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca



Stronger Together

Parkland School Division Family Supports Newsletter March 19, 2021

Dear parents and caregivers,

The newsletter theme this month is all about emotional regulation. The added stressors that come from coping with a Pandemic can play havoc with the way we are able to cope emotionally. This is true for us and for our kids. The good news is that there are skills we can all learn to help regulate our emotions more effectively. As parents it is important for us to understand ourselves and our children's emotional responses before we react. This will help with our kid's behaviour, mood and even learning.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



Family Tips for Emotional Regulation with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Creating an environment of emotional empowerment requires that parents work collaboratively with their children to help them grow in emotional awareness and emotional regulation. Emotional awareness means that I understand *how* I'm feeling. Emotional regulation means

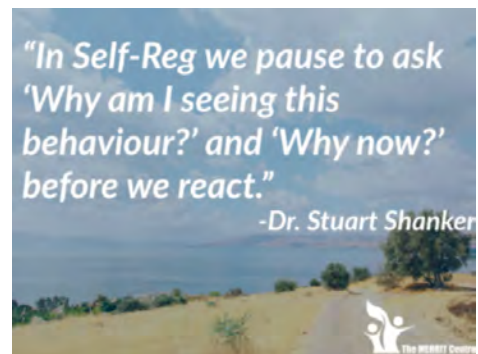
knowing *what to do* to manage *how* I'm feeling. Understanding *how* I feel is essential to figuring out *what to do* about how I feel. Emotional regulation requires emotional awareness. Therefore, the first step in putting children in the driver's seat of their own emotional management is to help children understand *how* they are feeling. In a parent-driven approach, parents may tell their children how to feel. Consider the following examples:

- o Johnny, don't get angry. It's a small problem stop making it such a big deal.
- o Jill don't cry. Everything is going to be okay.
- o Jack, you should be happy right now. Think of all the good things in your life and stop being so gloomy.

In a child-driven approach parents value relationship and keeping their child happy so they have difficulty providing appropriate parameters for emotional expression. Children may also use their feelings to try to get what they want. Consider the following examples:

- o Johnny is having a tantrum over not getting a toy in the store, so the parents break down and buy the child a toy.
- o Jill is having a crying meltdown about accidentally dropping her phone at school so her parents go out and buy her the newest iPhone.
- o Jack is really frustrated about losing technology privileges for the day so he fluctuates between extreme anger and extreme sadness until his parents give him back his device.

Connection-based parents teach their children to communicate *how* they are feeling while providing them with tools and strategies to help children manage their emotions. Consider using a circle of responsibility, a core value of connection-based parenting. Within my circle, I am responsible for my emotions, words, actions, and behaviors. I am also responsible for how my emotions, words, actions, and behaviors impact other people around me. I am allowed to feel the way I do AND I am responsible to communicate it in a healthy way that does not negatively impact the people around me. I need emotional awareness to know what I'm feeling and I need emotional regulation to communicate how I'm feeling in a constructive manner. But before I can figure out *what to do* with my emotions, I need to understand *how* I am feeling first.



SELF-REG for PARENTS



What is Self-Reg all about?

Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. In Self-Reg we consider both our responses to stress and our underlying state of energy and tension when we encounter a stress.

Self-Regulation

- Self-Reg is based on the original, psychophysiological definition of self-regulation, which refers to how we respond to stress.
- We all self-regulate, though sometimes in ways that are maladaptive: i.e., that don't help us recover from stress and actually lead to even greater stress down the road.
- Adaptive (effective and helpful) self-regulation promotes growth and learning as well as helping us recover from stress.
- Self-regulation is not the same as self-control. Self-control is about inhibiting troublesome impulses. Effective self-regulation reduces the stress-induced feelings that cause impulses.
- Self-regulation is about understanding, not "monitoring and managing," emotions, thoughts and behaviour in ourselves and others.

Shanker Self-Reg® looks at stress across five domains of experience: biological, emotion, cognitive, social, and prosocial.

There are five practices in The Shanker Method®:

1. Reframe the behaviour.
2. Recognize the stressors across the five domains.
3. Reduce the stress.
4. Reflect and enhance stress awareness.
5. Respond with personalized ways to support restoration and resilience.

Self-Reg includes recognizing what calm feels like for yourself as well as what it feels like to become overstressed.

The ultimate, long-term Self-Reg goal is to help children acquire the necessary understanding of when and how to manage their own energy and tension, so they can adapt to the various stresses of life. But Self-Reg is also personal. If we are going to support our children's self-regulation we first have to understand our own stress and know how to manage our own energy and tension.

Self-Reg can help us understand and respond positively to the roots of many behaviour, emotion and social challenges that affect children and families.



The Seeds of Self-Reg Parenting

SAFETY

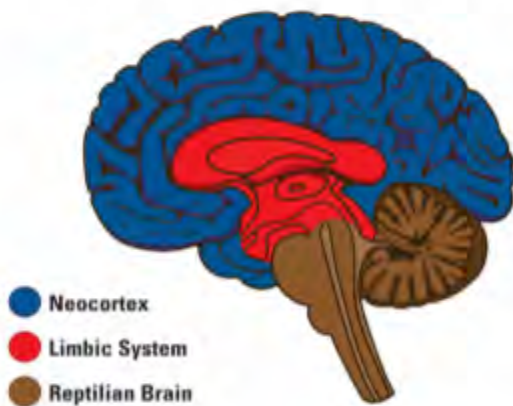
- Helping children feel safe, in every way—physically, emotional and socially—provides the foundation for their mental, social and emotional wellness.
- Excess stress affects brain-body stress systems in ways that can make children feel unsafe, even if we think they are safe (and should feel safe).

RELATIONSHIPS

- Self-Reg parenting starts with relationships. Dr. Stuart Shanker says. "The foundation of self-regulation is the feeling of calmness and safety that children experience with their parents."
- Children learn to self-regulate through "co-regulation" with parents.
- Co-regulation: When two people adjust to and regulate one another's behaviour (mood, emotions, language) via bi-directional interactive signals and behaviours.

ENVIRONMENTS

- Factors such as too much screen time, not enough physical activity, visual clutter, lack of sleep and excess junk food are "hidden stressors" for some kids.
- Create spaces in your home where children can go to feel more calm or more energized as needed.
- Unstructured, non-electronic play, especially outdoor play, are great stress relievers for children.



BECOME A STRESS DETECTIVE

- Learn to "reframe" children's behaviour (see and understand it in a different way)
- Many behaviours that adults think of as misbehaviour—tantrums, for example—are actually "stress behaviour," caused by too much stress.
- When a child "misbehaves, ask "Why?" and "Why now?" Look for stressors that may be causing the behaviour.

IT'S PERSONAL

- Self-Reg is personal and it begins with you. Consider your own stress and how it affects you and, in turn, your children. You will be most able to build your children's self-regulation, if you take care of your own.
- Self-Reg can help you understand your children's behaviour better and help you be less angry and more patient and understanding.

SELF-REG PARENTING IS A LEARNING JOURNEY

- Learn about the connections between stress, energy and tension and how they affect children's behaviour, mood and learning.
- Read Dr. Stuart Shanker's book *Self-Reg*.
- Consider taking one of our [online](#) courses, such as *Self-Reg in Parenting* or *Self-Reg Foundations*.

Courtesy of the Mehrit Centre https://self-reg.ca/wp-content/uploads/2020/06/Infosheets_Self-Reg_for_Parents.pdf

Consider taking one of the Self Reg for Parents courses <https://self-reg.ca/parents/>

WHY DOES MY CHILD'S BEHAVIOR TRIGGER ME?

(AND WHAT SHOULD I DO IN THE MOMENT?)

YOU ARE TAKING THEIR BEHAVIOR PERSONALLY

IT MAKES YOU FEEL LESS CONFIDENT AS A PARENT

YOU HAVE UNREALISTIC EXPECTATIONS

YOU FEEL DISRESPECTED

YOU WERE ALREADY TIRED OR STRESSED

IT TRIGGERS A TRAUMA RESPONSE

YOU WERE PUNISHED FOR THE SAME BEHAVIOR AS A CHILD



RESPONDING IN THE MOMENT TO YOUR TRIGGERS

Step 1

STOP WHAT YOU'RE DOING

Unless someone is hurt, stop what you're doing. (If someone is hurt, attend to their needs.)

Step 2

DROP TO YOUR CHILD'S EYE LEVEL OR LOWER

Getting eye level or lower will signal to your child that you aren't showing up to fight. If you need to reset, lay down on the floor and focus on breathing.

Step 3

TAKE DEEP BELLY BREATHS

Breathe in for the count of four, allowing your belly to blow up like a balloon, then breathe out slowly through your nose for the count of four.

Step 4

PRACTICE A DIFFERENT RESPONSE

Don't worry about having the right response. Just be willing to practice a different one. You can say, "I'm not sure what to do right now."



What Can Parents Do As Co-regulators?

1. Recognize signs of dysregulation in your child
2. Identify the stressors or environmental cues that trigger dysregulation for your child
3. Teach your child how to recognize and communicate his or her feelings, and to become more aware of their response to stress
4. Help your child find a way to become more alert (if idling on low) or more calm (if revved up too high)

It's best to introduce and practice the following regulation techniques when your child is feeling *calm*. Doing so will help your child to strengthen these skills and be more apt, in kind, to using them in moments of struggle. For a time, however, your ongoing support will be needed to help your child use these strategies when feeling dysregulated.

Calming Techniques

When your child's body, mind, or mood is *revved up*:

- Take slow, deep breaths to help calm the body and the brain
- Use progressive muscle relaxation activities: tense then relax key muscles in your body, moving from head to toe
- Take a squeeze – use a stress ball or hug a stuffed animal
- Listen to calming music
- Distract with a fun activity or game (non electronic)
- Block out noises, sights or smells that are overstimulating
- Take a break – go for a walk or splash cool water on your face

Practice mindfulness - focus your mind on an activity to get back to the present. For example, eat a small piece of fruit - focus on the taste, the smell and the feel of it

Alerting Techniques

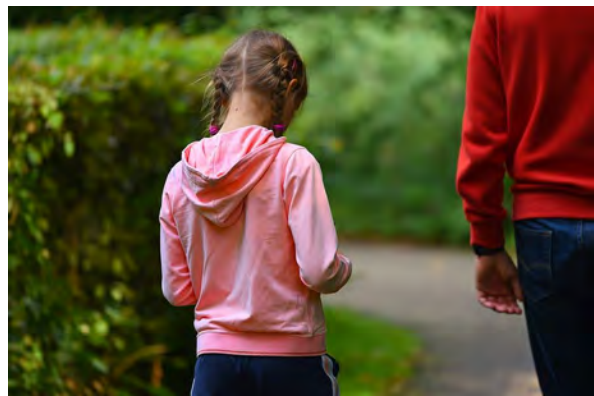
When your child's body, mind, or mood is *idling on low*

- Get their body moving through play and physical activity
- Use a fidget toy or wiggle cushion
- Chew gum
- Eat chewy, crunchy, or sour foods
- Drink cold, citrus-infused water

Staying Regulated

Be sure to spend time setting up your child or teen for success:

- Encourage positive self-talk – tell yourself things like “this will pass” or “I can do this” or “my turn will soon come, I can wait”
- Ensure your child gets enough quality sleep · Eat well. Promote a healthy diet of wholesome foods
- Engage in regular physical activity – minimum 60 min/day
- Have and maintain a regular routine at home and at school
- Reach out to social supports – talk to a friend, family member, teacher, coach, or trusted adult



From - Alberta Health Services

Learning to Think Helpful Thoughts

Have your child explain what unhelpful and helpful thoughts are to all family members.

Sharing out loud some of your own thoughts helps your child or youth to recognize whether thoughts are helpful or unhelpful.

Encourage your child to focus on the positives of any situation and realistic thoughts.

Changing Unhelpful Thoughts, Increasing Helpful Thoughts



From the BC Children's Hospital

20 Things Every Parent of Kids with Special Needs Should Hear

By Dr. Darla Clayton, PsyD, The Mobility Resource See the full article at <https://www.abilities.com/community/parents-20things.html>

- 1) You are not alone.
- 2) You too deserve to be cared for.
- 3) You aren't perfect—and that's ok!
- 4) You are a superhero.
- 5) Therapy is play.
- 6) Play is therapy.
- 7) Make time to enjoy your kids
- 8) You will be obligated to make heart wrenching decisions.
- 9) You won't always get it right.
- 10) Forgive yourself.
- 11) Being a parent is hard. Being a parent to a child with extra needs is *extra* hard.
- 12) Parenting a child with extra needs is like a marathon.
- 13) Don't lose yourself.
- 14) Keep your sense of humor.
- 15) Celebrate the little things!
- 16) Don't let typical parents get you down.
- 17) Don't compare.
- 18) You don't have to be "THAT" parent.
- 19) Make time for your marriage.
- 20) Trust your instincts.





APR
07

Supporting Emotional Regulation with Children on the Autism Spectrum

by Alberta Parenting for the Future Association

[Follow](#)

Free



[Register](#)

This workshop is intended to give caregivers tools & strategies to deal with emotional regulation for their children on the Autism Spectrum.

About this Event

Presenters: Larissa Predy & Ashton Parker from [Little Oaks Psychology](#)

In partnership with Parkland School Division

Date And Time

Wed, April 7, 2021
6:00 PM - 8:00 PM MDT
[Add to Calendar](#)

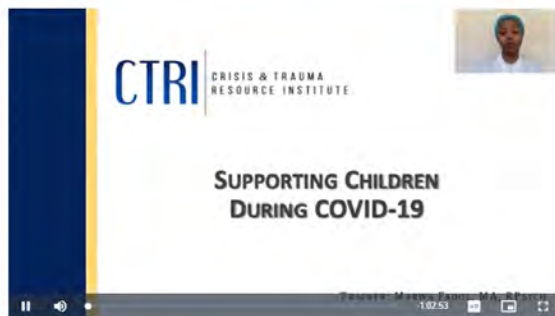
Location

Online Event

Register here:

<https://www.eventbrite.ca/e/supporting-emotional-regulation-with-children-on-the-autism-spectrum-registration-131635817273?aff=ebdsoporgprofile>

Supporting Children During COVID-19



<https://ca.ctrinstitute.com/covid-19-videos/supporting-children-during-covid-19/>

WISE-MIND WEDNESDAYS FOR YOUTH



WEDNESDAYS FROM 4-5:30PM

This spring, Spruce Grove FCSS and Stony Plain Youth Centre have partnered to offer virtual programs for youth every Wednesday from 4:00pm-5:30pm. The programs are free, but registration is required. Once registered, youth will be able to access any or all of the Wise-mind Wednesday programs.

- Understanding Anger March 24
- Setting Boundaries March 31
- Effective Listening April 7
- Respectful Assertiveness April 14
- Navigating Change & Loss April 21
- Super You - Learning to Self Empower April 28
- Understanding Stress May 5
- Social Emotional Skills & Strategies for Self-Regulation May 12

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



parkland
county



WISE-MIND WEDNESDAYS FOR YOUTH



WEDNESDAYS FROM 4-5:30PM

UNDERSTANDING ANGER - MARCH 24

Learn to understand the emotions of anger and how it can affect decision-making. By learning practical skills youth will be better able to communicate when they are upset. Understanding Anger is one of the four programs that is required for the Collaborative Communication certificate.

SETTING BOUNDARIES - MARCH 31

Setting boundaries with yourself and others allow you to increase your personal power and build healthier relationships. In this session, learn how to establish and effectively communicate their boundaries to others. Setting Boundaries is one of the four programs that is required for the Collaborative Communication certificate.

EFFECTIVE LISTENING - APRIL 7

Being able to understand what others are communicating will help you to respond in a healthier and effective way. Youth will learn skills to improve their ability to listen and better understand where communication breakdowns can happen. Effective Listening is one of the four programs that is required for the Collaborative Communication certificate.

RESPECTFUL ASSERTIVENESS - APRIL 14

Learning to be assertive will help youth to be confident in their communication, while still being respectful of others. This session will help recognize how you can express yourself in a positive and effective way. Respectful Assertiveness is one of the four programs that is required for the Collaborative Communication certificate.

NAVIGATING CHANGE & LOSS - APRIL 21

Change can be overwhelming at times, especially if we don't give ourselves time to process and understand our emotions. Learn practical skills to help navigate through times of loss and to know when to ask for help.

SUPER YOU - LEARNING TO SELF EMPOWER - APRIL 28

When we eliminate negative self-talk and doubt we increase our ability to live a meaningful and healthy life. Youth will learn to break down their limiting beliefs in order to build confidence and improve self-esteem. Focusing on what makes each of us special and the importance of valuing self.

UNDERSTANDING STRESS - MAY 5

Stress can affect you physically, emotionally, and mentally. Knowing how to plan ahead by using daily tools can help to prevent unnecessary stress. This program focuses on teaching healthy ways to cope during stressful times and recognizing when you may need help from others.

SOCIAL EMOTIONAL SKILLS - MAY 12

Learn the tools on how to identify emotions and express yourself in a healthy way. By focusing on practical skills to self-regulate youth will be better able to communicate effectively when they are feeling overwhelmed.





Lighthouse Church added a new photo.

Lighthouse Church



Lighthouse Church added a new photo.

Lighthouse Church



Lighthouse Church

Just a reminder that our free community outreaches will be running this Saturday, March 20 from 10:00 - 1:00 pm.

Our outreaches are located in the house directly behind the Church at:

49 Boulder Avenue, Stony Plain

Hope lives at Lighthouse Church, everyone is welcome!

Garments of Praise (the free store) has their spring clothing out, come and find a new to you outfit, for you and your family.

Food for the Store will be providing free community bag lunches. Don't forget to register for the Easter of Hope, free community Easter dinner - registration closes March 28, 2021. To register go to www.lhpc.ca

Caregiver Education Series - Alberta Health Services

Topic	Caregiver Education Session - Technology and the Teenage Brain - CYF Caregiver Education
Description	Digital Wellness for Families / Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared. Note: Caregivers and their youth (grades 7-12) are welcome to attend this session together.

Time: March 24 at 6:00pm

Register here: <https://www.cyfcaregivereducation.ca/virtual-education/caregiver-series-registration>

Topic	Drop-In Series - Anxiety Part 4: Overcoming Avoidance - CYF Caregiver Education
Description	<p>In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills. For caregivers of children in grades K-12.</p> <ul style="list-style-type: none">• This session is for adults only unless otherwise indicated.• Please do not take screenshots, or share content from this session.• Session resources and links will only be sent to participants who attend the session. <p>For information about upcoming sessions and more caregiver resources, go to www.cyfcaregivereducation.ca</p>
Time	Mar 25, 2021 06:00 PM in Mountain Time (US and Canada)

Register here: https://albertahealthservices.zoom.us/webinar/register/WN_ItIVCbMTQu2c29DqYFeg9w

Community Support



<https://adaptabilities.ca/parent-resources/>

T: 780-431-8446
F: 780-669-5762
E: info@adaptabilities.ca



<https://www.autismedmonton.org/programs>

Edmonton Fetal Alcohol Network

10320 - 146 Street NW

Edmonton, AB T5N 3A2

Phone: 780-919-0354

Website: EdmontonFetalAlcoholNetwork.org

Understanding FASD - ERLC

<http://www.engagingalllearners.ca/il/supporting-students-with-fasd/>

Supporting Students with Fetal Alcohol Spectrum Disorders

A key to supporting students with Fetal Alcohol Syndrome Disorder (FASD) is having a good understanding of FASD and how individuals with FASD are impacted.



The association offers a parent support group and has many resources on their website at http://adhdedmonton.com/?page_id=25#.Xwz-jyhKhPY.

<https://www.ldedmonton.com/>

LD Edmonton



Tuesday Evenings - 7:00 - Family Connection Centre

Register prior to attending.

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
 Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater
 Parkland area 780-217-8701
 Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700
 MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
 Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
 Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 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
 Sunrise Supports - Dena Davis - 780-977-6241

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: 5124th) 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 19-24) ... 780-415-0048
 Child and Adolescent Mental Health Services 780-342-2701
 Westview PCN Youth Mental Health Clinic (ages 17-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

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

Spruce Grove FCSS
 8405 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
 2107, 4912 - 52 Avenue, Stony Plain, AB
780-963-8583