

The Memorial Memo

ISSUE

08

May/June 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 Finance Office.

Reporting an Absence?

Please email mchsreportastudentabsence@psd70.ab.ca or call **780-963-2255** and dial 1 anytime to leave a message. Please leave your child's full name, grade, and details of the absence.



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PRINCIPAL'S MESSAGE

Dear Marauder Parents –

The 2020-21 school year has been wildly

successful in light of all of the demands that have been placed upon families and schools as we have responded together to the COVID-19 pandemic. Memorial families have been amazing in assisting teachers with details from home and walking alongside in the role of teacher from your kitchens and living rooms. Thank you so much!

The schoolstaff have been rock stars providing ongoing flexibility and support for students to stay on track with their courses. But isn't it a nice feeling to see that there just might be an end in sight to all of this craziness?!

As I am sure you have heard our Drive-In Graduation was a great success. You can view it here. This was quickly followed up by the PSD Cultural Grad which honoured our Indigenous students with an eagle feather or Metis sash. Here is a look at this event.

We have a number of staff members who are leaving us at the end of this year. Please join us in sharing best wishes for:

- Mr. Boleski – Math
- Mrs. Farrell – Assistant Principal
- Mrs. Girod – Library
- Miss LaBuick – Science
- Mrs. Litzenberger – Office
- Ms. Nero – Science
- Mrs. Porter – Counselling
- Mr. Rubenstein – Science Lab

We are looking forward to a restful and rejuvenating summer. There will be much to do as we return to what will hopefully be a more normal school year next year. We wish your family an amazing summer of reconnecting with your people and enjoying our beautiful part of the country.

Take care.

Carolyn Jensen

MCHS Grade Administrators

Grade 10 – Mr. Coghill

Grade 11 – Mrs. Farrell

Grade 12 – Ms. Fisk

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.

Memorial Moments

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



May Happenings:

- 03 - Green & Gold Executive Meeting - 6:30
- 03 - 07 PSD Visual Arts Celebration
- 05 - Hats On For Mental Health
- 09 - Mother’s Day
- 18 - Q4 PowerSchool Update
- 19 - Q4 Course Drop Deadline
- 19 - LAWS Parent Teacher Interviews 5-6:30
- 20 - Q4 Parent Teacher Interviews 5-6:30
- 21 - Staff Planning & Development Day
- 24 - Victoria Day
- 25 - Return to In-School Learning
- 31 - Last School Council Meeting- 7:00

June Key Dates:

- 03 - Twins Day
- 07 - Green & Gold Executive Meeting
- 08 - Pride Flag Raising Event
- 10 - English Diploma - Part A
- 11 - Social Diploma - Part A
- 11 - LAWS Field Trip – Remuda Horsemanship
- 12 - Grad Ceremony - Expo Centre 4:00-7:00
- 15 - Feather & Sash Ceremony – Virtual
- 16 – LAWS Field Trip – Remuda Horsemanship
- 17 - Math Diploma
- 18 - English Diploma - Part B
- 21 - National Aboriginal Day
- 22 - Social Diploma - Part B
- 23 - Q4 Last Day of Classes
- 24-28 - Q4 School Based Exams
- 25 – LAWS Field Trip – Rundle Park
- 29 - Q4 Turnaround Day – No School

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.

BELL SCHEDULE FOR 2021-2022

Block 1	8:30 – 11:03 am
Lunch	11:03 – 12:03 pm
Block 2	12:03 – 2:35 pm
Torch Time	2:40 – 3:20 pm

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.

June 25, 2021

Dear 21-22 Marauder Parents -

We just wanted to touch base with you as this school year wraps up so you have a few details related to the start of next school year.

Grade Administrators - Mrs. Farrell will be returning to Fort MacMurray next year, so we are pleased to welcome Ms. Dianne Jewell to the MCHS Administrative Team. She is currently the Principal of Duffield School and has plenty of high school experience from her previous school division. The grade administrator assignments for next year are as follows:

- Grade 10 - Ms. Dianne Jewell
- Grade 11 - Mr. James Coghill
- Grade 12 - Ms. Marsie Fisk

Quarter System Next Year - We have determined that we will be operating with the quarter system again next year. This decision was made partly because of positive feedback received from our school community and staff and partly because of the uncertainty around Covid requirements. We will be gathering data over the 2021-22 school year to compare to data from the 2018-19 school year (our last "normal" school year) to make an informed decision about our timetable model for future years.

Student Schedules - They will be released by the end of the day today, Friday, June 25.

Remember that student PSD accounts will shut down in early July and they will not have access to their schedules until September when they are reissued passwords. Student schedules will be accessible via the PowerSchool parent portal.

Schedule Changes - If a student wishes to request a change to their timetable, the requests come to the school online. There will be a [Timetable Change Request Form](#) available on the MCHS website as the schedules are released. The form will be open to the end of the school day on Tuesday, June 29. Requests for changes will not be processed until next August.

September 2021 Office Opening - Our office will open on August 19, 2021 at 8:00 am. At that time the office staff will be available to assist you, should you have any questions.

Student Registration Days - We are planning for students to return to campus at this time. We miss them and it would be ideal for their learning to be here. We will confirm this in August via email as the final word from AHS regarding student return won't be available until August. Our student registration days will still follow the same timing as in previous years, but there will be different routines for the students to follow to promote physical distancing.

- Grade 10: Monday, August 30, 2021 (all day)
- Grade 11: Tuesday, August 31, 2021 (pm only)
- Grade 12: Tuesday, August 31, 2021 (am only)

Grade 10 & 11 Parents

Textbooks & Materials - If you have any items belonging to MCHS, the LAST CHANCE to return them is Tuesday, June 29th. Any items that are not returned will be charged to the student's account.

20-21 Yearbooks - They are available in late fall. We are still producing the book and including photos from the grad. It doesn't go to print until early fall. When they arrive, those who ordered one can pick it up from the office.

On behalf of the staff at Memorial, we wish you a healthy and fun summer. Hopefully you can connect with your family, enjoy some events, and rest and rejuvenate. :) Stay healthy!

Ms. Jensen

Feather & Sash Ceremony

Another wonderful [#memorialcomp](#) celebration! So proud of our [#indigenousgrads](#). Congratulations on receiving the honours of your eagle feathers and Métis sashes!



In remembrance of the 215 children whose remains were discovered at a former Kamloops residential school, flags across our Parkland School Division will be lowered to half-mast tomorrow.

At Memorial Composite High School we will share a moment of 215 seconds of silence and many staff will be wearing orange shirts.

We invite families and students to wear orange shirts as well if they have them. We extend our deepest sympathies to the Tk'emlúps te Secwépemc First Nation as we continue to gr

[Policy Wise for Children & Families](#)



In honour of [#indigenouspeoplesday](#) and recognition of [#215children](#) from the [#kamloopsresidentialschool](#) as well as our [#mmiw](#), [#memorialcomp](#) students were invited on a 2.15 mile walk. Thank you for representing our school so well!



Grad 2021 – Expo Centre



Although it looked a lot different than a traditional graduation ceremony, Grad 2021 was an event to remember! We are so proud of our Graduates! Completing high school during a global pandemic should be celebrated! To all of you, well done and congratulations! [#memorialcomp](https://www.facebook.com/memorialcomp)

A special thanks to Ms. Fisk and Mrs. Sorenson for the months of work they put in to make this event special.



Drama - Outdoor Show

The Torchlight Theatre may have been moved to the parking lot tonight, but that did not hinder another amazing [#memorialcomp](#) performance



MORE FROM MCHS....



It was a good day for raising a [#prideflag](#), a step in the work of Belonging at [#memorialcomp](#)



A big thank you to all Grade 12 student athletes that applied to the Green & Gold Athletic Scholarship this year. The winners for the 2021 school year are Hanna Brushey & Luke Majeau. Both these wonderful individuals played numerous sports for their three years here at Memorial. They have been fantastic ambassadors of Memorial. We wish them all the best at post-secondary and whatever the future holds for them.



MEMORIAL COMPOSITE HIGH SCHOOL

ATHLETICS



Thank you to all of our athletes for your efforts over the past sixteen months.

To all the graduates from the past two years, we miss you and wish you all the best!

Anderson, Blake
Babcock, Gabriel
Bailes, Xayah
Bamber, Kolby
Barrett, Kayden
Bartel, Dawson
Bauder, Kenna
Bearhead, Jaze
Beior, Jaxon
Belcourt, Ayden
Bellerose, Alyyah
Baran, Xana
Bird, Lawrence
Bisgard, Carly
Bohachyk, Courtney
Brendel, Morgan
Broadbent, Kaden
Brown, Tyler
Brushey, Hanna
Bundt, William
Chakaipa, Emily
Chase, Paige
Charfield, Emilie
Chaytons, Kennedy
Cluney, Aysa
Colgan, Brennan
Coombs, Kinsley
Countryman, Hayden

Crowston, Alexandra
Cullum, Kaitlyn
DeGray, Colton
DeLuca, Jaydn
Depnor, Arielle
Desrosiers, Kaitlyn
Downey, Ella
Duckworth, Allison
Erdman, Alissa
Erdmann, Nathan
Fafard, Lauren
Fald, Kaedon
Farough, Keegan
Feakes, Keegan
Fesser, Brylin
Fillinger, Ian
Francis, Ava
Freund, Sophia
Frieser, Ellis
Fuhr, James
Fulcher, Elizabeth
Fullford, Logan
Gagnon, Sophie
Gagnon, Thomas
Getzinger, Maddie
Gover, Levi
Goetz, James
Good, Jessica
Good, Robyn
Goodson, Mikayla
Gould, Keegan

Gray, Dustin
Grano, Sydni
Hamilton, Thomas
Hansen, Emma
Hansen, Kayla
Hardy, Brynn
Hargreaves, Makayla
Harris, Cael
Hartnell, Shano
Hermeyer, Brooklyn
Hermeyer, Jesse
Hemstra, Abigail
Hoffman, Tabitha
Holinski, Drey
Hoople, Jakob
Houcher, Lilly
Houle, Kaigo
Issler, Nathan
Jespersen, Jacoy
Jesse, Owen
Jewell, Keely
Jomba, Riley
Jones, Ayden
Jones, Keele
Kalmbach, Avery
Kapalka, Jady
Kapka, Chloe
Kaye, Nathan
Kern, Maddox
King, Emma

King, Joel
Knal, Matthew
Kohut, Nate
Kostiak, Jarrett
Kostyniuk-McKort, Katherine
Kwasnyca, Annika
Lauf, Meagan
Loves, Brycen
Luchkiw, Ben
MacDonald, John
MacDougall, Alease
Machenco, Damian
MacKenzie, Kaylynn
Majeau, Luke
Maze, Patrick
McCrimmon, Alyssa
McMillan, Konner
Megill, Emily
Magyesi, Triston
Meinzingger, Riley
Malissinas, Izabella
Miller, Ethan
Miller, Ginger
Mason, Dillon
Morden, Kaidyn
Mueller, Jonah
Munch, Jared
Mychajunow, Kaylee
Nagel, Arwen
Neron, Ashley

Nikicevic, Brandon
Niles, Hunter
Ozero, Andie
Page, Abigail
Paskemin, Jalen
Patras, Mikyla
Pearson, Scott
Percy, Robbie
Pottigrow, Ethan
Plesa, Minea
Podaniuk, Allison
Porozni, Lexi
Pradley, Aiden
Preston, Brady
Pruden, Reese
Quintal, Sami
Rain, Buffalo Rock
Reich, Jenna
Riopel, Isiah
Rockwell, Amanda
Rogers, Kayla
Sanders, Addi
Sanders, Anson
Savchuk, Evan
Schutz, Kaleb
Schutz, Logan
Schutz, Evan
Schutz, Halle
Schutz, London
Schutz, Olivia
Sether, Alex
Shaw, Taylor

Sherwood, Mitchell
Sinclair, Alexander
Sokolaki, Grady
Stachniak, Gabrielle
Stanford, Max
Sundlie, Rianna
Sutherland, Johnny
Svenningsen, Jady
Thachuk, Jonathan
Theophile, Brody
Theophile, Hayden
Thompson, Chloe
Talen, Rylee
Townsend, Ayrilee
Tuck, Taylor
Tuffs, Colton
Umos, Gianni
Visser, Tanner
Wasylucha, Brendan
Weiss, Delaney
Willson, Emma
Willson, Alexandra
Willson, Ben
Willson, Brayden
Woodruff, Logan
Wylie, Caitlin
Zehr, Ethan

**GREEN & GOLD SOCIETY
Athletic Scholarships**

2020	2021
Brennon Colgan Brooklyn Hemeyer	Hanna Brushey Luke Majeau

Athletic Trainers

Alyyah Bellerose Keaton Fawns Robyn Good Alyssa Larson	Mayson Makortoff Maddie Person Ashlee Vriend
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mchs.psd70.ab.ca



Music courses are complete for the 2020-2021 school year.

The music department sent roses, posters and a recorded performance of appreciation and hope to the Westview Health Centre on April 15. It was greatly appreciated by the staff there.

The music department also held a drive-in concert on April 21. The students loved it, and families were able to appreciate live music from the safety of their vehicles. It was awesome to hear live music again!

PSD is offering a Summer School Choir this year! July 2-16, 8:45 am – 12:00 pm, students from grades 7-12 can take choir through Connections for Learning, with the hope of putting on an outdoor concert at the end of the course. Instruction will take place at MCHS. You can find out more [here](#).

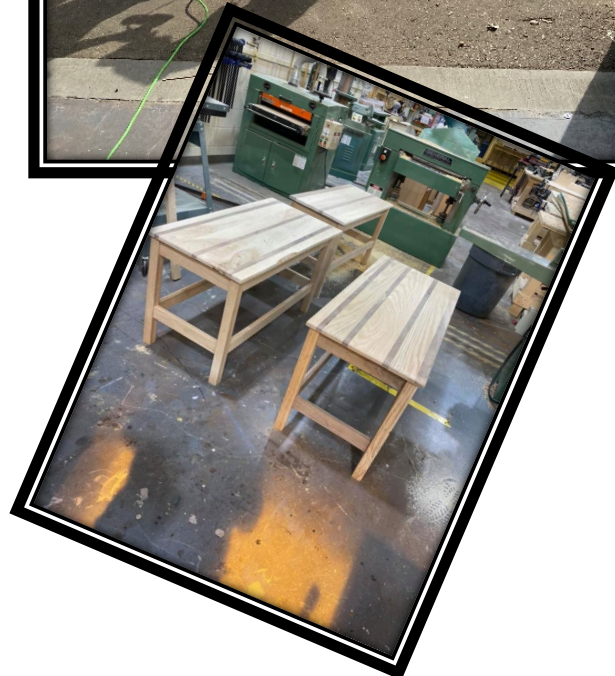


MCHS Construction

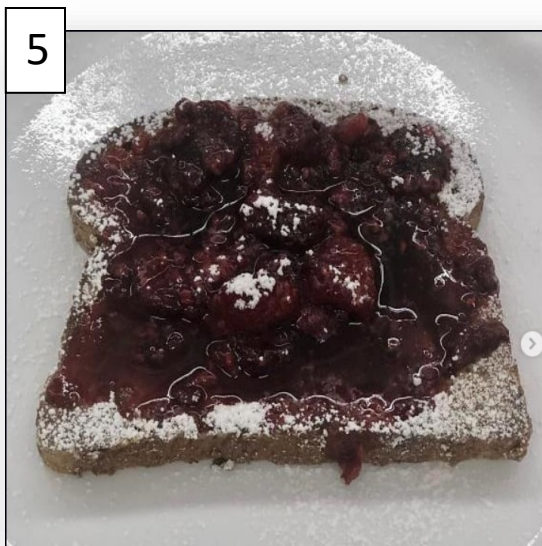
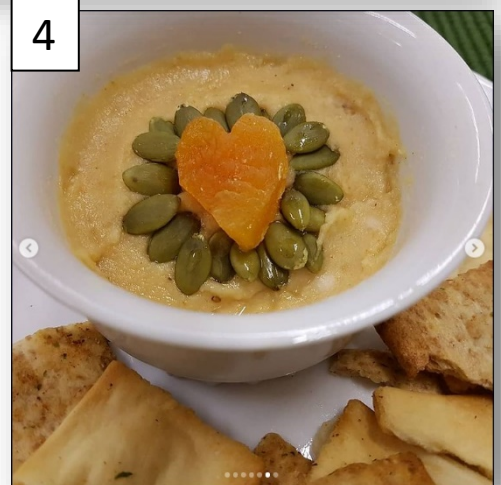
Students have been busy building...



This is a beautiful collaboration between construction and fabrication.



MCHS Foods



1. Grain Bowl
2. Hot Cross Buns
3. Caesar Salad with Radish Rose
4. Hummus with pulses and balsamic vinegar choices
5. French Toast with Stewed Raspberries
6. Molded Cookie using precise measurements

Looks
Delicious!

MORE FOODS....



MCHS Art

The 2021 Online High School Show put on by the Allied Arts Council showed off some very talented high school students' art work. Memorial Composite High School was successful in being awarded the following:

First Place - Grade 10 - **Grace Sargent** for "The Boy"

First Place - Grade 11 - **Lauren Fafard** for "Rise and Shine"

Second Place - Grade 12 - **Savannah Holt** for "Life"

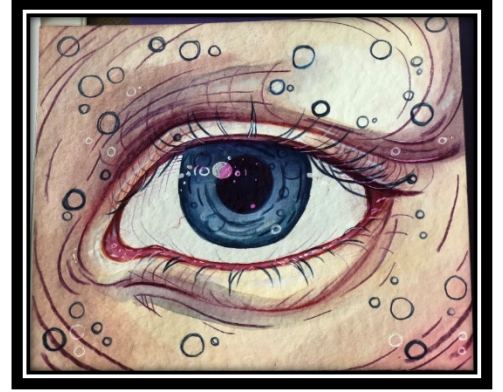
Third Place - Grade 10 - **Graham Powell** for "Crushed Can"

Honourable Mention - Grade 12 - **Kayla Paul** for "Klaus"

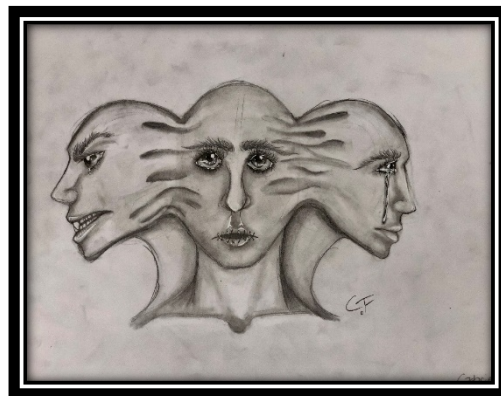
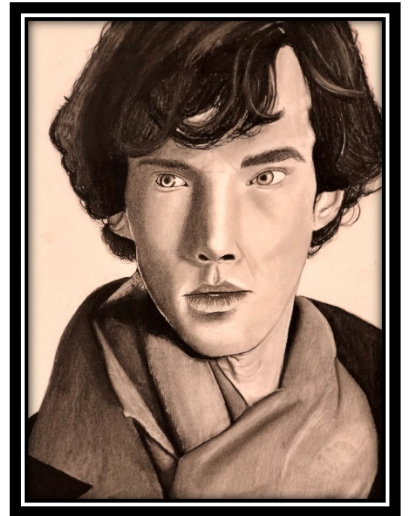
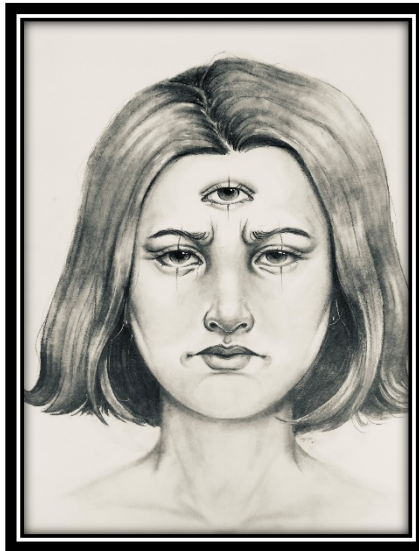
Honourable Mention - Grade 11 - **Makayla Hargeaves** for "Sea Life"

To view their amazing work, please visit [Allied Arts Council 2021 Online High School Show Awards](#).









OFF-CAMPUS EDUCATION

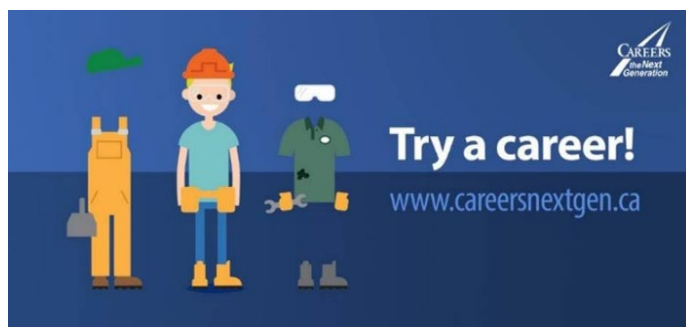
Parkland School Division's Off-Campus Education programs are tailored for high school students interested in exploring their career options and developing the skills they will need to work in their chosen field while still earning credits towards a diploma.

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](#)

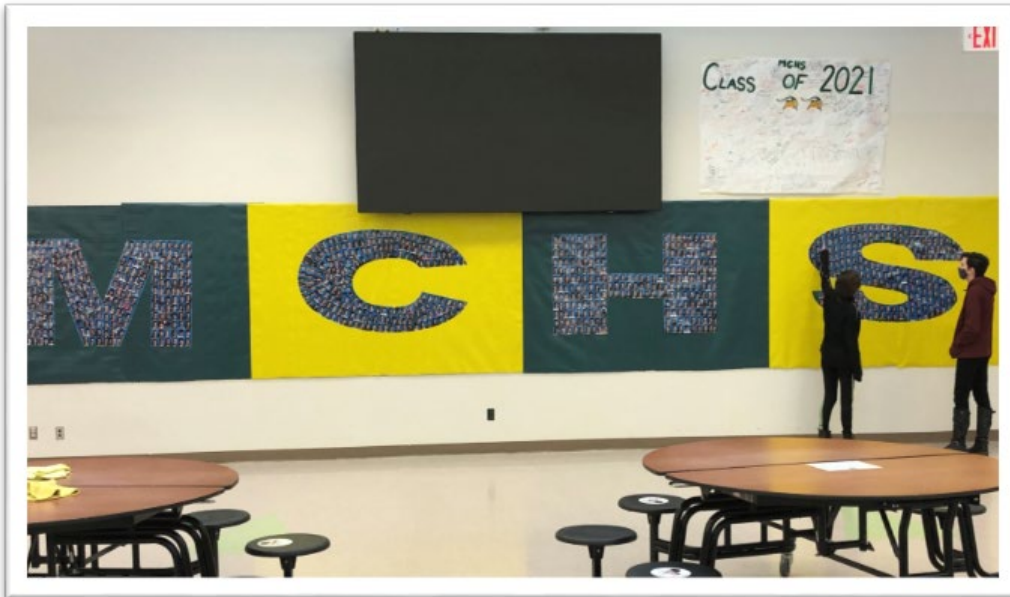


What are you going to be when you grow up? CAREERS: The Next Generation is a not-for-profit organization that helps students tackle this monumental question and prepares them for the future. By connecting students to paid internships in skilled trades, health care and information & communications technology, 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.



This amazing display of “MCHS” is made up of all of the memorial students’ pictures!

The students have enjoyed finding themselves and their friends in this maze of photos. Thank you to Mrs. Skow, Mrs. Boot, Ms. Oshiki, Mrs. Harrison, Mrs. Williams & Mrs. Ennis for their hard work on this project!



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.

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

COMMUNITY SUPPORTS, RESOURCES & INFORMATION

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 For Everyone include:

- [Webinars](#)
- [Neighbourhood Connect](#)
- [Grief Support](#)
- [Youth Centre](#)
- [Suicide Prevention](#)

Support Groups:

- [Living with Loss to Suicide](#)
- [Caring Friends Bereavement Support Group](#)
- [BILY – Because I Love You](#)

[“The Thread”](#)

Community Action Groups helping to strengthen our social safety net. Sign up for this newsletter full of supports for our community.

[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:

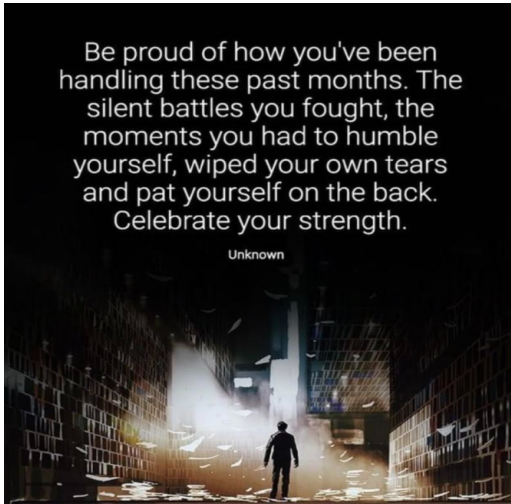
- Find a doctor
- Find programs and services
- Find information and news about a range of health topics
- Stay informed about what is happening in your community.

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 June 3, 2021



Dear parents and caregivers,

Doing things together as a family strengthens family relationships. It is important to establish some family traditions and to build great memories together. Simple things like family movie nights, special family recipes you cook together or even a special holiday tradition create strong bonds and a sense of security for your kids. Enjoy this summer with your family, maybe you will create some new family traditions together.

Take care,

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



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

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

Summer – Planning for Success

Summer is a great time to connect as a family and strength relational bonds. Summer is a great time to unwind and relax. However, especially with the pandemic over the past couple of years, parents need to be creative to help their children stay occupied over the summer months.


Creating a successful summer begins with intentional planning. Children thrive on structure. While it's important to let our kids relax and unwind, it's equally important to maintain some consistency in waking, sleeping, and eating times. Working with our children to write out a visual schedule for free time, access to technology, and other routines helps set healthy expectations and ensures everyone is on the same page. Developing structure at home minimizes behavioral difficulties and allows parents to spend more time focusing on connecting and having fun with our children.

A little bit of planning can go a long way to make summer more fun too. Vision unites individuals to work towards a common purpose. The clearer the vision, the more individuals will be united together to work as a team. Winning sports teams all have one thing in common. All the players have bought into the game plan and are working together as a team to achieve a common goal. Consider using the following activity to create a vision for summer fun together as a family team.

Link for planning summer activities together: <https://lollyjane.com/summer-boredom-buster-popsicle-sticks/>





Another great way to build connection over the summer is to learn more about your child's love languages. Consider taking this quiz together with your child and learn how you can grow in intentionally expressing love towards them.


Let's make the most of the time we have together with our children this summer. Start small by working with your children to develop routine and structure for the summer months. Take time each day to pick an activity for family fun. Finally, plan some small ways to express care to your children based on their unique love languages. Have a great summer and make the most of every moment.



**Stony Plain
Public
Library**

5216 50 Street
Stony Plain, Alberta T7Z 0N5
Phone - 780-963-5440


mysppl.ca    








WE'RE OPEN!

- Curbside service only until further notice.
- Place holds online through mysppl.ca
- Request objects for 3D Printing
- Call us at 780-963-5440
- Use any of our [eResources](#) that are available 24/7!
- 24 hour book return at the back door of the library.


Weekly [Craft and Caboodle Curbside Kits](#)
Free, Fun, Family craft kits available that are appropriate for children ages 0-12.
It's a fun surprise every week! Get yours today while supplies last! One kit per child.
Stop by the library and use Curbside Service.




[ACT Social Lab Digital Literacy Outreach](#)
Parkland County, Stony Plain & Spruce Grove is providing FREE computer literacy training. Virtual classes will be offered including Introduction to Email Basics, Your Calendar, Resumes, LinkedIn and more.
For information on programs contact Leanne Knapp or visit mysppl.ca
cell: (780) 264-1145
 The Community Compass and Stony Plain Public Library
email: info.actcompclasses@gmail.com




With funding from


 **We will be partnering with Leading Edge Physiotherapy RunWild for 2021!**
Please follow the link below to learn more about their charitable event!
www.runwild.ca



MYSTERY SEED CHALLENGE!
The [Multicultural Heritage Centre](#) in partnership with the Stony Plain Public Library encourages you to join the challenge!



Grow our mystery seed package in your garden to compete for Top Gardener prizes, to be awarded in Fall 2021! Your seed package and contest instructions will be available via curbside pickup at the library May 17-21 10 am to 8 pm. Note that quantities are limited.





@spyouthcentre



The Virtual YC continues to offer weekly games, challenges and learning opportunities. YC staff look forward to adding some outdoor programming once the weather warms up and we are safe to do so.

Comfort Kits and Hygiene or Period Packs are always available. Private message and let us know what you need.

Follow us on Instagram, Facebook or Snapchat or visit our [website](#) to stay in the loop!

June is shaping up to be a busy month filled with so many important causes, and we want to honour and celebrate them all! Here is the breakdown of our focus:

June 7th-11th: **Senior's Week**

June 14th-18th: **PRIDE**

June 21st-25th: **Indigenous Peoples Day & History**

Each week will offer activities, information and give youth the chance to engage virtually. SPYC will be collaborating with Parkland County to offer 'Participation Packs' that will be available for curbside pick-up. Each week will feature a different pack that coordinates with the theme. There are limited quantities available, so reserve yours [here](#).

EMAIL - kibsen@stonyplain.com

Check out other programs offered by the Youth Centre on social media or <https://www.stonyplain.com/en/live/youth-centre.aspx#>



The Full Moon Indigenous Learning Series is an extension of the Bare Icébi - Gathering Together. An opportunity to come together and strengthen our community in a safe space without judgement. A place to listen, learn, and explore our wonders. This is a monthly learning event and are supportive of the Truth and Reconciliation Commission 94 Calls to Action.

This series is supported by: Parkland School Division 70, Change Health and Connecting with Indigenous Neighbours Group

For information: [Miss TJ](#)

tjskalski@psd70.ab.ca



Stony Plain FCSS is a proud supporter of our communities Pride in the Park activities. The goal of Pride in the Park is to foster a positive, friendly and safe experience for all, while bringing awareness and support to the LGBTQ2+ community.

To stay up to date on the virtual activities follow [PRIDEinthePARK](#)

@PRIDEinthePARKStonyAB

email: pitpstoniab@gmail.com

Free ideas to try:



Family-Strengthening Activities
Activities you can do with your family to strengthen your familial bonds

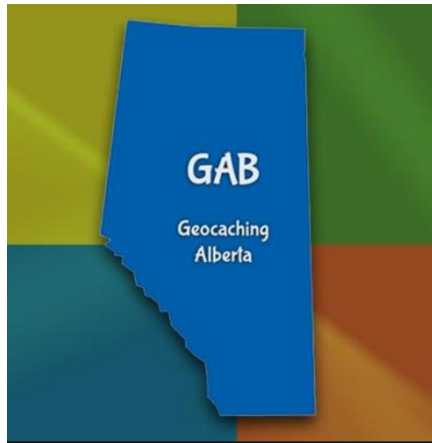
Families look differently for everyone- some families have a mom, dad, and one child. While other families may include stepsiblings, half-siblings, grandparents, aunts or uncles, or close family friends. These activities can help strengthen bonds with those who you live with and call family!

[Family-Strengthening Activities](#)



[100 Fun Summer Ideas for Kids and Parents](#)

Very well family has some great ideas for families to do together in the summer on their website. You are probably doing lots of them already, but there may be some new ones for you to put in your tool box.




Try geocaching as a family. Who doesn't like a treasure hunt? Geocaching is an inexpensive way for your family to explore together, all you need is your phone.

Alberta Parks - [What is geocaching?](#)

In geocaching, you use a GPS (Global Positioning System) receiver- you can now use your phone - to navigate to a "geocache" a hidden object or natural feature. Started in 2000, geocaching is a growing outdoor recreational activity that combines physical activity, technology, the outdoors and the thrill of exploration. It's an intergenerational, low impact, healthy activity that promotes natural heritage learning. Check Geocaching.com for more information.

<https://www.familyfuncanada.com/edmonton/walking-loop-trails-for-families/>

5 Great Loop Walking Trails for Families

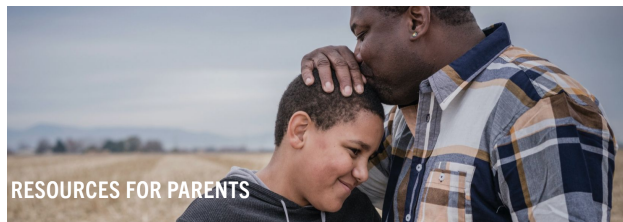
Filling Your Child's Cup

@seed.and.sew

<p>"I love being your parent."</p> <hr style="border: 1px solid #ccc;"/> <p>"You're an important part of our family."</p> <hr style="border: 1px solid #ccc;"/> <p>"I'm proud of who you are."</p> <hr style="border: 1px solid #ccc;"/> <p>"I like it when you share your ideas with me."</p> <hr style="border: 1px solid #ccc;"/> <p>"I'm thankful for you."</p>	<p>"I enjoy being around you."</p> <hr style="border: 1px solid #ccc;"/> <p>"Nothing would ever change my love for you."</p> <hr style="border: 1px solid #ccc;"/> <p>"You matter to me."</p> <hr style="border: 1px solid #ccc;"/> <p>"I appreciate your help."</p> <hr style="border: 1px solid #ccc;"/> <p>"I love laughing with you."</p>
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Resources for Parents

- Angry Teen? Teens and Anger - Rae Jacobson - <https://childmind.org/article/teens-and-anger/>
- Learn more about supporting your child - <https://bluesky.blueshieldca.com/our-community/parents>



BlueSky understands the concerns you have for your child's emotional well-being. Gain insights on how to support your family and community.
 BlueSky and the Child Mind Institute offer parents these supportive guides to address youth mental health needs during COVID-19. Use these easy-reference tools to help you better understand your teen's needs and begin to find solutions.



SPRUCE GROVE GSA

Pride – 2021 Spruce Grove

You Be You!

Four Weeks of PRIDE!

Feed the Food Bank with Pride! – Saturday, June 5th

Pride Safe Spaces! – Saturday, June 12th

YOU are PRIDE! – Saturday, June 19th

Pride your Ride! – Saturday, June 26th

Bonus Pride Crosswalk Photo entry! - Running all June 2021

Celebrate PRIDE with Spruce Grove!

Prizes every weekend in June for Pride!

Upload photos on our event page through Facebook, or email photos to sprucegrovegsa@gmail.com

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory.
Traditional lands of First Nations and Métis people*

sprucegrovegsasociety.org facebook.com/sprucegrovegsa/ Instagram [@sprucegrovegsa](https://instagram.com/sprucegrovegsa)
sprucegrovegsa@gmail.com



**LGBTQ2S
youth & allies
welcome!
Ages 12-24**

You Be You!

We are STILL open!!!

Our GSA has absolutely looked different in 2020/2021.
But we are rolling with the changes!

The Spruce Grove GSA will be following the recommendations
of AHS and all levels of government.
GSA will still be on **the 2nd and 4th Friday** of each month.

We will be running two GSA hours each Friday.
One GSA begins at 7pm to 8pm.
The 2nd GSA begins at 8pm to 9pm.
Please pre book for one of two spots by email,
or through our social media direct messages.

We will be outdoors. We are limited, currently, to 5 people per GSA.
Please wear a mask, follow Covid precautions,
physically distance, and use the hand sanitizer provided.

Upcoming Dates Friday

May 14th & 28th

June 11th & 25th

July 9th & 23rd

August 13th & 27th

**7:00pm – 8:00pm
Or
8:00pm – 9:00pm**

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory.
Traditional lands of First Nations and Métis people*

sprucegrovegsasociety.org facebook.com/sprucegrovegsa/ Instagram [@sprucegrovegsa](https://instagram.com/sprucegrovegsa)
1A Fieldstone Drive, Spruce Grove (across from the high school)

You Be You!

*Just in time for PRIDE!!!
Show your pride all year long
with our double Rainbow masks!*



Our masks are hand made locally in the Tri-Region!

They are 100% cotton and double sided.

One side is a mix of Rainbow colours and the reverse is vibrant rainbow dots.

They come in two sizes.

Regular - \$10.00 each - 8.5 inches horizontally and 5.5 inches vertically.

Large - \$11.00 each - 9.5 inches horizontally and 6.5 inches vertically.
(large reverse is black)

They can be ordered and picked up / delivered in Spruce Grove.

Please direct message or email for more information or payment arrangements.

Masks come pre-sealed in a plastic bag with washing instructions.
All sales are final.

All proceeds go to supporting our 2SLGBTQ+ youth and our local community!



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Traditional lands of First Nations and Métis people*

sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa
1A Fieldstone Drive, Spruce Grove (across from the high school)

You Be You!

GSA (Gender Sexuality Alliance)

*2nd & 4th Friday
Every month*



Dates or location
are subject to
change!

May 14th & 28th

June 11th & 25th

July 9th & 23rd

August 13th & 27th

September 10th & 24th

October 8th & 22nd

November 12th & 26th

December 10th

January 14th & 28th

February 11th & 25th

LGBTQ2S+
youth & allies
are welcome!
Ages 12 - 24

Check our Website
and Social Media!

7:00pm – 9:00pm

*The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory.
Traditional lands of First Nations and Métis people*

sprucegrovesasociety.org facebook.com/sprucegrovesa/ Instagram @sprucegrovesa
1A Fieldstone Drive, Spruce Grove (across from the high school)



Exciting Health & Wellness News

Our board member Kaye, is an L.P.N of 27 years. Kaye has provided care for many youth and adults alike. She is now offering her expertise to our GSA and our transgender youth ages 18 or older.

Kaye can provide advice, education and instruction on administering hormone injections, recommendations on where to purchase supplies and the type of supplies required.

The Spruce Grove GSA Society can assist with the purchase of supplies, not hormones, for our transgender GSA youth ages 18 – 24.

These purchases will be funded by the Spruce Grove GSA Society through the generous donations in our community.

For information email: sprucegrovegasa@gmail.com

Our board member Sara is a doula with Risen Health in Spruce Grove.

Sara can provide emotional, physical, and educational support to our 2SLGBTQ+ parents who are expecting, experiencing labour, or have given birth, as well as others who require support.

Connect with Sara: sara@risenhealth.ca

The Spruce Grove GSA Society respectfully acknowledges that we are situated in Treaty 6 territory. Traditional lands of First Nations and Métis people

sprucegrovegassociety.org facebook.com/sprucegrovegasa/ Instagram @sprucegrovegasa
1A Fieldstone Drive, Spruce Grove (across from the high school)



TRIREGION FOOD RESOURCES

FOOD HAMPERS

<p>PARKLAND FOOD BANK 105 MADISON CRESCENT, SPRUCE GROVE Monthly Food Hampers By appointment, 780-962-4565 ext. 1 Tuesdays 8:30AM-4:30PM Wednesday 8:30AM-2:00PM + 6:20-8PM Friday 8:30AM-4:30PM Saturday 8:30AM-12:30PM</p>	<p>WECAN FOOD BASKET 5600-50 ST, STONY PLAIN Fresh Nutritious Affordable Food Basket 587-338-1101 Order by first Friday, pickup on third Thursday of Month Monday - Friday, 9AM-4PM</p>
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COMMUNITY MEALS

<p>AUGGIE'S CAFE 131 CHURCH RD, SPRUCE GROVE</p>	<p>Drop-in for Bagged Lunch Take Out Tuesdays 12-1PM</p>
<p>FOOD FOR THE SOUL 49 BOULDER BLVD., STONY PLAIN</p>	<p>Drive by Meal to Go First and Third Saturday 10AM-1PM</p>
<p>GRACE'S TABLE 250 CENTURY ROAD, SPRUCE GROVE</p>	<p>Meal to Go Second Friday of Month 5PM-6:30PM www.sgac.net/evntregistration or call 780-962-4700</p>
<p>COMMUNITY TABLE 180 CENTURY ROAD, SPRUCE GROVE</p>	<p>Hot Meal to Go for Pick Up Last Friday of the month, Sign up at: www.sgconline.breezechms.com/form/communitytable or call 780-962-5611</p>

BASIC NEEDS HELP

<p>COMMUNITY HELPS TEAM 180 CENTURY ROAD, SPRUCE GROVE By appointment 780-962-5611 / 789-306-1955 helps@sprucegrove.church</p>	<p>NEIGHBOURLINK PARKLAND By appointment 780-960-9669 Serving Spruce Grove, Stony Plain and Parkland County www.neighbourlinkparkland.ca neighbourlink.parklandtelus.net</p>
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Garments of Praise - new to you clothing - check them out on facebook



<https://linktr.ee/triregionbunch>

Check out what's going on this summer for youth!

[Parkland Pickleheads](#)

[Parkland Shotokan Karate Association](#)

[Mystical Stone Yoga Studio & Metaphysics](#)

[Wellness Umbrella](#)

[Stony Plain FCSS](#)

[Deep Blue Athletics Kids Summer Camps](#)

[Northern Lights Twirl Summer Camp](#)

[Change Adventure Camp & My Path Learning Program](#)

[TransAlsta Tri Leisure Centre Community Better Challenge](#)

[Alexis Nakota Sioux Nation Social Dev Youth Hub](#)

[Alberta Parenting for the Future Association](#)

[Stony Plain Youth Centre](#)

[Parkland County FCSS Recreation Programs](#)

[Spruce Grove Public Library Summer Reading Club](#)

[Parkland County Libraries Summer Programs](#)

Apply for funding to support activities: <https://kidsportcanada.ca/alberta/parkland/>

LD Association of Edmonton - Check out their summer programming - <https://ldedmonton.com/> (look under programs)

- Roblox Social Skills Group
- Virtual Summer Camps - Science, Arts and Crafts and more

The Spruce Grove Westview PCN Walk-in counseling is **open on June 11th.**

WestView Primary Care Network

Youth Mental Health Clinic

The Youth Mental Health Clinic (YMHC) is a referral based speciality clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist and Community Connectors.

The main focus of the clinic is diagnosing and managing ADHD, anxiety, and depression.

Walk-In Service is available to children/youth aged 11-24 years old. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

Walk-In Service

Youth Mental Health walk-in clinic is available between 10am - 2pm, with the last appointment starting at 1pm.

Please call Clinic between 9am and 12pm to ensure there is space available that day.

Appointments are available in-person or virtually.

**780-960-9533
Ext.221**

101, 505 Queen St.
Spruce Grove, AB
T7X 2V2

YMHC Services

- Initial Assessment/Consultation
- Medication Consultation
- Social Work Services
- Therapy
- Navigation of Mental Health & Community Supports/Services

Other Related Services

The WestView PCN offers a number of services related to mental health, such as:

Adult Community Connector
Adult Mental Health
Community Connectors for Youth
Youth Mental Health Clinic

Check our website for more info:
www.westviewpcn.ca

Referral Criteria

- Must be between the ages of 11-25, and
- Must be connected to a WestView PCN Family Physician or living in the Tri-Region area.

How to Refer

Referrals can be made by local family physicians, schools, or community agencies. Please ensure referral criteria has been met. Complete referral form and fax to the WestView Primary Care Network. Referrals can also be made directly to Community Connectors. Please get in touch with us if you have any questions about the referrals.

Placeholder Title...

Placeholder text...

Parent Testimony

I found the team at the Youth Mental Health Clinic (YMHC) supportive and friendly. My son's anxiety was so severe he was refusing to go to school.

After working with the YMHC team, my son's anxiety has improved and he is once again going out and playing with his friends.

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

Online Resources

www.kidshelpphone.ca

Teenmentalhealth.org

www.kidshealth.org

www.mindyourmind.ca

www.parenthelpline.ca

www.yoomagazine.net

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

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

I NEED TO TALK TO SOMEONE NOW (24H)

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

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
..... 780-644-5135
Access 24/7 (Adults)
Addictions & Mental Health 780-424-2424
Westview Health Centre 780-968-3600
Child Intervention Services 780-422-2001
Kids Cottage Crisis Childcare ... 780-944-2888
Parkland RCMP 825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm 780-960-9669
Pay Forward Kindness (homeless supports)
..... 587-286-4663

I DON'T EVEN KNOW WHERE TO START?



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



or download **HelpSeeker**, onto your phone to find local supports and resources.

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

George Spady (men, women) 780-424-8335
Women's Emergency
Accommodation Centre 780-423-5302
Hope Mission (ages 16+, men, women) 780-422-2018
Youth Empowerment &
Support Services (YESS) 780-468-7186
Salvation Army (Transitional Housing, \$12/day)
..... 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters
..... 1-866-331-3933

I NEED DETOX SUPPORT

George Spady 780-424-8335
AHS Detox Centre 780-427-4291
Youth Edmonton Detox 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106
George Spady Centre 780-424-8335
Boyle McCauley Health Centre 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and
Mental Health (adults) 780-424-2424
Youth Addiction Services 780-422-7383
Access Open Minds (youth 16-25) ... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

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

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

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



Caregiver Education Team Newsletter

June 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.

Drop-In Series

SEEDS: Growing Parenting Skills

Managing Meltdowns and Shutdowns

Wednesday, June 2
6:00 – 7:30 pm

Helping Our Kids Figure Things Out

Wednesday, June 9
6:00 – 7:30 pm

Effective Consequences

Wednesday, June 16
6:00 – 7:30 pm

Anxiety Part 1: An Introduction

Thursday, June 3
6:00 – 7:30 pm

Anxiety Part 2: Calming Our Bodies

Thursday, June 10
6:00 – 7:30 pm

Anxiety Part 3: Settling Our Minds

Thursday, June 17
6:00 – 7:30 pm

Anxiety Part 4: Overcoming Avoidance

Thursday, June 24
6:00 – 7:30 pm

Sessions at a Glance

Lunch & Learn Webinars

Mindfulness: Benefits for the Whole Family

Part 1 – Monday, May 31
12:00 – 1:00 pm

Part 2 – Monday, June 7
12:00 – 1:00 pm

Parenting Teens in the 21st Century

Part 1 - Wednesday, June 2
12:00 – 1:00 pm

Part 2 – Wednesday, June 9
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 1

Part 1 – Monday, June 14
12:00 – 1:00 pm

Part 2 – Monday, June 21
12:00 – 1:00 pm

Caregiver Education Sessions

Supporting Self-Regulation in Elementary School Children

Tuesday, June 1
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Tuesday, June 8
6:00 – 7:30 pm

More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth

Tuesday, June 15
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

June 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.

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

Date: Tuesday, June 1, 2021

Time: 6:00 – 7:30 pm

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

Technology and the Teenage Brain 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.

Date: Tuesday, June 8, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Tuesday, June 15, 2021

Time: 6:00 – 7:30 pm

Note: 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:

“The time, length, ways or presenting, and speakers all are excellent. Thank you so much.”

“It was helpful and beneficial to include attendees for their input throughout the session.”

“Love these sessions as a parent and teacher... highly recommended.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

June 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 register for single sessions or the full series.

Mindfulness

Benefits for the Whole Family

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

Part 1 – Monday, May 31, 2021

Time: 12:00 – 1:00 pm

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

Part 2 – Monday, June 7, 2021

Time: 12:00 – 1:00 pm

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

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1 - Wednesday, June 2, 2021

Time: 12:00 – 1:00 pm

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

Part 1 - Wednesday, June 9, 2021

Time: 12:00 – 1:00 pm

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

Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1 - Monday, June 14, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, June 21, 2021

Time: 12:00 – 1:00 pm

Note: 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:

"I like going online, I appreciated that I was anonymous, not everyone could see us. The team spoke clearly and got to the point. Very good session."

"The duration of the session was perfect, made it easier to attend and everything was covered in a comprehensive manner."

"So grateful for the work you put into these teachings!"



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive and educational workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development. Caregivers will receive practical information, share parenting tips, and participate in group discussion. Parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Wednesday, June 2, 2021

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Wednesday, June 9, 2021

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, June 16, 2021

Time: 6:00 – 7:30 pm

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

June 2021

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

"This was great! Lots of ideas and will be using these in our family."

"I just wanted to say that I love that these sessions are available virtually. I was speaking with a friend yesterday and we expressed what a great option this is for busy families..."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

June 2021

Anxiety Series

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. In this four-part series, we will look at the difference between helpful and unhelpful stress and anxiety and discuss strategies for identifying and managing anxiety in children and youth. Participants are welcome to register for 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: Thursday, June 3, 2021

Time: 6:00 – 7:30 pm

Note: 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: Thursday, June 10, 2021

Time: 6:00 – 7:30 pm

Note: 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: Thursday, June 17, 2021

Time: 6:00 – 7:30 pm

Note: 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: Thursday, June 24, 2021

Time: 6:00 – 7:30 pm

Note: 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

“Well presented, informative, and positive. We can incorporate the strategies right away. Thank you.”

“Thanks for facilitating all these webinars ...the skills I am learning and practicing had brought so much peace to our family dynamics.”

“It was very nice to learn how to be positive during this pandemic regarding raising children.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca



FIRST NATIONS
HEALTH CONSORTIUM

EVERY CHILD MATTERS

Newsletter– June 2021

Making a Difference in Children’s Lives

OUR MISSION

Working together,
honoring and
advocating for the
needs of our
First Nations People



LOVE

We have love
and affection for
our People



COMPASSION

We seek to
understand each
other’s individual
and community
experience



RESPECT

We value and honor
the diversity of
First Nations
cultures, languages
and aspirations



FAIRNESS

We are fair
and equitable
in all our actions
and decisions



M_eet Beatrice!

Beatrice Little Mustache has been instrumental helping First Nations children and families with the First Nations Health Consortium since 2018.

She is an Honoured Piikani Member and a resident of the Piikani Nation. She is a proud mother of five children, two boys, three daughters, eight grandchildren, and thirteen great grandchildren.

She was employed with Provincial Child Protection for seventeen years, designated First Nation foster care for ten years and Band Designate seven years. She is currently a Board Chair for the Peigan Board of Education in Treaty 7.

We are very excited to announce that Beatrice will be continuing her advocacy in a new role, Specialized Service Coordinator. Her position will involve building relations with



First Nations Elders within their own communities, engage in discussions to increase understanding of Jordan’s Principle and how they may support their grandchildren through our Enhanced Service Coordination.

This will include connecting with Elders in reserve communities and with Elder organizations in urban areas.

We will have featured videos and articles with Beatrice coming soon on our Facebook page!

We’re Growing!

New support teams in more areas of Alberta!

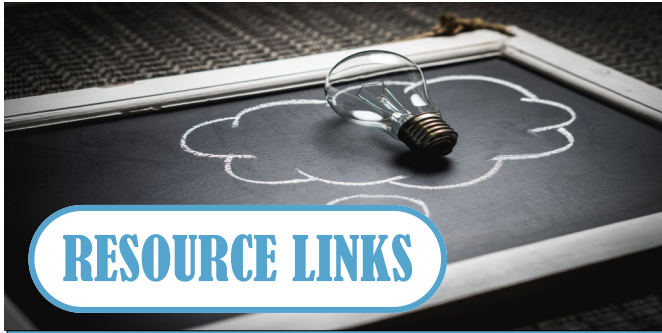
Want to learn More?

Book a presentation!



To request a Zoom information session for your staff, community members, or group, call us at:

1-844-558-8748



RESOURCE LINKS

Hope for Wellness Helpline
1-855-242-3310

Phone & On-Line Chat Counseling Service
24/7 Toll-free Help Line

Mental Health Help Line
1-877-303-2642

Kids Help Phone
1-800-668-6868

Or text CONNECT to 686868
Suicide Prevention Service
1-833-456-4566

Teen Line
1-800-852-8336
Or text TEEN to 839863

National Indigenous Peoples Day

On June 21, we recognize and celebrate the diverse cultures and vast contributions of First Nations, Metis and Inuit peoples of Canada.

**TOGETHER
WE CAN
MAKE A
DIFFERENCE**



Northern Alberta Office Locations

Edmonton
Grande Prairie
High Prairie
Lac la Biche
Maskwacis
Sturgeon Lake
Wabasca



Southern Alberta Office Locations

Calgary
Kainai
Lethbridge
Rocky Mountain House
Siksika

INDIGENOUS ART CONTEST



FIRST NATIONS
HEALTH CONSORTIUM

Reaching Milestones....

The First Nations Health Consortium is here. *Every day we are working with families to meet their child's needs.*

We do this by connecting families and their children to those needed health, social and education services and equipment to support them in their journey to a healthy and sustainable tomorrow.

Theme: "Making it Happen....Making it Matter"

We help to make things happen because every child's journey matters.

Cash prizes with artist credit:

- **First: \$750**
- **Second: \$500**
- **Third: \$250**
- **Other: \$100 for every picture used in the report or other publications**



CONTEST RULES:

- Open to all Alberta Indigenous artists
- Must be of high quality illustrating the message of "Making it Happen....Making it Matter"
- FNHC will have full rights to use the art in other publications and communications
- Entries judged and winners announced by First Nations Health Consortium
- **Submit entries along with your contact information by email to communications@abfnhc.com.**

Contest closes: June 16, 2021

Contest conducted by First Nations Health Consortium: www.abfnhc.com; 1-844-558-8748



PARKLAND VOYAGEUR ADVENTURE CAMP

A partnership between Connections for Learning,
YWCA Camp Yowochas and CHANGE Health Alberta.



This active, affordable summer school course allows you to get outside, enjoy the open water and earn 10 high school credits.

Spend your days in the sun learning about water safety, paddling, wildlife, Indigenous culture and more. You'll also have the option to participate in a national brigade experience in August.

JULY 2

9 a.m.-4 p.m.

CFL IN-CLASS LEARNING

JULY 5-9 &

JULY 12-16

9 a.m.-4 p.m.

Camp Yowochas

OUTDOOR LEARNING



Connections
FOR LEARNING



cfl.psd70.ab.ca/SSCamp.php

SCAN FOR COURSE, CREDIT &
REGISTRATION INFORMATION

About Your Local PCN

The WestView Primary Care Network (WestView PCN) is comprised of over 80 family physicians, ER physicians, and nurse practitioners (NPs) working in Spruce Grove, Stony Plain, Alexis First Nations, Paul Band, Wabamun, and Parkland County.

Other health care professionals such as nurses, mental health therapists, social workers and pharmacists work collaboratively with WestView PCN physicians and NPs to provide integrated care for all your primary health care needs.

WestView PCN's central staff work hard to orchestrate all the clinics, programs and operations of the PCN in the most efficient and seamless manner. They continuously develop solutions to meet the needs of our patients and local community.

Our services complement those offered by other community organizations such as youth centres, outreach initiatives and school programs.

Your health and wellness are our top priority and we will always strive to make the WVPCN a one stop shop for all of your basic health and wellness needs.

WestView Primary Care Network (WestView PCN)

101-505 Queen St
Spruce Grove, Alberta
T7X 2V2

Phone: (780) 960-9533
Fax: 780-960-9581

E-mail: wpcn.admin@westviewpcn.ca
Website: www.westviewpcn.ca

Follow us on social media
@WestViewPCN



Youth Mental Health Clinic



Youth Mental Health Clinic

The Youth Mental Health Clinic (YMHC) is a referral based speciality clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist and Community Connectors.

The main focus of the clinic is diagnosing and managing ADHD, anxiety, and depression.

Walk-In Service

Youth Mental Health Clinic walk-in service is available to children/youth aged 11-17 years old only, between 10am - 2pm, with the last appointment starting at 1pm.

This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions.

Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

Please call Clinic between 9am and 12pm to ensure there is space available that day.

Appointments are available in-person or virtually.

780-960-9533
Ext.221

101, 505 Queen St.
Spruce Grove, AB
T7X 2V2



YMHC Services

- . Initial Assessment/Consultation
- . Medication Consultation
- . Social Work Services
- . Therapy
- . Navigation of Mental Health & Community Supports/Services

Other Related Services

The WestView PCN offers a number of services related to mental health, such as:

- . Adult Community Connector
- . Adult Mental Health
- . Community Connectors for Youth
- . Youth Mental Health Clinic

In addition, our website has a list of helpful online resources and related organizations in the community.

Referral Criteria

- . Must be between the ages of 11-25, and
- . Must be connected to a WestView PCN Family Physician or living in Spruce Grove, Parkland County, Stony Plain, Wabamun Lake, or Alexis, or Paul First Nations.

How to Refer

Physician Referral: Referrals can be made by local family physicians, schools, or community agencies. Complete referral form and fax to the WestView Primary Care Network.

Please ensure referral criteria has been met. Get in touch with us if you have any questions about the referrals.

Self-Referral: Referrals can also be made directly to Community Connectors.

For more info on the Youth Mental Health Clinic and WVPCN's other services and classes, visit:

www.westviewpcn.ca

Parent Testimony

"I found the team at the Youth Mental Health Clinic (YMHC) supportive and friendly.

My son's anxiety was so severe he was refusing to go to school.

After working with the YMHC team, my son's anxiety has improved and he is once again going out and playing with his friends."





To Administration Staff, teachers, and Librarians,

Thank you for helping us to promote the TD Summer Reading Club program to kids at your school.

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, interests, and abilities. This free Club is offered at more than 2,000 public libraries across Canada, as well as online. The Club celebrates Canadian authors, illustrators, and stories, and inspires kids to explore the fun of reading their way. This is key to building a lifelong love of reading.

For more information about the Club, check us out online: www.tdsummerreadingclub.ca.

We will be offering TD summer reading club logbooks and materials for students ages 0-12 at the Stony Plain Public Library for curbside pick-up so everyone can participate for free in our Summer Reading game. Details regarding the distribution of the kits will go on our website at www.mysppl.ca starting June 1st, 2021. Registration for the club will start June 13th, 2021.

The Stony Plain Public Library will be offering free outdoor and virtual programs, games, prizes and challenges to encourage summer reading fun for everyone!

While the Summer Reading Club is free, the new Stony Plain Public Library is raising money through the Capital Campaign and needs your support. A donation of even \$5, \$10, \$15 or \$20 would be very welcome! To learn more about the campaign and how you can donate, please go to <https://mysppl.ca/support-sppl/donations>.

If you have any questions, please contact:

Laura McGillis

Children's Programmer

Stony Plain Public Library

780-963-5440

Twitter: @stonyplainlib

Instagram: @stonyplainlibrary

Website: mysppl.ca

We wish to acknowledge that Stony Plain Library is on Treaty 6 land.