



PARKLAND
SCHOOL DIVISION

Stronger Together

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

April 2024 - HEALTHY FAMILIES



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SPRING HAS SPRUNG!

The weather starts to get warmer, the sun shines a little brighter, and life just seems full of new beginnings. Spring is the season for rebirth, growth, and a perfect time to reassess, recommit, and recharge. Whether it's by planting those first bulbs in the ground or doing some spring cleaning to clear out the winter stagnation; change, light, and life are all things that will surely blossom!



SPRING BREAK CAMPS:

[Town of Stony Plain - Sports Fest](#) - FREE ages 11-17

[School Break Camp - The City of Spruce Grove](#) - ages 6-12

[Tri-Leisure Spring Break Camps](#) - ages 6-12

Be sure to check out the Public Libraries and Stony Plain Youth Centre for more activities!!

[Stony Plain Youth Centre](#)

[Spruce Grove Public Library](#)

[Stony Plain Public Library](#)



**Click on each listing to take you to the website



Contact Us

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APRIL STRONG FAMILIES SESSIONS

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association (APFA) to present TWO FREE information sessions for local families this month:



Strong Families: Transitional Support Information Night Part 3

April 10, 2024 6:30pm - 8:00pm
Location: Family Connection Centre
5600-50 street, Stony Plain

Attendees will be able to take what they learned in part one and two of this information night and use laptops to fill out applications and get support with RDSP/DTC. Gateway will be on hand to answer any questions and offer guidance as needed. This session is part three of a three-part series. If you have any questions, please contact Parkland School Division Family Supports at 780-963-8412. Reserve a spot by registering on Eventbrite. Click on the image for more details!



Strong Families: How to Communicate with Your Youth

April 16, 2024 6:30pm - 8:30pm
Location: PSD Division Office
4603-48st, Stony Plain



This presentation will begin by defining the elements of healthy relationships including boundaries and consent. The goal of the first half is to inform guardians on language they can use to support their children. The second half is dedicated to healthy parent-child relationships; how to develop healthy habits with your children and how to teach them about consent, conflict, and how to recognize healthy or unhealthy behaviors in others. If you have any questions, please contact Parkland School Division Family Supports at 780-963-8412.

This session is also in partnership with The Saffron Centre. Here, they provide specialized counselling services for anyone who has experienced recent or historic sexual assault. Click on their logo to be directed to their website.



Saffron
Centre

PARKLAND SCHOOL DIVISION FAMILY SESSIONS:

PARENT ADVOCACY SUPPORT & SERVICES SESSION

***Early Years Focus**

DATE: April 12, 2024

LOCATION: Family Connection Centre 5600-50st, Stony Plain

TIME: 9:00am - 10:30am



This session aims to empower parents with the necessary tools and knowledge to effectively advocate for their children's needs within our community. The session will highlight available resources, support networks, and services, equipping parents with the skills to navigate educational, healthcare, and social systems on behalf of their children., fostering a proactive and informed approach to parental advocacy. This is a FREE PSD Session, If you have any questions, please call 780-963-8429. Registration is suggested. Click on the image to take you to the link!



NEW TO A DIAGNOSIS: AUTISM AND COMMUNITY SUPPORTS

***Early Years Focus**

DATE: April 26, 2024

LOCATION: Family Connection Centre 5600-50st, Stony Plain

TIME: 9:00am - 10:30am

Join Psychologist, Joel Pukalo, from Family Life Psychology & Wellness, for this information session on Autism. Whether your child has a new diagnosis or you are wanting to gather more information and have questions, this session will provide answers to your questions. Next steps after a diagnosis and resources available will also be covered. This is FREE PSD Session. If you have any questions, please call 780-963-8429. Registration is suggested. Click on the image to take you to the link!

FINANCIAL LITERACY WORKSHOPS

Tuesday - March 19
4:30-6:00 PM Youth Centre
4902 51 Avenue, Stony Plain

Tuesdays - April 9, 16, 23/May 21, 28
6:30-8:00 PM
107-4613 52 Avenue, Stony Plain

Basic Banking
 Basic Budgeting
 Debt Smarts
 Identity Theft

RESPs
 Financial Wellness For Seniors

REGISTER: www.stonyplain.com/rsvp
 780-963-8583



This Spring, the City Of Spruce Grove is holding a Financial Literacy Workshop!

This series is offered in partnership with United Way (Each One Teach One Program)

Workshops are for adults, youth, and a special session for seniors in May! See the poster for more information



Session information (continued on next page):

Basic Budgeting

Date: Tuesday, April 9
Time: 6:30 p.m. - 8:00 p.m.
Ages: Adults and young adults
Cost: Free
Location: Stony Plain CSD, 107-4613 52nd Avenue, Stony Plain
Registration: [Register online](#) or call [780-591-3355](tel:780-591-3355)



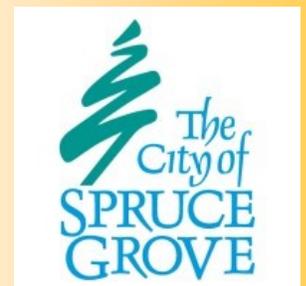
Debt Smarts

Date: Tuesday, April 16
Time: 6:30 p.m. - 8:00 p.m.
Ages: Adults and young adults
Cost: Free
Location: Stony Plain CSD, 107-4613 52nd Avenue, Stony Plain
Registration: [Register online](#) or call [780-591-3355](tel:780-591-3355)



Identity Theft

Date: Tuesday, April 23
Time: 6:30 p.m. - 8:00 p.m.
Ages: Adults and young adults
Cost: Free
Location: Stony Plain CSD, 107-4613 52nd Avenue, Stony Plain
Registration: [Register online](#) or call [780-591-3355](tel:780-591-3355)



FINANCIAL LITERACY WORKSHOP SESSION INFO CONTINUED:

RESPs (Registered Education Savings Plan)

Date: Tuesday, May 21

Time: 6:30 p.m. - 8:00 p.m.

Ages: Adults and young adults

Cost: Free

Location: Stony Plain CSD, 107-4613 52nd Avenue, Stony Plain

Registration: [Register online](#) or call [780-591-3355](tel:780-591-3355)



Financial Wellness for Seniors

Date: Tuesday, May 28

Time: 6:30 p.m. - 8:00 p.m.

Cost: Free

Location: Stony Plain CSD, 107-4613 52nd Avenue, Stony Plain

Registration: [Register online](#) or call [780-591-3355](tel:780-591-3355)



STAY HEALTHY THIS SPRING!

With Spring comes cold and flu season... Remember that Alberta Health Services has two programs for Alberta residents to help answer your health questions. Click on the images to take you to the Alberta Health Services websites.



****CLICK ON THE IMAGES TO LEARN MORE ABOUT THESE COMMUNITY ACTIVITIES!!**



Supporting Children Through Grief

DATE: April 9, 2024 - May 21, 2024

TIME: 4:00 - 5:00pm

LOCATION: Family Life Psychology & Wellness

Unit #226, 20 Westwind Drive, Spruce Grove

Grief can be an overwhelming experience for children, and it is crucial to provide them with the necessary support. Facilitated by Harmony Nimchuk, Registered Provisional Psychologist, the support group will help children manage their grief through psychoeducation and emotion mapping while teaching them practical strategies to grieve. This group is FREE for children ages 10-13 years of age. Click on the image for more information and how to register.

Brought to you by:



APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i> <u>Food for the Soul</u> 10am - 1pm (bagged lunches & take home food products)
<i>7</i>	<i>8</i>	<i>9</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>10</i>	<i>11</i>	<i>12</i> <u>Grace's Table</u> 5pm - 6:30pm (take-out supper & take home food products) *registration required	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i> <u>Food for the Soul</u> (bagged lunches & take home food products)
<i>21</i>	<i>22</i>	<i>23</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>24</i>	<i>25</i>	<i>26</i> <u>Community Table</u> 5pm - 6:30pm take-out supper & take home food products *registration required	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)				