

CRISIS RESOURCES

If you are under 18 and need someone supportive to talk to...

- 24/7 Kids Help Phone: 780-668-6868 or Toll Free: 1-800-668-6868 or Text CONNECT to 686868
- 24/7 2SLGBTQIA+ support line: Brite line: 1-844-702-7483
- 24/7 Indigenous support line: Hope for Wellness Help Line: 1-855-242-3310 or online chat at www.hopeforwellness.ca

If you are under 18, or a parent of a youth under 18 in a crisis and need help with problem solving, intervention, or an assessment of the situation...

- Stollery Addictions & Mental Health Crisis Team: 780-407-1000

If you are an adult and need someone supportive to talk to...

- 24/7 Distress Line: 780-482-HELP (4357)
- 24/7 Rural Distress Line (outside of Edmonton Area): 1-800-232-7288
- 24/7 2SLGBTQIA+ support line: Brite line: 1-844-702-7483
- 24/7 Indigenous support line: Hope for Wellness Help Line: 1-855-242-3310 or online chat at www.hopeforwellness.ca

If you are an adult, in a crisis and need help with problem solving, intervention, or an assessment of the situation...

- 24/7 Adult Crisis and Response Team: 780-424-2424, option 2.

WALK-IN COUNSELLING SERVICES

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. **Please call ahead to determine wait times.**

Ages 5-17

- **Northgate Mental Health Clinic:** 780-342-2700; #2020, 9499 137 Ave Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **St. Albert Mental Health Clinic:** 780-342-1410; 30 Sir Winston Churchill Ave St. Albert AB (Wednesdays 12:30pm - 4:00 pm)
- **Rutherford Mental Health Clinic:** 780-342-6850; #202, 11153 Ellerslie Rd, Edmonton AB (Monday to Friday 12:30pm - 4:00 pm)
- **Leduc Clinic:** 780-986-2660; Centre hope Building on the 2nd Floor 4906 – 49 Ave Leduc AB (Wednesdays 12:30pm - 4:00 pm)

Ages 11-17

- **Youth Mental Health Clinic:** 780-960-9533; #101 – 505 Queen Street Spruce Grove AB (Fridays 10:00 am – 1:00 pm)

Ages 12-25

- **Kickstand Connect: Virtual Walk in Mental Health and/or Substance Use Counselling** Mon & Thurs 1PM - 9PM; Book through mykickstand.ca/connect

Adults (18+)

- **ACCESS 24/7:** 780-424-2424; Anderson Hall 10959 102 st Edmonton AB. East facing entrance along 102 St on the main floor of Anderson Hall. Upon arrival in the lobby, buzz for entrance, check in with the reception desk to the right. Open 24/7, Walk in until 10pm, after 10pm call 780-424-2424 option 1.



TRIREGION FOOD RESOURCES

Updated: March 2025

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove

Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 9AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)

Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

Wecan Food Basket

4904-52 Ave., Stony Plain, AB (Columbus Academy)

Fresh Nutritious Affordable Food Basket

Order by first Friday, pickup at back lane on third Friday of month 11AM-2PM

www.wecanfood.com

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)

Mini food pantry of non-perishable items.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County

780-960-9669

www.neighbourlinkparkland.ca

office@neighbourlinkparkland.ca

FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove

Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre

5600 50 Street, Stony Plain

(Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church

49 Boulder Blvd., Stony Plain

First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove

Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove

Last Friday of the month

<https://www.sgconline.breezechms.com/form/communitytable>

780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove

Dine-in or take-out options

Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain

Drop-in for bagged lunch

First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove

Hot meal to go for pick up

Second Friday of month 5PM-6:30PM

www.sgac.net/eventregistration

780-962-4700

Community Table

180 Century Road, Spruce Grove

Hot meal to go for pick Up

Last Friday of the month (No meal in December)

www.sgconline.breezechms.com/form/communitytable

780-306-1955





COMMUNITY LOW COST COUNSELLING SERVICES

Updated September 2024

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

Daring Greatly Psychological Services Inc.

Suite 205, 314 McLeod Ave, Spruce Grove

- Daring Greatly Psychological Services Inc. offers rates of \$50 per session with their intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-907-0780

Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

Parkland & West Family Resource Network

Family Connections Centre 5600 50 Street, Stony Plain

- Family Resource Networks offer free single session virtual counselling to children and youth under 18 and their caregivers.

Rapid Access Counselling
Phone Number: 1.877.244.2360
www.rac.janeapp.com

Parkland Wellness Centre

2nd floor, 180 Century Road, Spruce Grove

- Parkland Wellness Centre offers sliding scale fees with rates of \$65-70.00 per hour. Additional sponsorships may be available.

Phone Number: 780-298-0022

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact connect@stonyplain.com. Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.