

# STRONGER TOGETHER

## Parkland School Division Family Supports Newsletter April 2023

Dear parents and caregivers,  
Spring looks as though it has sprung, the snow is melting, and we will soon pack away all the warmer weather clothes, and replace them with shorts, t-shirts and sandals. Yay! This month's Stronger Together Newsletter is about Healthy Family Relationships. There are some great strategies and learning opportunities for our families to explore. April showers bring May flowers, so families try to get outside and enjoy the warmer temperatures. Please feel free to contact Vicky Mamcazasz at 780-668-7422 if you have any questions, concerns, or would like to consult about community supports that are available.

Always find time for the things that make you smile,  
Vicky and Jenn



**submitted by Joel Pukalo**

Whether you are married, separated, or divorced, being on different pages as co-parents is an option no family can afford. In blended situations, there may be four co-parents who are working together to parent. Regardless of who you are co-parenting with, it's important to try to be a team as much as realistically possible. In some situations, this is anything but easy, however, your child is worth it. Whether you are either co-parenting with a spouse/partner or co-parenting amicably with another parent in a separate home, we can assume that your co-parent has the best interest of your child in mind. Although you might not agree with their approach, you can both agree that building a strong relationship with your child and keeping them safe is important.

Finding common ground is key to working together as parents. Wouldn't it be great if you and your co-parent were on the same page about everything? Unfortunately, in real life, every parent has different ideas, opinions, and values based on their own learning and life experience. The good news is that even if you have a different approach, chances are you have some of the same goals. On the surface, you can argue all day about your different beliefs and approaches to parenting. However, by learning to "get below the surface" of your co-parent's approach, you will learn that they have very legitimate underlying reasons that lead them to parent the way they do. For example, perhaps your co-parent rebelled as a teenager and they are terrified of your son or daughter doing the same. As a result, they are more likely to lean towards a child-based approach that favors relationships with the child over structure and discipline.

Instead of judging yourself or your co-parent, seek to understand why they are the way they are. Your judgments keep your co-parent stuck in their ditches. Asking good questions and giving grace helps your co-parent learn and grow. With this in mind, when you come across a situation where the two of you cannot agree, take a moment to press pause and ask your co-parent what is the goal or motivation behind their preferred approach. Since children often want an answer now, parents often find it difficult to be on the same page in the moment. Therefore, the best thing you can do for yourself, your partner, and your family is to communicate to your children that you will not provide an answer to their request until both parents have discussed it together and come to a mutual agreement.

Parenting is not about being perfect. There is no formula. Trying to be the best parent or develop the perfect parent playbook may lead to more frustration if you can't give yourself and your family members grace. The best parenting approach is one that balances moderate expectations with a high level of grace teaching children that growing and learning from mistakes is essential to learn. Your best parent playbook is based on plays within a connection-based approach where both parents are on the same page. The right approach is a team approach where both co-parents feel their unique strengths are honored while communicating instead of overcompensating in areas of challenge.

Learning and growing is part of parenting. Parenting is not about finding the right manual. It's about working together as a team to continually build a playbook that works for your family. Communicating and working together as a team to find ways to get unstuck will help you move forward together.



# APRIL 25

## Strong Families: Strengthening Family Bonds Through Secure Attachment

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present another FREE information session for local families.

In our upcoming session, we will be joined on Zoom by Registered Psychologist, Heidi Edgar for an engaging discussion about the concept of secure attachment and the important role it plays in creating a strong and supportive emotional climate within a family system. Parents/caregivers will get a better understanding of secure attachment and what it involves, while learning concrete skills to build secure connections with their children. We will also explore the role of emotions in parent-child relationships and how to maintain meaningful connections, even in the face of big emotions.

Date: **Tuesday, April 25, 2023**

Time: **6:30-8pm**

Location: **[Online Zoom Webinar / Discussion Group](#)**

Presenters: **Heidi Edgar** (M.Sc., Registered Psychologist, [Edgar Psychological](#))

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-strengthening-family-bonds-through-secure-attachment-registration-61145177727>

**For more information, please contact:**

Vicky Mamczasz

Family Supports Facilitator

Email: [vicky.mamczasz@psd.ca](mailto:vicky.mamczasz@psd.ca)

## Resources for Parents and Caregivers

### *SIMPLE CONNECTIONS stronger families*



#### **Healthy communication builds family resiliency.**

Healthy communication sets a positive tone for family interactions. When you communicate with your family members openly and in a caring way, you are telling each other that you care and want to work together. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict.

#### **Healthy family communication means:**

**Being clear.** If you are experiencing a crisis or other difficult situation, fill family members in on important information and what they can expect. This will help them avoid worries about the worst. Being open, rather than secretive or vague, promotes healing, closeness, trust and security.

**Being open.** Talk to each other regularly about what's happening in your lives. Express your feelings and concerns and invite others to do the same. Accept that others may have different feelings, beliefs and points of view from your own. It's important that everyone feels free to express their feelings being judged or feeling ashamed.

**Caring about other family members.** You can show you care by listening without judging, providing comfort and being kind and encouraging. Even when you are struggling with your own emotions or are disappointed in someone's behaviour, speak calmly, avoid swear words and abusive language, and focus on the positive rather than criticizing.

**Problem solving together.** Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team. Then you can set goals everyone agrees with and is clear on. Working towards these goals will bring you closer and give your family a sense of accomplishment. Having a positive outlook can also be a great tool when problem solving.

**Sharing information appropriately.** Consider the age, values and beliefs of your family when sharing information. While it's important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers, it's important to be open and direct about things like sex, drugs and alcohol. Take the time to discuss the pros and cons together rather than simply telling them, "Don't do that".

**For specific tips on developing healthy communication to build your family's resiliency, check out the Simple Connections, Stronger Families resources on [YlIMyHome.com](http://YlIMyHome.com)**



## Try spending more time together as a family!

**Communication** is key to having a supportive loving family – these are some things to consider:

**Be Present** – put down your phone / tablet / computer (**Listening while you are texting, or you are scrolling social media isn't listening**)

**Listen** – ask good questions, show that you have been listening by including what your child is saying when you answer them.

**Connect** – make time each day for your kids - create family rituals (game night, movie night, walks, hiking, dinner together, cooking together...) and great memories.

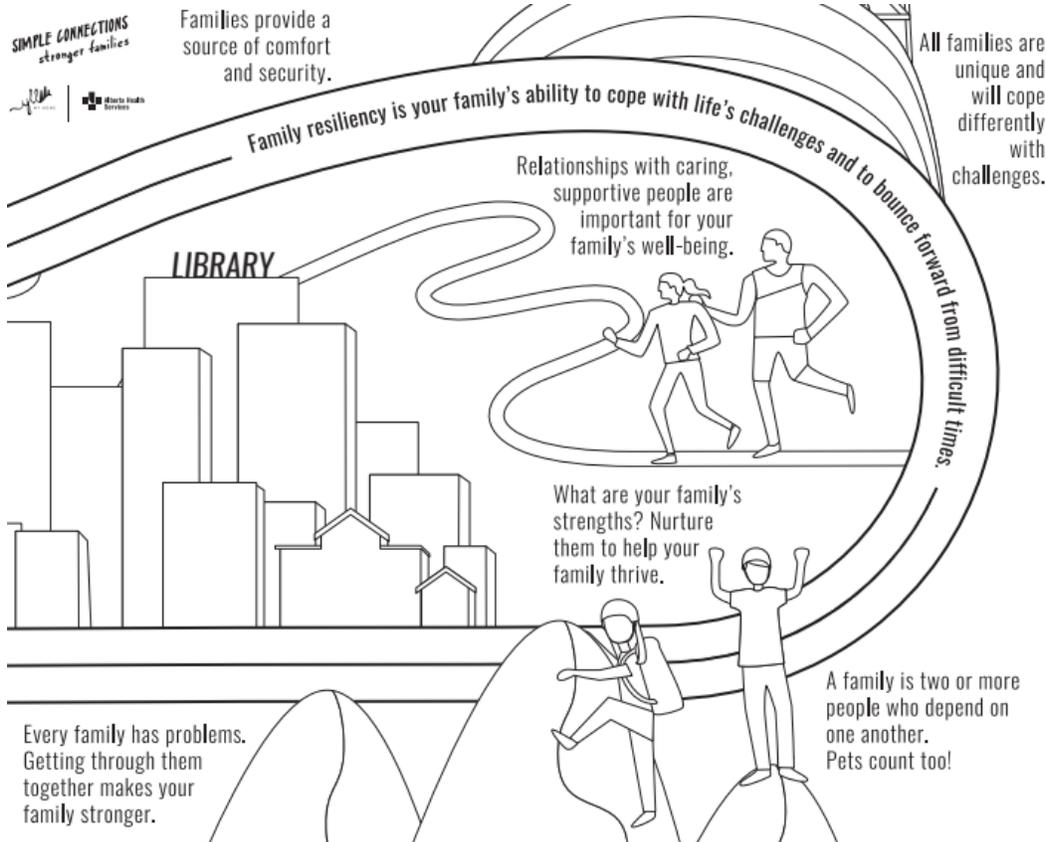
**Stay calm** – yelling doesn't work, take your own time out if you need to. If you are not regulated your child won't be either.

**Build a strong relationship**, it will be even more important when your child hits a speed bump and needs to talk.



## Did you know that children 8-18 spend about 7 hours a day in front of screens -

If you want to improve family communication try spending at least one hour of interrupted time doing something together with your child. Try family games (remember charades :), get outside (bike ride, walk the dog, play basketball or soccer, go geocaching) , create something together (art, cooking, building..) Your kids might be less than impressed at the beginning, but it will become something they look forward to.



<https://www.albertahealthservices.ca/info/Page16039.aspx>

## Great resources and activities for kids and families

**Parenting for the Future - APFA** Check out Alberta Parenting For The Future for **great parenting sessions and lots of programs for kids and teens**. For more information email [info@apfa.ca](mailto:info@apfa.ca) or call 780-963-0549. <http://albertaparenting.ca/>

**Teen Social**

Wednesdays 5-7pm  
April 12 - May 31  
Dinner included

For teens ages 14-17, and their parent/guardian. Dinner is provided. Teens will build connections with their peers, take part in fun activities, and have access to mental health supports. Parents will partake in a breakout "Conversation Cafe" - just for them! Each week will focus on a different mental health topic.

A provisional psychologist and a psychology practicum student will be in attendance.

SCAN QR CODE TO REGISTER

FAMILY CONNECTION CENTRE  
5800 50TH STREET, STONY PLAIN

DOCHAS  
Alberta Parenting For the Future Association

**Monthly ADHD Support Group**

FOR CAREGIVERS OF CHILDREN & ADOLESCENTS WITH ADHD

A safe space to share your challenges and successes; to learn about ADHD; and receive parenting strategies and tools to support your child with ADHD.

GROUP MEETS THE LAST THURSDAY OF EACH MONTH FROM 6-7PM

In partnership with:

Little Oaks PSYCHOLOGY

QUESTIONS? CONTACT:

Heidi at 780-963-0549  
[albertaparenting.ca](http://albertaparenting.ca)

Family Connection Centre  
5800 50th Street  
Stony Plain, AB

SCAN QR CODE TO REGISTER

Alberta Parenting For the Future Association



## Postpartum Mood Disorder Support

A support group for moms experiencing postpartum depression in partnership with Alberta Health Services.

Group takes place at the Family Connection Centre  
5600 50th Street, Stony Plain  
Thursdays  
10:00 - 11:30am  
780-963-0549

Scan QR code to register on Eventbrite.ca

Childcare is available.






## INFANT AND PARENT PROGRAMS

SCAN OR CODE BELOW TO ACCESS OUR CALENDAR

**INFANT MASSAGE**  
FRIDAYS  
APRIL 24 - MAY 12  
11:30AM - 12:30PM  
FCC

**WELCOME TO MOTHERHOOD**  
WEDNESDAYS  
APRIL 12 - MAY 24  
10AM - NOON  
CANTIKO

**HEALTH FOR TWO**  
TUESDAYS  
APRIL 4 - JUNE 27  
11:30AM - 1PM  
FCC

**POSTPARTUM MOOD DISORDERS SUPPORT GROUP**  
THURSDAYS  
APRIL 6 - JUNE 29  
10 - 11:30AM  
FCC

**BABY PARENT AND TOT GROUP**  
THURSDAYS  
APRIL 4 - JUNE 29  
10 - 11:30AM  
CANTIKO





**JOIN US FOR**

# SUPER DADS SUPER KIDS

A group for dads and male caregivers & their children (ages 4-10)

Share in the experience of parenting while discussing topics such as:  
the role of a super dad,  
nutrition & physical activity,  
communication,  
as well as child development.

Each session includes:

- An individual family activity
- Snacks
- Parent education with childcare
- A group activity

Register on Eventbrite

**WINTER DATES:**  
January 14  
February 11  
March 11  
April 15  
10:00 am to 12:30 pm




**Parkland Village Youth Group – Mondays**  
**Mondays @ 4:30 pm - 6:00 pm**

|Recurring Event (See all)

*Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5*

*Spruce Grove, T7X 3N5 CA + Google Map*

**Each week the group will look at how to make healthy lifestyle choices in a fun and engaging environment. Youth will participate in a physical activity and a cooking activity meant to support lifelong health. The group is for youth in Grades 5, 6, 7, and 8. Registration is required.**

[Find out more »](#)



**Parkland Village Youth Group – Wednesdays**  
**Wednesdays @ 4:30 pm - 6:00 pm**

|Recurring Event (See all)

*Parkland Village Community Centre, 53222 Range Road 272, Spruce Grove, AB T7X 3N5*

*Spruce Grove, T7X 3N5 CA + Google Map*

**Stony Plain FCSS  
Youth Centre (SPYC)**

Stony Plain Youth Centre  
4902 – 51 Avenue, Stony Plain, AB  
Phone: 780-968-3846 Fax: 780-968-3987  
Email: [spyc@shaw.ca](mailto:spyc@shaw.ca)  
[www.spyc.ca](http://www.spyc.ca)

**Youth Drop In Hours:**  
Monday to Wednesday (2:00 pm – 6:00 pm)  
Thursday (2:00 pm – 8:00 pm)  
Friday (2:00 pm – 9:00 pm)

**General Office Hours:**  
Monday to Wednesday (11:00 am – 6:00 pm)  
Thursday (11:00 am – 8:00 pm)  
Friday (2:00 pm – 9:00 pm)

Like us Facebook! 



**Check out the Stony Plain Youth Centre on Instagram**



Get your kids involved - check out programs at the Tri-Leisure.

You may qualify for a subsidized pass - check out Wishing You Wellness at

<chrome-extension://efaidnbmninnkpbcaipcgclclefindmkaj/https://www.stonyplain.com/en/play/resources/Documents/Wishing-You-Wellness.pdf>



**Funding is available!! Your family may be eligible!**

KidSport Parkland <https://kidsportcanada.ca/alberta/parkland/>

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to **\$300 per child/year**, for kids who live in Parkland, or in one of the other communities we serve.

May 5 has been declared the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, Men, Boys and 2SLGBTQIA+ (Two Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual plus) people.

This day is to create awareness about the missing and murdered Indigenous women, girls, and two-spirit peoples epidemic, to show support and remembrance of those who have gone missing and impacted by violence and abuse. It is a day for reflection, a chance to grieve and continue to work towards ending this ongoing national tragedy.

**12 PM  
REGISTRATION**

**12:15 PM  
OPENING CEREMONY—STONY PLAIN ROTARY PARK**

Led by Elder Philip Campiou.

**12:45 PM  
WALK STARTS**

5 K walk, rest stations located along route and supported by community.

**2:30 PM  
CLOSING CEREMONY—SPRUCE GROVE ROTARY PARK**

Led by Elder Ann Marie Campiou.

**4 PM  
RETURNING BUS**

Transportation will be provided back to the Rotary Park in Stony Plain.



**A DAY OF LEARNING, SHARING, CEREMONY AS WE WALK ALONG THE HIGHWAY BETWEEN STONY PLAIN AND SPRUCE GROVE.**



**& Community  
Members!**



For more information contact:  
**780-963-8583      780-962-7618**  
**www.stonyplain.com      www.sprucegrove.org**



Stony Plain  
Public  
Library

# APRIL READER

All Ages	Events for the whole family.
Preschool	Events geared toward 0-6 year olds.
Kids	Events for Kindergarten to Grade 7
Teens	Events especially for Grades 7-12
Adults	Events for 18+

Donate to the Capital Campaign Fund to help pay for our beautiful new library! Donations can be made at [mysppl.ca/support-sppl/donations](https://mysppl.ca/support-sppl/donations) through



Stony Plain Library appreciates the support it receives from community organizations and individuals.

**Program and Event Highlights:** see [calendar](#) (page 2) for full list of programs

### Board Game Night

All ages Drop In Mondays 6:00-8:00pm

Board game night is BACK! Come with your friends or come make new friends! Board games will be supplied or you can bring your own.

### Stony Plain Queer Straight Alliance

Drop in Tuesdays 6:00 - 7:00pm

Join our Queer-Straight Alliance for resources and fun activities! All are welcome, no matter your gender identity or sexual orientation. Last Tuesday of every month is movie night!

### Pyjamas & Poems

Ages 0-5 Drop In Saturdays 11:30am-12:00pm

Wake up and join the adventure! Rhymes, stories activities and more in your pyjamas! (optional).

### Tale Of Two Cities

Ages 6-12 Registered April 19th 4:30-5:30pm

It is a new adventure every time with our friends from Provo City Library in Utah.

### Teen Fridays

Ages 13-18 Drop In April 14th & 28th 5:00-6:00pm

A fun space for teens to come and chat about their interests and meet new people! We'll have different activities each week and snacks will be provided.



Information available online at <https://mysppl.ca/programs-and-events>



Stony Plain  
**Public  
Library**

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

mysppl.ca    

Connect ♦ Engage ♦ Discover

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:30am Pyjamas and Poems 1:00pm Hide and Sneek
3 11am Yoga for Seniors 6pm Board Game Night	4 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	5 2pm Train Your Brain 3:30pm Nintendo Switch Gaming 7pm Wednesday Evening Book Club	6 1pm Craft Circle 3:30pm Laughter Club 4pm Kids Can Cook 5:30pm Movies and Munchies 8pm Nerf Night	7 Good Friday Closed	8 11:30am Pyjamas and Poems 1:00pm Easter Egg Hunt Extravaganza!
10 Easter Monday Closed	11 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	12 2pm Train Your Brain 3:30 Nintendo Switch Gaming	13 1pm Craft Circle 3:30 Laughter Club 3:30pm Full STEAM Ahead 4:30 Entertainment Engineers 6:30pm Stony Plain Photo Club	14 10:30am Together Time Tales 1pm Romp & Rhyme Preschool Time 3pm Tai Chi 5pm Teen Fridays	15 11:30am Pyjamas and Poems 1:00pm Hide and Sneek
17 11am Yoga for Seniors 6pm Board Game Night	18 4pm Lego Mindstorms 5pm Chess Club 6pm QSA	19 10:30am French/English Tick Tock Time 2pm Train Your Brain 3:30 Nintendo Switch Gaming 4:30pm Tale of Two Cities	20 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Insightful Innovations	21 10:30am Together Time Tales 1pm Romp & Rhyme Preschool Time 3pm Tai Chi 5pm Teen Book Club	22 11:30am Pyjamas and Poems 1:00pm Hide and Sneek
24 11am Yoga for Seniors 6pm Board Game Night	25 4pm Lego Mindstorms 5pm Chess Club 6pm QSA Movie Night	26 10:30am French/English Tick Tock Time 2pm Train Your Brain 3:30 Nintendo Switch Gaming	27 1pm Craft Circle 3:30pm Laughter Club 3:30pm Full STEAM Ahead 4:30pm Drama Club 6pm Parkland Poets	28 10:30am Together Time Tales 1pm Romp & Rhyme Preschool Time 3pm Tai Chi 5pm Teen Fridays	29 11:30am Pyjamas and Poems 1:00pm Hide and Sneek

Information available online at [mysppl.ca](http://mysppl.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		* = Registered/In-person program ** = Registered/Online/Hybrid program * = Online program				Community Craft (while supplies last) Builders Club 2-3pm* Gardening: Seed Saving 1:30-2:30pm*
 2		4 Family Storytime 10:30-11am Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm	5	6 Toddler Time 10:30-11:00am* Tech Bowl 1-5pm	7 GOOD FRIDAY— LIBRARY CLOSED	8 Tech Bowl 1-5pm
9	10	11 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am* Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Pokémon Club 6:30-7:30pm*	12 Homeschool Meetup 1-3pm Full STEAM Ahead 4-5pm*	13 Toddler Time 10:30-11:00am* Tech Bowl 1-5pm	14 Baby Time 10:30-11:30am* Indigenous Story Telling 10:30-11am Teen Takeover 3-5pm*	15 Tech Bowl 1-5pm Minecraft Mania! 1-3pm**
16	17	18 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am* Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm Furry Friend Visit 3:30-4:30pm*	19 DIY Investing 5:30-6:30pm**	20 Toddler Time 10:30-11:00am* Tech Bowl 1-5pm Talking Circle 5:30-8:00pm	21 Baby Time 10:30-11:30am* Teen Takeover 3-5pm*	22 Tech Bowl 1-5pm Earth Day 1-4pm*
23	24 30	25 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am* Tech Savvy Seniors 11am-12:30pm & 1-2:30pm Tech Bowl 12-7:30pm Coffee and Cards 1-3pm	26 Homeschool Meetup 1-3pm	27 Toddler Time 10:30-11:00am* Tech Bowl 1-5pm	28 Baby Time 10:30-11:30am* Indigenous Story Telling 10:30-11am Beaded Red Dress Pin Workshop 1-4pm* Teen Takeover 3-5pm* NERF Battle Royale 6:30-7:30pm*	29 Tech Bowl 1-5pm Dungeons & Dragons 1-3pm*

**Coffee and Cards** *Seniors*

Visit the library to play card games and enjoy a warm beverage. All levels of expertise are welcome. Warm beverages, cards and cribbage board will be provided.

**Family Storytime** *Ages 2–6*

Travel out of this world and experience this world in new ways with interactive songs and stories that develop school readiness.

**Teen Takeover** *Ages 12+*

Join us after school for the Teen Takeover. Spend time with friends and enjoy awesome themed activities weekly. From gaming, true crime, anime and food creations.

Fridays 3-5pm.

**Gardening: Seed Saving** *Ages 18+*

Learn how to save your seeds from year to year! Topics covered will include the easiest seeds to save, when and how to harvest seeds and helpful tips for drying and storing your seeds.

Saturday 1 April 1:30-2:30pm.

**Tech Savvy Seniors : Let's Get Digital**

*Seniors*

This course will help you gain a better understanding of technology: words and terms, how to use various devices, and how technology can help you in your daily life.

*In partnership with Tri-Community Adult Learning and Literacy*

**Earth Day** *All Ages*

Enjoy our Earth Day activities including a plant exchange, movie showing (WALL-E) with snacks and a fun earth-related craft.

Saturday 22 April 1-4pm.

**Homeschool Meetup** *School Age/All Ages*

Make connections with other Homeschool families for resources, support, educational games, and of course, space to study.

**Indigenous Story Telling** *Ages 2– 6*

Story telling is an important way to learn about and from Indigenous communities. Join Knowledge Keeper Barbara for a fun interactive story telling with songs and puppets.

Alternate Fridays.

**Dungeons & Dragon Club** *Ages 13+*

Calling all adventurers! Come to the library and join a quest as we play our way through the world of Dungeons & Dragons.

Monthly last Saturday of the month.

**Kids Pokémon Club** *Ages 7–12*

Visit this facilitated, safe, and inclusive space that is about all things Pokémon!

Monthly, 2nd Tuesday of the month.

**NERF Battle Royale** *Ages 8+*

Come with your friends and dodge bookshelves in the ultimate Nerf experience! Find out what happens at the library after hours...

Monthly last Friday of the month.

**Builders Club** *Ages 7-12*

Unleash your creativity in this hour long in-person program. Unleash your creativity with Lego Bricks, K'Nex, cardboard and other building materials. Each month there will be a new challenge along with plenty of time for free play. Monthly 1st Saturday of the month.

Program **age recommendations** are simply a guideline for content.

SGPL welcomes all community members to participate in our events, regardless of age or ability! Walk-ins are welcome if space allows for registered programs (i.e. no-shows).

**Reminder:** Children ages 11 and younger must be accompanied by a parent or caregiver in the library.

**Tech Bowl** *All Ages*

Splash into our Tech Bowl this season!

Explore and play with some of your favourite tech such as OSMO, OZOBOTS, iPads, video game consoles and classics such as our retro tech.

*New Hours:*

*Tues 12-7:30pm;*

*Thurs 1-5pm;*

*Sat 1-5pm*

*(hours may be subject to change)*

**Community Craft** *All Ages*

New month new craft. Come and pick up your Take & Make kit\* at the library front desk. This month we will be offering take home crafts to make a no sew sock bunnies.

*\*While supplies last*

**Talking Circles** *All Ages*

Join our Talking Circle as we share various gifts, wisdom, stories and teachings from our local Indigenous community and neighbours.

Participants can expect to establish a sense of community in a safe, sacred space while gaining a mutual understanding of one another regardless of their various backgrounds.

This program will be held at the Spruce Grove Public Library and light refreshments will be provided.

This program is presented in partnership with the *Spruce Grove FCSS*.

**Beading Workshop: Red Dress Pin** *Ages 13+*

Learn the basics of beading to honour the memories of missing and murdered Indigenous women, girls, and two-spirited people across Canada.

Friday April 28 from 1-4pm.

**Furry Friend Visit** *All Ages*

Spend time with a pet therapy dog—read and learn together, or just spend some time relaxing with a new friend. Monthly, third Tuesday of the month January 17 - May 16.

**Behind the Stacks Podcast** *Ages 18+*

Listen to our podcast and learn about the library world, books, our community and so much more.



# LD Edmonton

Learning Disabilities Association of Alberta - Edmonton Chapter

## Upcoming Roblox Social Group 7+

Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and specifically designed to help children improve skills such as organization, time management, planning, flexibility, self-awareness, and focus. Both fun and educational, The purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

**Saturday's**  
**March 18, 2023 – April 29, 2023**  
**1:30pm – 3:00pm**  
**6 week session**

**Wednesday's**  
**March 22, 2023 – April 26, 2023**  
**4:30pm – 6:00pm**  
**6 week session**

**No Session Saturday March 15, 2023**

For more information, please contact [info@ldedmonton.com](mailto:info@ldedmonton.com), call our office at 780-466-1011,

## Upcoming Social Skills Program

Join us for our Social Skills Program running Sunday April 16 - May 14, 2023. Our groups specialize in children with ADHD, ASD, Tourette's and Learning Disabilities but all are welcome!

Children between the ages of 8-12 years can register for this 6 session, 5 week program. **Running Sunday mornings from 9:30am - 12:00pm.** Sunday May 14, 2023 is a double session from 9:30am until 3:00pm

Youth between the ages of 13-17 years can register for this 6 session, 5 week program. **Running Sunday afternoons from 1:00pm - 3:30pm.** Sunday May 14, 2023 is a double session from 9:30am until 3:00pm

The aim of the program is to

- encourage friendship, positive social/emotional behaviors, active listening, effective communication, and comprehension of social norms.
- help in understanding non-verbal communication, body language, and unspoken social rules, promote self-esteem and build confidence.
- help participants develop social skills, life skills, and problem-solving strategies, including conversation and basic interaction skills

**All sessions take place at Inglewood Community Hall, 12525-116 Ave. Some families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LD Edmonton's FSCD number is 020051257**

**Cost of Social Skills Group is \$250.00 For more information, please contact [info@ldedmonton.com](mailto:info@ldedmonton.com), call our office at 780-466-1011**

## Camp Abilities Summer Day Camp

Our Summer Day Camp is structured for age groups 8-12 years and 13-18 years who are struggling at keeping friends and interacting with their peers. Participants will learn social skills in a safe setting in the morning and then practice what they have learned out in the community in the afternoon. Outings can include: visiting City of Edmonton facilities, riding Edmonton Transit, swimming, bowling and other activities that the group may choose to try. This camp offers direct social skills promoting and focuses on

- Highly trained staff with skills specific to working with this population
- Lower staff to participant ratio than most camps
- Understanding of the special needs of youth
- Individualized attention with focus on recognizing and developing each campers unique gifts and strengths
- Wrapped into every program is emphasis on developing organizational skills, social skills, and life skills set in a fun environment

### Camp Abilities ages 8-12 years

Monday – Friday 9:30am until 3:00pm

July 11-15, 2022

August 8-12, 2022

August 15-19, 2022

### Teen Camp Abilities ages 13-17 years

Monday – Friday 9:30am until 3:00pm

July 18-22, 2022

Cost for the program is \$500.00 per 5 day session. Families are able to obtain FSCD (Family Support for Children with Disabilities) funding for their child to attend camp through community aid hours. Contact your FSCD worker to see if your child qualifies.

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**2023 SUMMER CAMPS** <https://www.ualberta.ca/engineering/discovere/summer-camps.html>

Faculty of Engineering - U of A

**DiscoverE** has delivered fun and engaging summer camps to youth in Edmonton since 1993. Campers will learn engineering, science and technology concepts through exciting hands-on projects and demonstrations. Our instructors are University of Alberta students who act as mentors in higher education. Some of our instructors were originally DiscoverE campers themselves!

Our Edmonton camps are run at University of Alberta's North Campus. Camp hours are from 9 a.m. to 4 p.m. and early drop-off occurs from 8:30 to 9 a.m. while late pick-up is from 4 p.m. to 4:30 p.m. All camps cost \$325, except for weeks with a statutory holiday (\$275). **Partial and full bursaries are available to youth in need** (check out our [bursaries page](#) for more information). Our camps are designed for the stated grade ranges - please do not register your child in a camp outside their grade range. The grades listed indicate the grade starting in the fall.

## Reach out to our community

**Because I Love You**  
Parent and Youth Support Groups

**B.I.L.Y. TRI REGION**

**Family In Crisis?**

**Weekly Support Group MEETINGS**

We are a group of parents who understand. We offer creative solutions that can help and tools to improve communication. Our goal is to help you and your family develop cooperative family relationships and achieve peace in your home.

**Meetings are Free of Charge! Tuesdays at 7 PM**  
Call Today for Location 587-588-8633

**Parents.....**

**Are you dealing with**

- Negative Attitude?
- Physical or Emotional Abuse?
- Drugs or Alcohol?
- Chores?
- Running Away?
- Curfew?

**Is your child between the age of 2 and 5? Can you relate to any or all of these issues? This parent support group is for you!**

**B.I.L.Y. TRI REGION**  
bilyregion@gmail.com  
587-588-8633

**Community Supporting Us**  
100 Women Who Care Tri Region  
Tri Region Guidance Thru Crisis Society

**FACT** **STONY PLAIN** **Rotary**  
Club of Stony Plain

**We Can Help!**

### B.I.L.Y

BILY (Because I Love You) Support Group BILY is a nationwide network of parents who meet weekly. People who are struggling with issues occurring within their homes, and/or within their lives. The group works with parents who have children of all ages. Groups are run by parents who have worked through the BILY program and have been successful with it.

Ongoing: Tuesdays 7:00 pm – 9:00 pm Stony Plain FCSS Youth Centre 4902 – 51 Avenue, Stony Plain

Free To register: 780-245-2459

**Caring Friends** is a confidential and informal bereavement support group led by trained bereavement volunteers. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

Our grief support group is meeting in person again. Please register for your spot - limited seating is available. Group meets the second Thursday of each month.

To register, please call: 780-963-8583



**Caring Friends**

**Stretch your food hamper through our free - Community Kitchen**

- learn food preparation tips and safety
- select budget friendly healthy options
- prepare 3 family portion meals to take home
- sign up at [www.apfa.ca](http://www.apfa.ca) for any of the dates available or call 780-963-0549 to arrange a time convenient for you
- call if you require transportation or childcare assistance
- 5600 50 Street Stony Plain

**Family CONNECTION CENTRE** **apfa** Alberta Parenting for the Future Association **United Way** Alberta Capital Region

Call APFA for more information 780-963-0549

## Alberta Affordability Payments



Families with children

Families can apply for **\$600 per child under 18.**

For more information go to <https://www.alberta.ca/affordability-action-plan.aspx>



### FOOD HAMPERS

#### Parkland Food Bank

105 Madison Crescent, Spruce Grove  
Monthly Food Hampers, by appointment,

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

780-962-4565 ext. 1

#### Wecan Food Basket

5600-50 St, Stony Plain  
Fresh Nutritious Affordable Food Basket  
Order by first Friday, pickup on third Thursday of month  
Monday - Friday, 9AM-4PM  
587-338-1101

### FOOD RESCUES

#### Auggie's Cafe

131 Church Rd, Spruce Grove  
Tuesdays 11-1PM

#### apfa Food Rescue

Family Connection Centre  
5600 50 Street, Stony Plain  
Thursdays 10AM - 3PM  
Fridays 1-4 (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

### COMMUNITY MEALS

#### Auggie's Cafe

131 Church Rd, Spruce Grove  
Drop-in for take out bagged lunch  
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](http://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  
[www.sgconline.breezechms.com/form/communitytable](http://www.sgconline.breezechms.com/form/communitytable)  
780-962-5611

### BASIC NEEDS HELP

#### Community Helps Team

180 Century Road, Spruce Grove  
780-962-5611 / 789-306-1955  
[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

#### NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County  
780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)

Updated: October 2022

## Learn Something New - free sessions for parents and caregivers

### Family Connections

**The Sashbear Foundation** is a charity recognized as a leading voice for Canadian families impacted by emotion dysregulation, suicidality, and related mental health challenges. Sashbear trains and empowers family members to share life-transforming skills, building community and hope through evidence-based family programs, advocacy, and education.

Family Connections™ (FC) is an evidence-based 24-hour group program for people who are in a relationship with someone who has emotion dysregulation or related problems. It is provided free of charge to participants.

Family Connections™ provides skills, support and hope for family members or friends of someone with emotion dysregulation, to regain balance in their lives. Sashbear delivers this international, evidence-based program throughout Canada in both French and English, provided by trained peer family members who speak from personal experience.

Family Connections™ provides:

- Education on emotion dysregulation and five areas of dysregulation.
- Individual skills based on dialectical behaviour therapy to understand and manage your emotions, and to regain balance in your life.
- Relationship skills to help you be effective in your relationship with compassion and empathy.
- Communication skills to promote collaboration and effective discussion around problem situations.

Family Connections™ is always provided free-of-charge to participants. Donations to Sashbear are welcome to help us continue to provide this program throughout Canada.

TO ATTEND FAMILY CONNECTIONS™, YOU NEED TO:

- Be 18 or older.
- Be in a relationship (even if estranged) with someone who has emotion dysregulation, BPD, or BPD traits. (They do not need to have a specific diagnosis.)
- Be available and commit to attend all 12 classes when you are offered a group.

For more information, see our website: <https://sashbear.org/en/family-connections>

# Caregiver Education Team Newsletter

April 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

## Adult Education Sessions

### Understanding Anxiety Series

For adults supporting their own wellness or the wellness of children and youth.

#### Part 3:

#### Settling Our Minds

Tuesday, April 4  
12:00 – 1:00 pm

#### Part 4:

#### Overcoming Avoidance

Tuesday, April 18  
12:00 – 1:00 pm

### Substance Use

#### A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 5  
6:00 – 7:30 pm

## Caregiver Education Sessions

### Building Executive Functioning Skills

#### Supporting Success in Learning

For parents and caregivers of children in grades K-6

#### Part 1:

Wednesday, April 19  
12:00 – 1:00 pm

#### Part 2:

Tuesday, April 25  
12:00 – 1:00 pm

## Participant Feedback:

"...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive."

"Well presented...very knowledgeable and clear. Videos were great. Thank you!"

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

**Community Education Services** <https://community.hmhc.ca/sessions/>

**April 12 - Managing Productive Struggle: Building confidence and resilience in the face of challenge! \*\*\*please register using the poster only\*\*\***

6:30 PM - 8:00 PM

Presented by Nicola Doughty, Registered Clinical Counsellor, BCACC in partnership with Nicola Doughty Counselling

This is a lively and informative presentation exploring how you can support your child when they are experiencing the frustration, stress, and anxiety that comes from tackling challenges. Whether it be social, emotional, or academic concerns, parents will learn how to align and guide their children, thereby increasing their sense of agency and building confidence.

This presentation will explore the concept of power, brain development in children and what it means for parents as children pass through the various stages of growing up.

Avoiding the traps of becoming a helicopter or snowplow parent, parents can feel more in tune with their values and parenting style when they know they are engaging practical strategies that promote positive growth. There will be ample opportunities for questions throughout the presentation.

[Poster](#)

**April 19 - Navigating Technology with our Youth \*\*\*please register using the poster only\*\*\***

Noon - 1:30 PM

Presented by: Andrea Halwas Larsen, in partnership with Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

[Poster](#)

**April 24 - ADHD is Awesome! \*\*\*please register using the poster only\*\*\***

6:30 PM - 8:00 PM

Dr. Caroline Buzanko PhD, Registered Psychologist  
Clinical Director, Koru Family Psychology

ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success.

[Poster](#)

**April 27 -Growing Young Brains: Putting Science into Practice \*\*\*please register using the poster only\*\*\***

1:30 PM - 2:30 PM

Presenter: Melanie Olorenshaw M.Sc (Applied Psychology), Founder/Director Brilliant Beginnings

Post-pandemic statistics have shown a significant increase of screen use in children under 3 years old. Parenting in our current digital world has become even more difficult to navigate as personal screen time shapes our children’s learning environment.

How can early brain science positively influence development in the early years? What is the current research on direct and indirect exposure to screens? How can we respectfully discuss and modify current parenting practices to promote healthy brain development in this formative time?

This workshop is for professionals working with parents of young children or parents wanting strategies to link science with positive parenting practices.

[Poster](#)



**NURTURE YOUR MIND**

**A Mental Health Week Celebration**

**Sunday, May 7, 2023**  
**10:00AM-3:30PM**  
Stony Plain & Parkland Pioneer Museum  
5120 41 Avenue, Stony Plain

**With a combination of registered sessions and drop-in activities, there is something for the whole family.**

Registered Sessions	Drop-In Activities
Sound Therapy	Art Therapy
Caregivers of youth	Food Truck
Virtual Reality Stress Management	Lawn Games
Navigating the Mental Health System	Sound Therapy & more
Animal & Nature Therapy	

For more information or to register visit [eventbrite.com](https://www.eventbrite.com) or [www.stonyplain.com/MHW](http://www.stonyplain.com/MHW)  
PH: 780-963-8583



## Reach out for support in our community....

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Michelle Enright - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove 780-217-8701

Children's Mental Health - **NEW** Intake number **825-402-6799** (see next page for updated information)

AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895

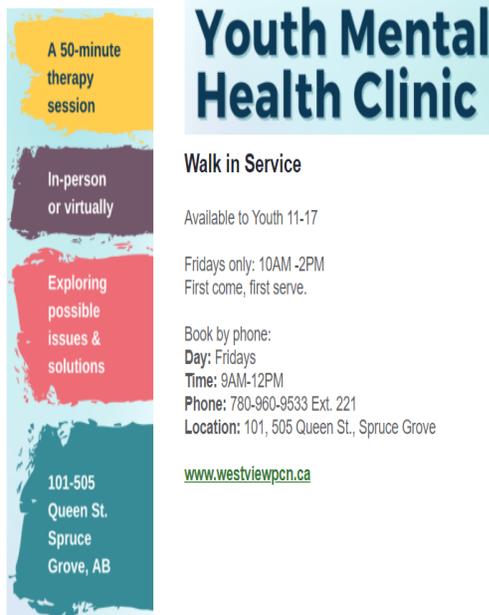
Parenting support (APFA) - Triple P Parenting 780-963-0549

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



**Youth Mental Health Clinic**

**A 50-minute therapy session**

In-person or virtually

Exploring possible issues & solutions

101-505 Queen St. Spruce Grove, AB

**Walk in Service**

Available to Youth 11-17

Fridays only: 10AM -2PM  
First come, first serve.

Book by phone:  
Day: Fridays  
Time: 9AM-12PM  
Phone: 780-960-9533 Ext. 221  
Location: 101, 505 Queen St., Spruce Grove

[www.westviewpcn.ca](http://www.westviewpcn.ca)



**Youth Substance Use Services**

**Counselling services are free and confidential**

We provide education, support, treatment and referrals for youth and families impacted by alcohol, drugs, or technology. Our services are concurrent, capable and promote the positive mental health of youth, families and communities.

Meet in-person Telephone Video Call (Zoom)

**Lisa Kimmerly**  
Substance Use Therapist  
Spruce Grove/Stony Plain and Area  
780-868-1895 (text or call)

**Alberta Health Services**

**General Information**

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal-focused. We aim to provide the right service at the right time for the right length.

**Phone Numbers**

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

**Intake Services**

**Intake Services:** Phone: 825.402.6799  
 Fax: 780.408.8776

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies

When a referral is received, a telephone screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

**Youth Addiction Services**

Youth Addiction Services Edmonton (YASE)  
 780.408.8783  
 #300,11634 142 Street, Edmonton, AB

Rutherford Mental Health Clinic  
 780.342.6850  
 # 202, 11153 Ellerslie Rd, Edmonton, AB



## Walk-In Services

**Walk-In Service** is available to children/youth aged 5-17. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring a specific issue and possible solutions. Parent/Caregiver attendance is preferred to support the child/youth. Families can call ahead to determine wait times.

### Locations and Hours:

- o Northgate Mental Health Clinic: 780.342.2700; #2020, 9499 137 Ave, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- o Rutherford Mental Health Clinic: 780.342.6850; #202, 11153 Ellerslie Rd, Edmonton, AB  
Monday to Friday 12:30 p.m. – 4:00 p.m. (last appointment at 4:00 p.m.)
- o St. Albert Mental Health Clinic: 780.342.1410; 30 Sir Winston Churchill Avenue, St. Albert, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)
- o Leduc Mental Health Clinic: 780.986.2660; 4906 49 Avenue, Leduc, AB  
**Wednesdays ONLY** 12:30 p.m. – 4:00 p.m. (last appointment at 3:00 p.m.)

## Crisis Services

The **Crisis Team** offers immediate crisis support through the Crisis Line (780.407.1000) to children/youth, aged 5-17, and their care providers. The Crisis Team also provides support to professionals in the community. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call. Available 7 days a week 8:00 a.m. – 11:30 p.m.

Emergency Department Resources:

- o **Stollery Emergency Department** – Physicians have access to a team of mental health specialists for children/youth who have an emergency mental health concern.
- o **Community Hospital Emergency Department** – Physicians will assess, determine a treatment plan, and consult as necessary for children/youth who have an emergency mental health concern.

## Crisis Phone Numbers within Alberta (24/7)

Health Link Alberta:	811 (Health Advice and/or to locate a family physician)
Mental Health Help Line:	1.877.303.2642 (toll free within Alberta)
Crisis Addiction Help Line:	1.866.332.2322 (toll free within Alberta)
Kids Help Phone: or text 686868 or chat <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	1.800.668.6868 (toll free across Canada)
Indigenous Help Line:	1.855.242.3310 (toll free across Canada)