



PARKLAND
SCHOOL DIVISION

Stronger Together

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

MARCH 2024

PSD Family Sessions: Self Regulation & Independence



What's Inside..?

- Upcoming Sessions #2-4
- Community Resources and Workshops #5-6
- Tri-Municipal Region Support Guide #7

As we step into March, the Parkland School Division is delighted to invite our community to a transformative Family Session. Join us on March 8, from 9:00 am to 10:30 am.

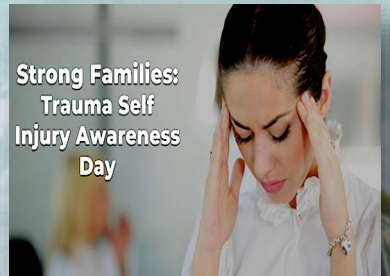
Join Psychologist, Joel Pukalo, as he shares strategies to support self-regulation from personal and professional experiences as an educator and a parent. This session will offer practical strategies to build emotional awareness and understand co-regulation and self-regulation. Parents are encouraged to bring questions or specific areas of challenges their children may be experiencing at this time.

This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at **780-963-8429**.

Location: Family Connection Centre

5600 50 Street, Stony Plain, AB T7Z 1P8

Trauma and Addictions Workshop



**Strong Families:
Trauma Self
Injury Awareness
Day**

In our upcoming session, we will be joined by professional counselor Jenn Banas who will walk participants through the nature of trauma, how it can manifest in the brain and our behaviors. You'll discover how unprocessed trauma, which includes attachment trauma, can predispose children to addictive behaviors. Attendees will also learn how to spot the signs of addiction and what tools are available for support.

We want to hear from you! Share your thoughts, ask questions, and let's build a supportive community. Learn how to recognize signs of addiction and explore the practical tools available to make a positive impact. In partnership with apfa! Click on the Image for more details.

Contact Us

Fristy Thomas
Division Family Support
Coordinator
e: fristy.thomas@psd.ca
p: 780-819-9607

Nicole Toma
Division Family Support
Coordinator
e: nicole.toma@psd.ca
p: 780-819-1962

Date : Tue, Mar 12, 2024

Time: 6:30 PM - 8:00 PM MDT

Location: Parkland School Division No 70 Centre for Education
4603 48 Street Stony Plain, AB T7Z 2A8

Healthy Together

Alberta Parenting for the Future Association
Health program designed to provide participants with information, skills and experiences to support them making healthy food choices

March 11th and 18th
4-5:30pm
Stony Plain Youth Centre



Basic Banking

United Way Alberta Capital Region Financial Pathways
Come learn about banking - What is the best bank account for you?

March 19th
4:30-6pm
Stony Plain Youth Centre

Online Registration Required

SPORTS FEST

Alberta Health Services Network
Join the Youth Centre for a day of sports and fun!
We will have: In-line skating, Kangoo Shoes, 100M running and Football.

March 25th
1-6pm
Heritage Park Pavilion

Online Registration Required and more info on the registration website.

STONY PLAIN YOUTH CENTRE and COMMUNITY FUTURES CAPITAL REGION
are Partnering to help youth jump feet first into their own business.

MIGHTY MONEY MAKERS

a Youth Entrepreneurs Training Initiative
Big STEPS in Youth Entrepreneurship

March 25, 26, 27 & 28th
1-3pm
Stony Plain Youth Centre

Ages - 11-14
Online Registration Required

Register online at stonyplain.com/youth-centre






FREE ONLINE CLASSES

Obesity Nutrition



Heart Health



Journey Through Grief



Call to sign up: 780-960-9533 (Ext. 3)
Info & dates: westviewpcn.ca/healthy-living



MIGHTY MONEY MAKERS

a Youth Entrepreneurs Training Initiative
Big STEPS in Youth Entrepreneurship

Ages
11-14

Cost
Free!

Dates
March 25, 26, 27, 28

Times
1-3pm

Location
Stony Plain Youth Centre
4902 51 Avenue, Stony Plain

Contact
youth@stonyplain.com
(780)968-3846

Register by scanning the QR Code and going to our registration tool.



STONY PLAIN YOUTH CENTRE and COMMUNITY FUTURES CAPITAL REGION
are Partnering to help youth jump feet first into their own business.

What's the big idea!
Youth Entrepreneurs supported by the Community Futures Capital Region staff have successful businesses running by age 16!
In as little as 10hrs/week for 8 weeks youth entrepreneurs have made an average of \$640 in profits - that's Mighty Money!
And it doesn't stop there...
Youth Entrepreneurs in our region are eligible to apply for business funds as young as 15!
That includes expanding your established money maker!
CFOR is Committed to supporting you and your Mighty Profits through camps, resources and community connection opportunities!





PARENT AND TOT PLAY GROUPS

Tomahawk Agra
51122 AB-759
Wednesdays 10 - 11:30am

Entwistle Community Recreation Centre
4916 51 St.
Fridays 10 - 11:30 am

A FREE program where children can play and caregivers can socialize!



www.albertaparenting.ca
call 780-963-0549






Teen Triple P Group

This session offers a toolbox of ideas to help parents improve family life, build better relationships with their children, and give them the best start in life. Parents can choose and adapt the ideas to suit their culture, beliefs, and personal situation, to help their teenager communicate well, develop healthy routines, follow rules, and solve problems.

Tuesdays, February 6th - March 12th
 6 - 8 pm
 Family Connection centre, Stony Plain
 780-963-0549
www.apfa.ca
info@apfa.ca



Salad Bar & Community Conversations



parkland
 county
 libraries

DUFFIELD ENTWISTLE KEEPILLS TOMAHAWK WABAMUN

Spruce
 Grove
 Public
Library



IDENTIFYING ELDER ABUSE

May 23rd: 11:30am-12:30pm - Tomahawk Agra

June 4th: 11:30am-12:30pm - Parkland Village

To register, contact Tanya at 780-460-2195 ext. 301
or email: tanya@saifsociety.ca



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



Youth Night

This program is designed to provide a welcoming space for youth to explore traditional Indigenous teachings, foster social connections, and savor the deliciousness of taco in a bag! It's not just an event; it's an experience that celebrates cultural heritage and promotes cross-cultural connections.

Dates: Bi-weekly, starting Thursday, January 11 2024
Time: 6-8 p.m.
Grades: 7-12
Location: Cantiro Pioneer Wellness Centre
(344 Pioneer Road, Spruce Grove, AB)
Contact: 780-963-0549



Basic Banking



Basic Budgeting



Debt Smarts



Identity Theft



RESPs



Financial Wellness For Seniors

REGISTER:
www.stonyplain.com/rsvp

780-963-8583





keep
in touch



TAX TUESDAYS

LUNCH LEARNINGS (12-1PM)

- **March 5:** Income Tax Basic Concepts
- **March 12:** Disability Tax Credit
- **March 19:** Benefits and Credits for All

INFORMATION AND TO REGISTER:

www.tricala.ca

780-591-3355

#115 4302-33 St., Stony Plain

YOUNG ADULT / YOUTH LEARNING (4:30-5:30PM)

- **March 26:** Income Tax Basic Concepts and Tips

Sessions available in person at TriCALA, or online from the comfort of your own home.



Low-Income Transit Pass



Basic Banking



What is the best bank account for you?

Learn how to make interest work for you!

Learn ways to reduce your account and transaction fees!



Get ready for your summer job!

Tuesday March 19.
4:30-6:00 PM
(Dinner Provided)
Stony Plain Youth Centre



STONY PLAIN YOUTH CENTRE

Healthy Together

mindful
eating



REGISTER
ONLINE

Scan me



A six week journey to health designed to provide participants with information, skills and experiences to support them in making healthy food choices. Each session includes cooking a healthy meal together. Facilitated by: Alberta Parenting for the Future (apfa)

DATES: January 15th & 29th, February 12th & 26th and March 11th & 25th.

TIME: 4:30-5:30PM

LOCATION - STONY PLAIN YOUTH CENTRE - 4902 51 AVE STONY PLAIN

CONTACT: (780)968-3846 or youth@stonyplain.com



Alberta Parenting
for the
Future Association



TRIREGION FOOD RESOURCES

Updated: November 2022

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

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

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

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
Food pantry of non-perishable items. No appointment necessary.

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
neighbourlink.parkland@telus.net



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
<https://www.sgconline.breezechms.com/form/communitytable>
780-962-5611

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
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
780-962-5611