



STRONGER TOGETHER

Parkland School Division Family Supports Newsletter June 2023

Dear parents and caregivers,

This will be the last Stronger Together newsletter for the 2022 - 2023 school year. Thank you for all of your positive feedback about the newsletter. We certainly are “ Stronger Together” and our community partners provide such valuable services to our families and our schools. We wish all of the families, staff and community the best that summer can bring.

I am moving on to retirement but I am leaving Family Supports in the best of hands. Jenn Goulden will continue sharing information via the newsletter, create family information evenings throughout the year and as always support families. I am confident that she will be a terrific support to families and a great connector with our community partners.

In this newsletter, we have provided a variety of opportunities that will be offered in our communities over the summer . We hope you can take advantage of some of the free activities with your family.

If you or anyone in your family needs any assistance during the summer, family support will be available. Contact Jenn at 780-819-1962 .

Take care, be safe and have a wonderful summer holiday.
Always find time for the things that make you smile,

Vicky Mamczasz

Jenn Goulden 780-819-1962

Summer Fun Ideas

Summer is a great time to kick back and enjoy some family time. See how many of the activities below you can do with your family this summer. Challenge yourselves to complete all 42 squares !

Climb a Tree	Play Hide Seek	Blow Bubbles	Play Ball Outside	Draw a picture	Have a pillow Fight
Go on a Family Bike Ride	Sleep in Late	Go to the Library	Watch Fire Works	Have a Water Fight	Stay in your Pjs all day
Cook a Family Meal Together	Sit Outside and watch the Stars	Do a Summer Craft	Have a Picnic	Go to a Splash Park	Read a Book
Go Swimming	Watch a Thunder Storm	Watch the Sunset	Watch the Sunrise	Camp in the Backyard	Wash a car
Fly a Kite	Have a Family Game Night	Have a Water Fight	Have a Relay Race	Play with sidewalk Chalk	Run through the Sprinkler
Do something for Someone	Bake Cookies	Play at the Park	Go on a nature Walk	Go for Ice Cream	Go on a Scavenger Hunt
Do a Puppet Show	Play in the rain	Make a outdoor Fort	Paint Rocks	Have a Lemonade Stand	Go on a Hike

The Stony Plain Public Outdoor Swimming Pool has been making a splash in the community for 51 years!



Located at [5210-55 Avenue](#), the Stony Plain Outdoor Pool has been making a splash in the community for more than 50 years. The Town of Stony Plain works collaboratively with the [TransAlta Tri Leisure Centre](#) to operate the six-lane outdoor pool from mid-May to the end of August.

View [Pool Information](#) for details.



Spray Park Hours:

Monday-Friday: 9:00 AM-8:00 PM

Saturday-Sunday & Holidays: 10:00 AM-8:00 PM

Did you know that Stony Plain has Free music in the park Wednesdays, June 14 - August 2, 2023

This free concert series is hosted weekly in Heritage Park on the Blueberry Stage. There is limited seating (picnic tables) on site, and it is recommended that guests bring their own chairs. Bring a picnic or purchase refreshments from the on-site food vendors. Concerts will be rain or shine and gates open each night at 5:30 p.m. Special Guest performances start at 6:30 p.m. and headliners go live at 7:00 p.m.

See the line up here: [Summer Sessions - Town of Stony Plain](#)

Food trucks on site each night will be [Boss Dogz](#) and [The Whole Scoop](#) (Note: July 26 [El Mero Mero](#) will replace Boss Dogz)

To Learn more about activities please see [Things to Do - Town of Stony Plain](#)

Summer Activities in Spruce Grove

Check out the [Summer Activities in Spruce Grove](#)



Spray park

[Ken Morrison/REMAX Excellence Spray Park](#)

Splash pads

- Central Park splash pad, located near the Lions Log Cabin in [Central Park](#), is open for the season.
- Penn-West Energy splash pad, located at the front Entrance of [Fuhr Sports Park](#), is open for the season.

Parks and trails

Spruce Grove has many parks and trails ready to be explored including [Central Park](#), [Heritage Grove Park](#), [Jubilee Park](#) and the [Spruce Grove Skate Park](#).

Parks and playgrounds

Spruce Grove has almost 50 [parks and playgrounds](#) around the city.

Rotary Playscape

The [Rotary Playscape](#) is open 365 days a year. This incredible playground was designed by kids, for kids and provides opportunities for all ages to get out and play. Located at Fuhr Sports Park.

Summer in the City programs

When school's out there's no reason for the kids to be bored in Spruce Grove. [Summer in the City](#) offers a variety of programs and week-long adventure and recreation camps to keep them occupied.

Disc Golf

Disc Golf is similar to traditional golf but uses a flying disc instead of a ball and club. The nine-hole [disc golf course](#) is located at Jubilee Park.

Pickleball

Played on [12 outdoor courts](#) located on South Avenue at the Henry Singer Park in Spruce Grove; Pickleball is the hottest sport in North America. Come see what all the laughing is about.

Tennis

The City of Spruce Grove has five [tennis courts](#). The tennis courts are free for the community to use and are not scheduled.

Geocaching

Do you like to treasure hunt? Geocaching is an interactive treasure hunt using a GPS device. Make friends and track your treasures!! To find geocaching opportunities, visit the official [Geocaching website](#) .

You may like:

[25 Fun Things to Do with Kids in Parkland County](#)

[25 Summer Activities and Adventures in Parkland County, Stony Plain and Spruce Grove | To Do Canada](#)

Stony Plain & Spruce Grove Libraries

Check out the June calendars/activities at the **Stony Plain at the Spruce Grove Libraries** by clicking on the below images.



Get your kids involved - check out programs at the [Tri-Leisure](#).

You may qualify for a [subsidized pass](#) through Wishing You Wellness



Funding is available!! Your family may be eligible!

[KidSport 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.

Every Kid Can Play

Announced April 24, the Alberta government is investing \$8 million to help make sports, physical activity, and recreation more accessible through the new [Every Kid Can Play](#) program. Designed to enable more Alberta children and youth to access sports, physical activity and recreation, the program will provide up to \$350 for program registration costs to Alberta families that are struggling financially. Parents can apply for funding in June through the Alberta chapter of KidSport, linked above.

[Alberta Affordability Payments](#) Families with children - Families can apply for **\$600 per child under 18 until June 30, 2023.**



Kickstand Connects – Summer Workshops and Resources

Caring for one's mental health isn't just about reaching out once you've hit a breaking point. It's also about building strength and preparing for stressful times like the end of the school year. Encourage your students and their families/caregivers to take advantage of the many workshops and supports [Kickstand Connect](#) is offering over the summer. From managing stress and anxiety to one-on-one appointments with trained health professionals, the free virtual walk-in clinic, exclusively designed for young Albertans aged 12 to 25, has the resources needed to thrive all year! Learn more & find how you can download the Kickstand app through the link above

Resources for Parents and Caregivers (activities for kids & 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 or call 780-963-0549.

Check out the [June Calendar](#)/activities at APFA

Please see the May Stronger Families Newsletter if you are interested in Summer Camps



Community Education Services



Learn Something New - free sessions for parents and caregivers

Teens in Trouble With the Law: What You Need to Know - June 15th - [For more info and registration](#)

Navigating Technology with our Youth - June 22nd - [For more info and registration](#)

Trauma Informed Care Approaches – Translating Trauma-Informed Principles Into Action June 22nd -[For More info and registration](#)



TRIREGION FOOD RESOURCES

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
780-962-4700

Community Table

180 Century Road, Spruce Grove
Hot meal to go for pick Up
Last Friday of the month
www.sgrconline.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

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net

Updated: October 2022

Reach out for support in our community:

[Youth Mental Health](#) Clinic (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221

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

Mental health and substance use - AHS - Substance Use Therapist - Lisa Kimmerly - 780-868-1895,

If you or someone you know is struggling with substance use, [help is available.](#), [Alberta AHS - Addiction and Mental Health Resources](#)

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 Jenn Goulden 780-819-1962

Alberta Community Resource 211

Emergencies 911