

# YOUTH PROGRAMS

## **SPRUCE GROVE YOUTH AT THE LOG CABIN DROP-IN PROGRAM**

9 AGRENA ROAD, SPRUCE GROVE  
MONDAY - FRIDAY, JULY 7-AUGUST 22  
TIME: 1-8 P.M.  
PHONE: 780-962-7632

## **SPRUCE GROVE PUBLIC LIBRARY**

THE SPRUCE GROVE LIBRARY HOSTS MANY  
PROGRAMS AND EVENTS FOR YOUTH  
THROUGHOUT THE SUMMER, TO SEE  
WHATS HAPPENING PLEASE VISIT  
[WWW.SGPL.CA](http://WWW.SGPL.CA)

## **STONY PLAIN YOUTH CENTRE**

OFFERS A SAFE, FUN, AND INCLUSIVE  
SPACE FOR YOUTH AGED 11-17, WITH  
SUMMER PROGRAMS, OUTINGS, AND  
LEADERSHIP ACTIVITIES.  
PHONE: 780-968-3846  
[WWW.STONYPLAIN.COM/YOUTH](http://WWW.STONYPLAIN.COM/YOUTH)

## **STONY PLAIN LIBRARY**

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[WWW.MYSPPL.CA/EVENTS](http://WWW.MYSPPL.CA/EVENTS)



## CONNECT WITH US

### *COMMUNITY SOCIAL DEVELOPMENT (CSD)*

*City of Spruce Grove*

*Ph: 780-962-7618*

*E: [csd@sprucegrove.org](mailto:csd@sprucegrove.org)*

### *COMMUNITY & SOCIAL DEVELOPMENT*

*Town of Stony Plain*

*Ph: 780-963-8583*

*E: [connect@stonyplain.com](mailto:connect@stonyplain.com)*

# STAY CONNECTED FOR THE SUMMER

## Youth Support & Wellness Guide



## 1:1 SUPPORT

**WestView Primary Care Network** – Youth Community Connectors supports youth ages 11-24 and their families in accessing community and mental health support by working collaboratively with community stakeholders, social service agencies, and health care providers.

Taliyah Bowen  
Stony Plain & Parkland County  
Call or Text 780-217-4146

Alex Brent  
Spruce Grove & Parkland County  
Call or Text 780-220-0290

### **Community Outreach Program**

Provides in-person support to individuals in Spruce Grove who are unsheltered, at risk of being unsheltered, or experiencing multiple barriers to well-being.

Outreach services are available Monday to Friday, from 8:30 a.m. to 4:30 p.m.  
Call 780-962-7583

### **Life Skills Wrap-Around Program**

This program supports youth and adults (18+) looking to build life skills, confidence, and resilience to meet their individual needs.

To learn more call 780-963-8583

## HELP LINES



**988 Suicide Crisis Helpline:** Call or text 988 for free, 24/7

### **CMHA Distress Line:**

Call 780-482-HELP (4357) Online chat available at [edmonton.cmha.ca](https://edmonton.cmha.ca)

**Bullying Help Line:** 1-888-456-2323

### **Children's Mental Health Crisis Line:**

780-427-4491

### **Briteline support for LGBTQ2s+**

1-844-702-7483

**Trans Lifeline** 877-330-6366

## MENTAL HEALTH & WELLNESS

### **WestView Primary Care Network – Youth Mental Health Clinic**

205-505 Queen Street  
Spruce Grove, Alberta  
Phone: 780-960-9533

### **Kickstand**

Free mental health support for young Albertans ages 11-25 offered virtually or in person at the West Edmonton Mall location.  
Visit <https://mykickstand.ca/> for more information.

## MENTAL HEALTH & WELLNESS

### **Alberta Health Services – Children & Adolescents Addiction & Mental Health Intake**

Ph: 825-402-6799

### **Youth Mobile Substance Use Services**

Ph: 780-868-1895

### **Spruce Grove CSD Community Counselling**

Offers short-term counselling sessions, in-person and virtual to residents 16+ living in Spruce Grove or Parkland County.

Walk-ins: 414 King Street, Spruce Grove  
Ph: 780-962-7618

### **Community No/Low Cost Counselling Services**

For a list of affordable, community-based counselling support for all ages in the Tri-Municipal Region visit [www.stonyplain.com/support](http://www.stonyplain.com/support)

### **Wishing You Wellness**

The Wishing You Wellness Program offers subsidies for TransAlta Tri Leisure Centre passes and memberships, helping eligible families overcome financial barriers to access recreation services.

Ph: 780-963-8583