

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

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

CONNECT WITH US

COMMUNITY SOCIAL DEVELOPMENT (CSD)

City of Spruce Grove

Ph: 780-962-7618

E: csd@sprucegrove.org

COMMUNITY & SOCIAL DEVELOPMENT

Town of Stony Plain

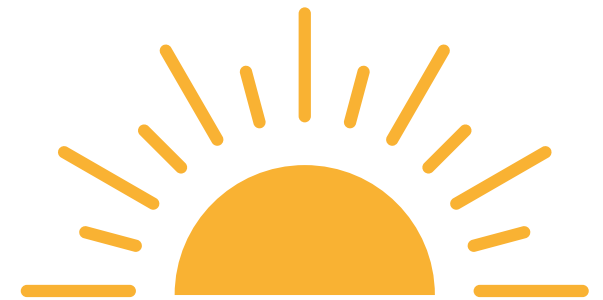
Ph: 780-963-8583

E: connect@stonyplain.com



STAY CONNECTED

Youth Support & Wellness Guide



YOUTH PROGRAMS

Stony Plain Library

The Stony Plain library hosts many programs and events for youth throughout the summer, to see what's happening please visit www.mysppl.ca/Events

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

Parkland County Libraries (Duffield, Entwistle, Keephills, Tomahawk, Wabamun)

Parkland County Libraries offers a variety of programs and events for youth all year round. Discover what's happening by visiting:

Phone: 780-731-3725

www.pclibraries.ca/events

YOUTH PROGRAMS

Spruce Grove Public library

The Spruce Grove Library hosts many programs and events for youth throughout the summer, to see what's happening please visit www.sgpl.ca

Spruce Grove Programs

Information on upcoming youth programs can be found at: sprucegrove.org/community/programs

Alberta Parenting for the Future Programs

Activities and programs for youth can be found at: <https://www.apfa.ca/events>

MENTAL HEALTH & WELLNESS

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

MENTAL HEALTH & WELLNESS

Kickstand Spruce Grove

Free mental health, wellness and health services for Tri-Region residents ages 11-25 offered in person at 447 King Street in Spruce Grove.

For more information, visit <https://mykickstand.ca/communities/sprucegrove/>

Alberta Health Services - Children & Adolescents Addiction & Mental Health Intake

Phone: 825-402-6799

Youth Mobile Substance Use Services

Phone: 780-868-1895

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.

Monday to Friday, from 8:30 a.m. to 4:30 p.m.

Call 780-962-7583

WestView Primary Care Network Youth Mental Health Clinic

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