

SPRUCE GROVE

FCSS



Family & Community Support Services

105 - 505 Queen Street Spruce Grove, AB.
fcss@sprucegrove.org 780-962-7618
www.sprucegrove.org/fcss



FCSS ADULT PROGRAMS

FCSS YOUTH & YOUTH MENTORSHIP

Community Services

Counselling

Spruce Grove FCSS provides free, short-term counselling services to those who qualify. For more information or to complete an intake to determine eligibility please call 780-962-7618.

Volunteer Income Tax Program

Is your family low-income with a simple tax return? You may be eligible to have your taxes completed at no charge through the Community Volunteer Income Tax Program (CVITP).

As well, we are looking for volunteers to help with completing tax returns. If you have a basic understanding of income tax and would like to become a CVITP volunteer please call Spruce Grove FCSS at 780-962-7618 for more information.

Information & Referral

Looking for a community resource and don't know who to call? 211 provides Information & Referral services to Spruce Grove, Stony Plain and most of Parkland County, with a single point of access to comprehensive information through trained, certified professionals on a 24-hour-a-day, 7 days a week basis. Spruce Grove FCSS and Social Planning, Stony Plain FCSS and Parkland County contract Alberta Mental Health to provide 211 services to the tri-region.

Volunteer Opportunities for Adults

Meals on Wheels

Spruce Grove Meals on Wheels provides a hot, nutritious meal for people who are unable to prepare their own. Volunteer drivers help to keep costs affordable for the people who need this service. Each meal costs \$ 9.50.

To volunteer to deliver Meals on Wheels or to arrange delivery, call 780-962-7618

Please go to our website
for more Program Information
www.sprucegrove.org/fcss

One-Two-Three-GOAL!

The purpose of this goal setting workshop is to help you accomplish your goals through an organized process made easy for you
Thursday, May 25 6:30 - 8:30 p.m.
Border Paving Athletic Centre 9 Tri Leisure Way
Free

You Can't Stop the Waves: Navigating the Waters of Stressful Times

Learn a positive approach for managing change.
Monday, June 5 6:30 - 8:30 p.m.
Stony Plain FCSS, 107 Forest Green Plaza
\$25/person

Couples Communications: For Better or For Worse

In this workshop you will learn about assertiveness, how to express yourself effectively and how to stand up for your point of view while respecting the rights of others.
Tuesdays: June 6 - 20 6:30 - 8:30 p.m.
Stony Plain FCSS, 107 Forst Green Plaza
\$60/couple

FCSS PARENT EDUCATION

Children's Education Savings Planning

Do you imagine your child continuing their education after high school? The Government of Canada can help you save your child's future. Come and find out more.

Tuesday, April 25
6:30 - 8:30 p.m.
Border Paving Athletic Centre 9 Tri Leisure Way
Free
Registration required - call 780-962-7618

Kitchen Science (ages 3-6)

This fun and flavourful program will engage children in an exploration of food science.
Monday, May 1 1 - 2:30 p.m.
Spruce Grove FCSS, 105-505 Queen Street
\$5/session/family

Babysitter Training (ages 11-14)

Babysitter Training is designed to increase confidence and skills needed to be a great babysitter. \$60/person

Saturday: May 20 9 a.m. - 4 p.m.
Parkland Village Community Centre
Saturday: June 3 or June 24
9 a.m. - 4 p.m. Spruce Grove FCSS

Home Alone + First Aid (ages 10+)

This fun and active course helps prepare kids to be at home alone and how to respond to medical emergencies. \$55/person
Saturday: May 6 9 a.m. - 1 p.m.
Spruce Grove FCSS

Junior Gourmets (ages 8-12)

Learn safe and proper ways to prepare nutritious meals and snacks. \$67/person
Friday: May 19 9 a.m. - 3 p.m.
Spruce Grove FCSS, 105-505 Queen Street

Social Media Netiquette (ages 10 - 15)

Learn appropriate skills when using different forms of social media. \$32/person
Thursday, May 4 4 - 6 p.m.
Spruce Grove, FCSS, 105 - 505 Queen Street

YOUTH MENTORSHIP PROGRAMS

Youth are invited to drop in for one of our regular programmed activities or just come hang out with your friends.

Winter Hours of Operation

Tuesday - Friday: 4 - 8 p.m.
Saturday: 1 - 8 p.m.
Sunday & Monday: Closed

Weekly Programs:

Tuesday: Tye Dye Tuesdays
Wednesday: Ultimate Challenge
Thursday: Movie Night
Friday: Jam Night
Saturday: Skateboard Education & Craft Corner

YOUTH GROUPS

Parkland Village Youth (ages 12 - 17)
Tuesdays and every other Thursday
7 p.m. Parkland Village Community Centre
60 - 53222 RR 272 Free

Girls Group (ages 12 - 17)

Every other Wednesday
7 p.m. Parkland Village Community Centre
60 - 53222 RR 272 Free