



Support ● Resources ● Collaboration ● Community

We are here to help!

Find out more about resources, referrals or for information on dementia.

Refer a Caregiver

Caregiving can be overwhelming, and asking for help isn't always easy.

Do you know a caregiver who's been putting themselves last?

Share our number so they can receive a free self-care package and get connected to helpful supports.

Stony Plain

Community & Social Development



(780) 963-8583



connect@stonyplain.com



www.stonyplain.com/dementia

Spruce Grove

Community Social Development



(780) 962-7618



CSD@sprucegrove.org



www.sprucegrove.org/csdprograms

