

THE LOOP

MARCH 2021



MHCBC Wellbeing Team



Hello, Lethbridge School Division staff and families!

Welcome to the March issue of THE LOOP! In spite of losses people may have experienced in the past year, there are positive outcomes to also acknowledge. We hope you have found some positive moments through this pandemic. Remember, if you or your family need support, the helpers are out there- in your school and your community. We are here for you! Please email THE LOOP submissions to kathy.mundell@lethsd.ab.ca

The Alberta Teachers' Association **In Focus 2021: A CSC Virtual Conference**
April 30, 8:45-4:30 & May 1, 9:00-12:30

CSC
ATA Council of School Counsellors

The Alberta Teachers Association Council of School Counsellors presents an online virtual conference featuring:

Welcome address from ATA President Jason Schilling

Sessions include:

- Calgary & Area Child Advocacy Centre: Healing Centred Practices
- Dr Robbin Gibb, PhD: CCBN, Play for Success
- Tanzi Hoover, R. Psych: Refugees, Trauma & Mental Health
- University of Lethbridge Bookstore: Healing & Growing in Literature
- Bernie & Toby Boulet: Grief in the Public Eye
- Tyler Smith: Not Alone, Perspectives from Tragedy
- Vincent Mireau, R. Psych: Supporting Overachievers
- Cyndi Starzk-Frey, RSW: Self Care Planning
- Mental Health Commission of Canada: Headstrong, youth mental health leadership

Registration is FREE to all Council of School Counsellor members.
Registration information via 'Sched' will be emailed to all members.
Not a member? Sign up NOW for \$35 by contacting our ATA Staff Advisor:
Dan Grassick at: dan.grassick@ata.ab.ca

***WIN memberships to the Mental Health Academy valued at over \$400!**
Friday evening FREE film screening with live panel discussion.

CONNECTING THE DOTS
A GLOBAL CONVERSATION ABOUT YOUTH MENTAL HEALTH

THE FIRST 100 REGISTRANTS WILL RECEIVE...
A comfort box valued at over \$50

MENTAL HEALTH PROMOTION COMMITTEE OF SOUTHERN ALBERTA presents MENTAL HEALTH DURING THE PANDEMIC

A Virtual Information Series
Wednesdays, 6:30 - 8:30 PM
\$10.00/presentation

FEBRUARY 24
Parenting through the COVIDBlues
with Michelle McFadden, B.A., B.Ed., M.C. & Kalie Dye ECE/CYC/W

MARCH 24
Preventing Burnout through Wellness
with Tracy Harvey, MSW, RSW

APRIL 14
Addictions & COVID
with Kayla Napper & Laura Hahn, AHS

MAY 5
Understanding Suicide
with John Thompson, B.A., RSW

CLICK HERE to register.

- Lunch & Learn Webinars (Tuesdays noon-1:00 pm)
 - Keeping Scattered Kids on Track: Understanding ADHD March 1 & 8
 - Mindfulness: Benefits for the Whole Family March 2 & 9
 - Building Executive Functioning Skills March 15 & 22
 - Parenting Strategies That Promote Positive Mental Health March 16 & 23

- Caregiver Education Sessions (Wednesdays 6-7:30 pm)
 - Sleep and Your Family's Mental Health March 3
 - Parenting Teens in the 21st Century March 10
 - Supporting Self-Regulation in elementary School Children March 17
 - Technology and the Teenage Brain March 24
- Drop-in Series (Thursdays 6-7:30 pm) Anxiety: A 4-Part Series March 4, 11 18 & 25

For more information, visit www.cyfcaregivereducation.ca

CLICK HERE to view the Caregiver Education Team Newsletter and for more details about the March sessions

After School Unpacking Staff Wellness

THURSDAY, MARCH 11 3:30-4:30
Join AHS Health Promotion Facilitators to explore subtle but meaningful actions that can boost staff wellness. As a group we will discuss strategies around promoting and fostering work-life balance, skills for self-care, healthy relationships, and the ripple effect.
CLICK HERE to register.

Need Support?

KidsHelpPhone.ca
1800 668 6868

Kids Help Phone
TEXT 686868



Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE
TOLL FREE 1-833-294-8650

Text4Hope
393939

24hr free ONLINE support for Albertans
togetherall.com

ADDITION HELPLINE



1-866-332-2322

McMan has a new FREE youth drop-in service for youth ages 14-30. Youth may utilize Wi-Fi, computers, Xbox and art supplies. Youth workers are available to assist youth with life skill development, including; learner's license preparation, resume building, job/volunteer applications and cooking/baking. **Drop-in runs from 10:00 AM-4:00 PM every Friday.** Due to COVID-19, youth must schedule their one-hour drop-in time by contacting Kate Clements at 403-308-7463. **To minimize barriers transportation is available with appropriate notice.**



Post-Secondary Fairs

[CLICK HERE](#) for access information about **post-secondary fairs!**

Mar 1 5:30pm Concordia
Mar 2 5:00pm SAIT
Mar 3 5:00pm Mount Royal
Mar 4 5:00pm Univ of Alberta
Mar 8 5:00pm MacEwan Univ.
Mar 9 5:00pm Med Hat College
Mar 10 6:00pm Red Deer College
Mar 11 5:30pm Univ of Calgary
Mar 11 6:30 pm Univ of Lethbridge
Mar 17 7:00pm Olds College
Mar 22 5:00pm Bow Valley College
Mar 23 5:30pm AB Univ. of the Arts
Mar 24 6:30pm Univ. of Lethbridge
Mar 25 5:30pm Ambrose University

[CLICK HERE](#) to register for exciting sessions.



**Pediatric Nurse (Mar 2) Veterinarian (Mar 4)
Operating Room nurse (Mar 25) Hairstylist (Apr 1)
Genomicist and Bioinformation (Apr 27)**

[Check out the site for pre-recorded sessions.](#)

March/April Scholarship Deadlines

[Stacey Levitt Award](#) \$4000 (March 1)
[John Hasselfield Endowment Foundation](#) \$400 (Mar 1)
[Pathways to Medicine Scholarship](#) \$27000 (Mar 1)
[Canadian Hearing Services National Scholarship](#) (Mar 10)
[Quest for Excellence](#) \$1000 (Mar 13)
[Calgary Stampede Grade 12 Western Art](#) \$2000 (Mar 17)
[Ray Jolliffe Memorial Scholarship](#) \$2000 (Mar 31)
[Northern AB Development Council Bursary](#) (Apr 30)
Indigenous Scholarship Opportunities
[Belcourt Brosseau Métis Awards](#) \$1000-10000 (Mar 31)



To Register: Call
403-327-5724



18+

Thursdays, 9:30-11 am
Mar 4, 11, 18, 25 April 1 and 8
Identify as female



18+

Thursdays, 1:00-2:30 pm
Feb 25, Mar 4, 11 and 18
Everyone welcome.

Living with Suicide Loss



18+

Mondays 2:00-3:30 pm
March 1, 8, 15 and 22
Everyone welcome.

PRESENTED BY **volunteer lethbridge**
non-profit leadership centre

Nominate someone for a
Volunteer of YQL award!
Open Mar 1-31

[CLICK HERE](#) for more information



JA Southern Alberta
A Member of JA Canada

Junior Achievement is dedicated to educating students in grades 4-12 about financial literacy, entrepreneurship and work readiness. Contact Davina comstock@jasouthalberta.org



Here you'll find information about the ever-changing online interests of young people, the potential risks they face and proactive strategies to help keep your child/adolescent safe while online.



Alberta Health Services

Learn how to manage stress in challenging times

Transform Your Stress: The Resilience Advantage – Strategies for Managing Stress in Challenging Times

Part 1: Mar 9, Apr 15, May 18, Jun 21
Part 2: Feb 24, Mar 30, Apr 29, Jun. 1 & 28

[CLICK HERE](#) for registration information and times.



umind

FREE Webinar series! [CLICK HERE](#) for more information
Trauma in the Midst of Trauma with Dr. Barbara Ward - March 3
Grieving Over The Loss of Our 'Old Ways' of Working - March 9

Mental health professionals who work with and support youth and families living with mental health issues draw upon a vast toolbox of resources. How to break down these resource silos and facilitate the exchange of this knowledge between organizations is the genesis of Umind.



CANADIAN CENTRE for CHILD PROTECTION
Helping families. Protecting children.

[CLICK HERE](#) to access free
Video Read-Along Storybooks
to help keep kids safe

PARENTING TWEEENS AND TEENS IN THE

DIGITAL WORLD



jack.org
young leaders revolutionizing mental health

The Albert COVID-19 Youth Mental Health Resource Hub

A hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.

Centre for Sexuality



March 16: Communication
April 20: Allyship

Cloud GSA offers a virtual space for middle/ high school GSA students across Southern Alberta to connect. Each meeting we'll have a theme, activity, and time to socialize! We meet on the third Tuesday of each month from 5:00pm-6:30pm. Please email rsingcentreforsexuality.ca for the link.