





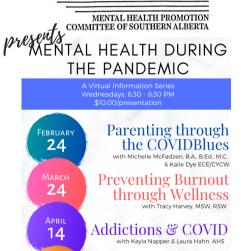
MARCH 2021



#### 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





### **CLICK HERE** to register.

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, skil<mark>ls for sel</mark>f-care, healthy relationships, and the ripple effect. 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

o 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

o 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



KidsHelpPhone.ca 1800 668 6868

**Kids Help Phone** 

**TEXT 686868** 



CLICK HERE to view the Caregiver

Education Team Newsletter and for more details about the March

TOLL FREE 1-833-294-8650







Understanding

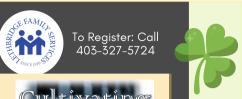
Suicide



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, McMan resume building, job/volunteer applications and cooking/baking

Drop-in runs from 10:00 AM-4:00 PM every

Due to COVID-19, youth must schedule their onehour drop-in time by contacting Kate Clements at 403-308-7463. **To minimize barriers** transportation is available with appropriate notice.



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



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

Living with Suicide Loss



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



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

**CLICK HERE** for more information

## **Post-Secondary**

**CLICK HERE** for access information about postsecondary fairs!

🛕 JA Southern Alberta

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

PROTECTKIDS # ONLINE.CA™

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

**Transform Your Stress: The Resilience** 

<u>Advantage — Strategies for</u>

Part 2: Feb 24, Mar 30, Apr 29, Jun. 1 & 28

CLICK HERE for registration information

Part 1: Mar 9, Apr 15, May 18, Jun 21

Learn how to

manage stress in

challenging times

child/adolescent safe while online.

**Alberta Health** 

Services

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 5:00 pm MacEwan Univ. Mar 9 5:0pm 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 7:00 pm Olds College Mar 22 5:00pm Bow Valley College Mar 23 5:30pm AB Univ.of the Arts Mar 24 6:30 pm 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)

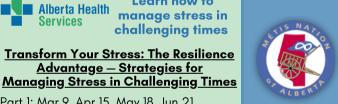
# For those tough parentning times...



Family Centre offers individual parent support, where you can talk with one of our professional parent educators about your situation. This could be a 1-hour consultation filled with parenting strategies and tips or it could be ongoing sessions to work on goals and more complex parenting challenges.

<u>Dealing with Disobedience</u> (onsite) March 18 (6-7:30) <u>Kids Have Stress Too</u> (online) March 25 (6-7:30)

Call a Family Connector at 403-320-4232 ext. 240



CLICK HERE to access the Metis Nation of Alberta website. The MNA Children & Family Services have partnered with Dolly Parton's Imagination Library to enhance early learning and literacy within our community.

New Metis mental health supports available to MNA citizens of all ages. Call 1-877-729-0261



and times.

FREE Webinar series! <u>CLICK HERE</u> 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.



18+



#### 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



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 rsing@centreforsexuality.ca for the link.