THE LOOP

FEBRUARY 2022

Lethbridge SCHOOL DIVISION

MHCB Wellness Team



Hello, Lethbridge School Division students, staff, families and community partners.

Welcome to the February issue of THE LOOP! With ongoing pandemic responses and restrictions, concerns around our mental health continue to be a priority. We hope THE LOOP connects you with the community supports and services you may require to support and promote positive mental health for yourself and others. Please reach out for support when you need it. Lean into others. Talk things through. We are here to help. We are in this together.

Alberta Health Services

If you're looking for an addiction and/or mental health service, help is available. 24/7.

- **Emergency – 911**
- **Addiction Helpline – 1-866-332-2322**
- **Mental Health Helpline – 1-877-303-2642**
- **Alberta Mental Health (AMH) services – 1-888-594-0211** NEW
  - **Available Monday to Friday starting at 8:30 a.m.**
  - **AAMH staff are available to help you and will complete a clinical interview over the telephone to determine your needs. Our team will provide options in order to connect you with the most appropriate resources or services in your area.**

CES

MyHealth.Alberta.ca | Alberta Health Services | Alberta Government

Virtual Education Sessions

CLICK HERE to sign up for the CES newsletter
CLICK HERE to register for sessions
(or click on the title of session)

Feb 2 Birth Control and Sexually Transmitted Infections (STI) What do you need to know? 6:30-8 PM
Feb 7 Domestic Violence 10:00 AM- noon
Feb 7 On the edge of our seats: when excitement tips into anxiety 6:30-8 PM
Feb 9 Brain Science: Sciences of Hope and Resilience 10:00 AM- noon
Feb 9 Cyber Safety 6:30 PM - 8:30 PM
Feb 15 Providing resolutions for toxic shame in children and youth 6:30 PM - 8:00 PM
Feb 16 Managing Anxiety in Youth within the COVID-19 World 6:00 PM - 8:00 PM
Feb 24 Mindful Moments: Building Stronger Family Connections 6:30 PM - 8:00 PM
Feb 28 Part 1: The Process of Addiction 6:30 PM - 8:30 PM
Mar 7 Getting Pronouns Right: How to be an ally to the gender diverse community 6:30 PM - 8:00 PM
Mar 15 Taming Anxiety Gremlins using the Anxiety Compass 6:30 PM - 8:30 PM



Need Support?

KidsHelpPhone.ca
1 800 668 6868
Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT
686868
AND BE CONNECTED TO TRAINED HELPERS
Kids Help Phone Jeunesse, J'écoute
bgc

24hr free Mental Health HELPLINE 1-877-303-2642
Alberta Health Services

Text4Hope 393939

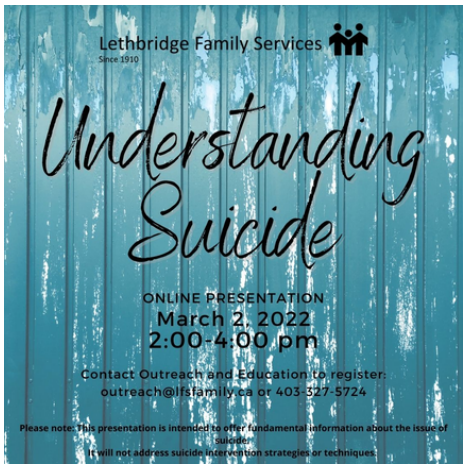
24hr free ONLINE support for Albertans
togetherall.com

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

ADDICTION HELPLINE
Alberta Health Services
1-866-332-2322

Outreach and Education

To Register: Call 403-327-5724
counsellingintake@LFSFamily.ca











Supports for our adult community

Age 18+

Imagine INSTITUTE FOR LEARNING

Registration for sessions can be found at:
www.imagineinstitute.ca/bookings

Supporting Children Through and After Covid

February 8 9:00-12:00 Cost $55

Our lives have changed dramatically as a result of COVID-19. We do not yet know the long-term impacts of this particular global experience, but we do know a lot about stress and how it impacts the developing brain and body. And, thankfully, there are plenty of strategies everyone can use to lessen these impacts on children and build their resilience. This three-hour session will describe the potential impacts of the COVID-19 pandemic on children, and what we as adults can do to support them. Participants will also explore their own coping strategies and how they can continue to keep themselves healthy as they support the children in their care.

Workplace Wellness Level 1 and 2

February 2 and February 23 9:00-12:00 Cost: $0

Level 1: Connection: This 3-hour interactive session is for those employed in the human services sector whose working conditions and identities as workers have been changed and challenged by the pandemic.

Level 2: Preservation: This 3-hour interactive session builds on the reflective work completed in Level 1 and aims to support employees with practical tools to enhance their workplace wellness during these challenging pandemic times.

Alberta Health Services

To register call intake at 403-382-5278

Age 5-8 **Fearless Feathers** is a four session, virtual group designed to address anxiety in children. You will need access to a device able to run the Zoom application.

Age 11-14 **UP Group** is our introductory group that offers children and youth evidence-based skills to help manage many of life's challenges and difficulties related to emotions and mental health.

ADHD Parent Information Group is a parent group focusing on: understanding ADHD, working with schools, medication, self-care and parenting strategies.

Tuesdays 1:30-2:30 pm (Jan.11- Feb. 15) Tuesdays 6:30-7:30 pm (Jan.11- Feb. 15)
Tuesdays 1:30-2:30 pm (Apr.26- May 31)
Tuesdays 6:30-7:30 pm (Apr.26- May 31)

Sessions are open format so you can choose the number of sessions to attend.

Keep Calm Parent On
Tuesdays March 1 to April 22 6:30-7:30pm

This Zoom group will be offered 6 nights in a row for one hour each 45 minutes of presentation and 15 minutes of discussion. This will be an information sharing group, it is not therapeutic.

This Parenting Group is designed to provide support to parents who are struggling with high levels of conflict in the home with their children/teens with or without a mental health diagnosis. Through power point presentations, and discussion, parents/caregivers will gain a greater understanding and insight with the provided topics to support effective parenting to manage conflict in the home and a healthy parent/child relationship.





IT'S OKAY TO ASK FOR HELP



No matter how you are doing, you are not alone. Help is available.

If you are in CRISIS

Distress Line of Southwestern Alberta

24/7 Telephone support for anyone who is in distress and requires support, intervention and/or information and referral services

Need someone to talk to? We're here to listen.

Call 403-327-7905

Toll Free 1-888-787-2880

Looking for SUPPORT

Community LINKS
Integrated Coodinated Access

Information and referral services connecting people to community health, social and government services and programs.

Connect by phone, email or in person at **Lethbridge Public Library** and other satellite locations.

Call 403-328-LINKS (5465)

Email info@community-links.ca

Want to build SKILLS

Recovery College Lethbridge

Peer led classes designed to help people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's journey to mental wellness.

Check online for upcoming courses.

Call 403-329-4775

www.recoverycollegelethbridge.ca

Canadian Mental Health Association
Alberta South Region
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
LETHBRIDGE

NO. MORE. BARRIERS. bgc

bgc Lethbridge

YOUTH CAMPUS

For youth/young adults 11-21.

Monday- Friday 9:00-3:00

A daytime drop-in program for youth/young adults looking for support, connection, education and resources outside of the traditional school enviroment.

For program options and to register, contact Taylor at:

Call or text 403-715-0853

youthcampus@bgclethbridge.com

www.bgclethbride.com (under the Youth Services menu tab)



YOUTH DROP-IN!

MONDAY	TUESDAY
AGES: 11-14	AGES: 14-18
6:30pm-9:00pm	6:30pm-9:00pm

FREE DROP-IN CENTRE FOR ALL YOUTH IN THE COMMUNITY!

SNACKS, GIVEAWAYS, VIDEO GAMES, PHYSICAL ACTIVITY, TABLE TOP GAMES, LEADERSHIP ACTIVITIES, MENTORS AND SO MUCH MORE!

Every Wednesday 7-9 PM

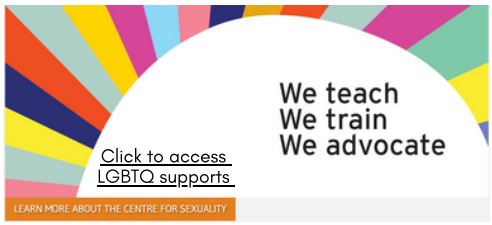
2SLGBTQ+ Hangout is a space for youth identifying in the 2SLGBTQ+ community to build confidence, make new friendships, and place where they can be their authentic selves!



YOUTH CAMPUS

227 12B Street North
403-715-0853 (call or text)

Centre for Sexuality



Quash.

Powered by
LUNG HEALTH FOUNDATION

Quash is a judgement-free app to help you quit smoking or vaping —the way you want!

Available on the App Store

GET IT ON Google Play

Local Community Supports

Wood's Homes

Working For Children's Mental Health Since 1914

Phone 403-317-1777
www.woodshomes.ca

The CORE is a short-term place for young people (under 18) to stay who are not living at home for various reasons, or who are struggling with family or placement conflict. Crisis support is available to youth, parents and/or guardians, and community professionals at any time and/or for resource and referral information. Call 403-317-1777 or visit our website www.woodshomes.ca for more information.

Wood's Homes Youth Support Navigators support youth aged 12-24 who need help navigating the youth serving system in Lethbridge. Our ultimate goal for those who are assisted through the program is to be connected to the appropriate supports throughout the community. For more information contact Kelsey at Kelsey.desroche@woodshomes.ca or 403-308-0493.

Do you know a young person struggling with addiction?

Need support? Please contact
Lethbridge Youth Treatment Centre
at 403-388-7600

The Lethbridge Youth Treatment Centre is a three phase, voluntary, inpatient, drug and alcohol treatment program that serves clients between the ages of 12 and 18.

CHINOOK SEXUAL ASSAULT CENTRE

Healing starts with believing

For all genders and all ages throughout Southern Alberta

#ibelieveyou
#UHavethePower

It is not your fault.
403-694-1094
1 (844) 576-2512

502- 740 4TH Avenue S

MOVING FORWARD

An opportunity to connect with peers in a safe, flexible, open-minded environment

Every Tuesday in November (Drop in)
2:30 PM to 4:30 PM
Registration required
Cost: Free (unlimited sessions)
Participants: Female Identifying Individuals

Age 18+

McMan

The Family Preservation Program works collaboratively with the Family Resource Network to provide programming for youth and their families. Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/teen mediation, caregiver/youth/ family groups, family activities, community connection and referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support.

Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact Grace Landry via email at **grace.landry@mcmansouth.ca** or call **403-715-3202**.

LETHBRIDGE FOOD BANK

FEED THE NEED

CLICK HERE TO DONATE!

ARE YOU CLEANING OUT YOUR CLOSETS?

Donated itmes are GIVEN NOT SOLD to families in need.

mycitycare

120F Mayor Magrath Drive N
403-942-1378

The Family Violence Info Line (403-310-1818)

Toll-free to Albertans
24/7 support
Service in over 170 languages

Domestic Violence Action Team

www.dvat.ca

Alberta has the third highest rate of self-reported family violence among Canadian provinces, yet family violence is preventable. November is Family Violence Prevention Month in Alberta. It is a time for promoting change in attitudes and behaviours as we strive to address, reduce, and ultimately, eradicate family violence.

Responding to Domestic Violence Disclosure in The Workplace

1.5 hour online presentation

It has been shown that disclosures often occur within a person's informal support network such as family, friends or professionals within the community. This presentation will provide working professionals with the knowledge and tools to respond to Domestic Violence disclosures in the workplace.



ABLE

ELECTRONICS & RECYCLING

EST. 2020

WE MAKE SURE YOUR PC IS ABLE AND RECYCLE THE REST

COMPUTER REPAIR	ELECTRONIC RECYCLING
COMPUTER RECYCLING	USED ELECTRONICS
REFURBISHED PCs	COMPUTER PARTS
LINUX PCs	DBAN DATA WIPING

1625 29 STREET NORTH
LETHBRIDGE, ALBERTA
403 - 715 - 3326
AbleComputerRecycling.com

We donate 1 out of 10 PCs sold from the store to a family or student in partnership with the Lethbridge School District and Lethbridge Family Service

asba
ALBERTA SCHOOL BOARDS ASSOCIATION

Honouring Spirit: Indigenous Student Awards

February 1, 2022
Nomination deadline

CLICK HERE

HONOURING SPIRIT · HONOURING SPIRIT · HONOURING SPIRIT · HONOURING SPIRIT ·

MNS Tutoring



Grade 6-12

MNS Tutoring provides private academic support for students in all **math** and all **science** courses (Grades 6 to 12).

MNS Tutoring turns academic worriers into academic warriors. We have expanded our service to include small group sessions and Exam Jams.

Please see our new website for details: MNSTUTORING.COM



Back in Balance WELLNESS CENTRE

FamilyTies Association

FREE YOGA

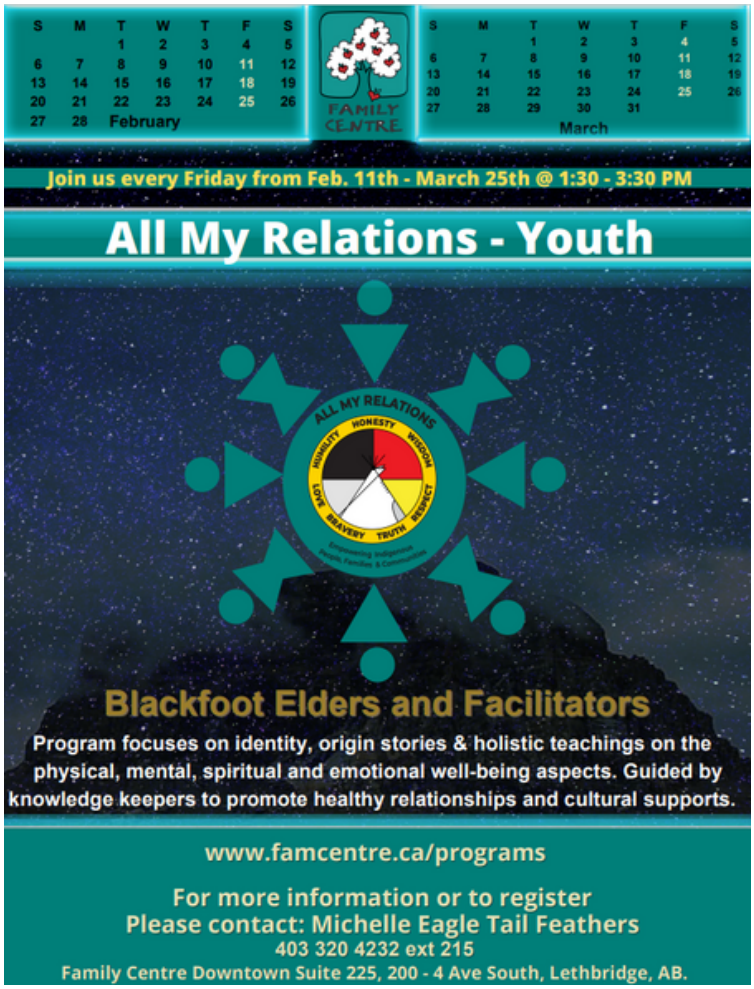
Wednesdays 5:30-6:30

Take care of your mind and body with our free, indoor, low-impact yoga sessions! Our certified instructor will provide modifications to make each session accessible to all, including those with mobility issues, previous injuries and first-timers.

Back in Balance Wellness Centre
303 3rd Ave South

Starting January 19, 2022

For more information call Becky at 403-308-7412



FAMILY CENTRE

CLICK HERE for the NOVEMBER Calendar!

Family Centre North
1103 – 3 Avenue North
403-320-8138

Adult Cooking Classes
- Mondays 1:00-3:00pm
- Tuesdays 9:30-11:30 am
- Wednesdays 9:30-11:30 am
- Fridays 9:30-11:30 am

Family Centre West
#10, 230 Coalbanks Blvd. West
403-359-8092

Drop in play programs

Nature Play
- Mondays 9:30-11 am

Parent Cafe
- Tuesdays 1:30-3 pm Activities for child supervised by staff; discussion & art activities for parents. Drop in and check it out.

Rhymes and Riddles
- Fridays 9:30-11 am

Family Centre Downtown
#225, 200 – 4 Avenue South
403-320-4232

Drop in play programs

Play Zone
- Wednesdays 9:30-11 am
- Fridays 9:30-11 am

Me & My Dad
- Saturdays 10-11:30am

Me & My Family
- Thursdays 4:30-6 pm

Come Build With Us
- Fridays 1:30-3 pm

Big Brothers Big Sisters OF LETHBRIDGE AND DISTRICT

Looking for ways to keep your child engaged?

We are looking for Littles to join our Programs!!

Now offering in-person programs through In-School Mentoring, Game On!, Go Girls, and Community Based!

The Big Brothers Big Sisters mentoring program provides youth with a role model to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests and is supported by our experienced caseworkers. The result is a life-changing experience for both the mentor and the mentee.

DID YOU KNOW?

Mentoring is an important way to give youth experience with these essential back-and-forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities.

Our mentors advise and challenge these young people, act as their champions, provide greater consistency in their lives, connect them to broader experiences, opportunities and networks, and provide safe, nonjudgmental environments in which the child or youth can confide anything.

This program is offered free of charge, and within our program we help find activities for our mentees and mentors to do as low cost no cost as possible.

For more information or to enrol a young person visit our website www.BeBig.ca or call 403.328.9355

Supports for high school students

CAREER TRANSITIONS www.careersteps.ca

When it is too cold to be outside, how about doing some exploration in the comfort of your own home?

Career Transitions has several Virtual Career Exploration Sessions scheduled over the coming months and many more in the works.

Can't make a session? No problem! All of our sessions from last year and this year have been recorded and you'll find the links on our website as well. ·

Archaeologist – January 26, 2022 4:30pm – Register HERE
Wind Turbine Technician – February 16, 2022 5:00pm – Register HERE
Plumber – March 24, 2022 4:30pm – Register HERE
Neuroscientist – April 27, 2022 4:30pm – Register HERE
Occupational Therapist – May 12, 2022 4:30pm – Register HERE

If you are a student in Grade 9 or 10, ask your teacher or school administrator about EPIC 2022, which is taking place on April 13th. EPIC is an interactive career fair where you will get to "try out" 5 different occupations. It's never too early to start thinking about your next steps following high school graduation!



Hire Standard
Staffing & Background Screening

JOB OPPORTUNITIES FOR STUDENTS

APPLY HERE

If you are **18+** and have a gap in your schedule, doing classes online, graduated early or looking for work this summer, apply with Hire Standard to be considered for various opportunities.

hire-standard.com

ScholarTree

CLICK HERE to access ScholarTree
The #1 place to find scholarships or start a scholarship in Canada!

CLICK on Scholarship for application information

February/March Scholarship Deadlines

Kin Canada Bursaries
(Feb 1)
Terry Fox Humanitarian Award
(Feb 1)
Schulich Leader Scholarships
(Feb 2)
IRWA Scholarship
(Feb 2)
John Hasselfield Endowment Foundation
(Mar 1)

Supports for high school students



Learn by doing

and earn up to 16 diploma credits

Get started on a career in Agriculture with Green Certificate

Green Certificate is a hands-on agricultural training program. On the farm, under trainer guidance, you work towards mastering skills within your specialty. Choose from many sectors, from beekeeping to bovines and everything in between.

Find out more:
alberta.ca/green-certificate-program.aspx
Contact your green certificate regional co-ordinator:
Marina Grant - South Coordinator, Lethbridge College
marina.grant@lethbridgecollege.ca ph: 403-634-6308

Lethbridge College · GPRC · Olds College · Lakeland College · Alberta



WE'RE READY TO SHOW YOU THE BEST OF LETHBRIDGE COLLEGE – WHEREVER YOU ARE!

JOIN US ON MARCH 5 – EITHER IN-PERSON OR ONLINE – TO MEET WITH EXPERT INSTRUCTORS, FIND OUT MORE ABOUT YOUR FUTURE CAREER AND EXPERIENCE OUR FRIENDLY AND SUPPORTIVE ENVIRONMENT.

Take a tour of campus, chat with our instructors and academic advisors, and apply on the spot. Whether you're on campus or in your living room, you'll experience the Lethbridge College community and all we have to offer.

We're ready to help you get started taking the next step.

VISIT

lethbridgecollege.ca/openhouse

BE READY. Lethbridge College

ONE ON ONE

Lethbridge College

We're ready to help students start planning their career. Students can make an appointment today for a one-on-one session with one of our knowledgeable and friendly recruiters.

To make an appointment, email
futurestudent@lethbridgecollege.ca

University of Lethbridge

Request info

Book a tour

