

# THE LOOP

JUNE 2021



MHCBS Wellbeing Team

YOU MATTER!

Alberta

Child and Youth Well-Being Review

[CLICK HERE](#) to  
Give your feedback!

Take care  
of yourself  
& each other

[CLICK HERE](#) to access

Featuring Jody  
Carrington

Online mental wellness day for schools

Sessions for students, teachers and school staff,  
school authority leaders and parents

June 3



YOU MATTER  
yes, I'm talking about you!

YOU  
MATTER

Hoodie Store  
June 1 June 13

ONLINE ORDER

BounceBack<sup>®</sup>  
reclaim your health

Age  
15+

Feeling low, stressed  
or anxious?

BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild to moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching and skill-building workbooks to help overcome these symptoms and gain new skills to regain positive mental health.

[CLICK HERE](#) to complete an online self-referral form.



Bell  
Let's Talk



Canadian Mental  
Health Association  
Mental health for all



## Virtual Education Sessions

MAY  
31  
6:30

Understanding Social  
Media Use in Teens  
[CLICK HERE](#)



MyHealth.Alberta.ca

JUN  
3  
6:30

From homework to housework:  
Raising responsible children 5-12  
years old [CLICK HERE](#)



Alberta Health  
Services

Alberta  
Government

An invitation from: horizon<sup>+</sup>  
school division

03  
JUN 2021  
07:00

**Body Image: Prevention,  
Factors and Outcomes**

With Nikki Roy (she/her) MA,CCC  
Meeting ID: 974 1884 7391  
Passcode: tL6Z3B

Need  
Support?

KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT  
**686868**  
AND BE CONNECTED TO TRAINED HELPERS



Text4Hope  
393939

24hr free  
ONLINE  
support for  
Albertans

togetherall  
.com

ADDICTION HELPLINE



1-866-332-2322

# What is togetherall?

Togetherall - Virtual Mental Health  
An online peer-to-peer mental health community available free to Albertans!

Feel like you need somewhere to talk?

Togetherall is a free online community, available to all 16+ Albertans.

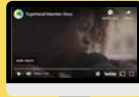
The community is a safe place to support your mental health 24/7.

Join Togetherall today and share how you're feeling, listen and be heard.

Age 16+



CLICK BELOW to access videos



## Community Education Services

Committed to providing information, resources and support to families



\*\*\*\*\*  
**01**  
JUN 2021 Trans & Parent Perspectives: How to support transgender, non-binary and gender non-conforming youth  
6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**02**  
JUN 2021 Children and Parenting After Separation ' Parenting Coordination and other Dispute Resolution Processes ' 10:00 AM - 11:30 AM [CLICK HERE](#) for more information

\*\*\*\*\*  
**02**  
JUN 2021 Parenting, Pedantics & Peculiarities during the Pandemic 6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**03**  
JUN 2021 From Homework to Housework: Raising Responsible Children for parents of children 5 - 12 years old 6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**08**  
JUN 2021 Habits of Mental Health 1:00 PM - 3:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**09**  
JUN 2021 Starting or changing medication for your child/youth's mental health? An introduction to genotype-guided prescribing 6:30 PM - 7:30 PM [CLICK HERE](#) for more information

[CLICK HERE to sign up for the CES newsletter](#)



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 Kassidy Barat via email at [kassidy.barat@mcmansaouth.ca](mailto:kassidy.barat@mcmansaouth.ca) or call **403-715-3202**.



Arts Heal Hearts

**Arts Heal Hearts** a student developed local campaign to bring community together by making cards with heart-warming messages.



**BUDDYUP.CA**



centre for suicide prevention

Buddy Up is a men's suicide prevention communications campaign

# #Connect4 WELLNESS

June 1 - 18, 2021

## You Are Invited To Participate!

We want our LethSD staff to SPARK CONNECTION with each other through our first ever #Connect4Wellness Project! We want to inspire you to share, thank, and recognize your friends and colleagues across the division during a time when everyone could use a little extra FUN, LOVE.....& PRIZES!

Staying connected and having meaningful conversations is something small we can do to encourage one another. So TAKE A MINUTE to send a colleague a note of appreciation and acknowledgement!

### Follow the Link to the Survey



No limit to the # of notes you can send.

### Write a Note to a Colleague



of recognition, gratitude or to just say hello!

### Watch 4 Wellness Activities Posted on Our Social Media



1



Additional Entries awarded for participation!

### Get Entered to Win Prizes!



Each note sent will get you and the recipient an entry into our epic prize draws.

## #Connect4Wellness

@SupportingFamilyWellness51

@Wellness51

Supporting Family Wellness

Make sure to follow, like, & share for more chances to win!



Questions? Email [andrea.kobbert@lethsd.ab.ca](mailto:andrea.kobbert@lethsd.ab.ca)

**FOLLOW THE LINK**

MHCB Wellness Team  
LETHBRIDGE SCHOOL DIVISION



For educators, school administrators, and clinical professionals

AUGUST 18 - 20, 2021

## MENTAL HEALTH ACADEMY

IMPROVING MENTAL HEALTH LITERACY IN A SHIFTING LANDSCAPE





## Outreach and Education

To Register:  
Call 403-327-5724

[counsellingintake@LFSFamily.ca](mailto:counsellingintake@LFSFamily.ca)

# Understanding Suicide

ONLINE PRESENTATION  
June 4, 2021  
2:00-3:00 pm

Age 18+

# HEART

HUMANITY = EMPATHY AND RESPECT TOGETHER

UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH

Online Personal Growth Group

June 16 & 23  
4:00 - 5:30pm

Age 18+

# MAN UP

ONLINE WORKSHOP SERIES

Deconstructing messages of masculinity

JUNE 18 & 25  
2:00 - 3:30 PM

Age 18+

## Community Helpers Training

Offered to adults who are helpful, caring, and supportive to the youth in their lives.

June 9 1:00-4:00 pm

Age 18+



FAMILY CENTRE

[CLICK HERE](#) to register or call 403-320-4232

### Kids' Stress

June 2  
6-7:30pm

### Self Care Strategies

June 16  
6-7:30

### Parenting Through Stress

June 9  
6-7:30pm

### Big Chef Little Chef

June 1 and June 12  
10-11:30 am



### Discover Together

June 19  
10-11:30 am



909 3 Ave N (2nd floor)

For more information or to register contact Darcy at [d.naldere@familyties.ca](mailto:d.naldere@familyties.ca) or call 403-320-8888

## art therapy group

Youth will have the opportunity to learn new coping skills and process feelings through art experiences.

IN-PERSON GROUP  
YOUTH 14-18 YEARS  
COST \$25  
(SCHOLARSHIPS AVAILABLE)

## Grandparents Group

Are you a grandparent raising a grandchild? This support group for grandparents will provide the opportunity to talk with other caregivers, learn new strategies, talk with other caregivers, and connect to community resources.

The group meets virtually bi-weekly  
12:30pm-2:30pm

Upcoming dates:  
June 1, 15 & 29



Alberta Regional Consortia

## Supporting Learning at Home FOR PARENTS



[CLICK HERE](#) to access...

## A TOOLKIT FOR GRIEF

support for you and your community

COLLABORATIVE EFFORT BY:



### June is PTSD Awareness Month

Common symptoms of Post Traumatic Stress Disorder (PTSD) are: nightmares, withdrawal, stress, anger, fear, loss of interest in activities. [CLICK HERE](#) to access the PTSD Association of Canada



Alberta Health Services

To register call intake at  
403-382-5278

**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 5-8

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

**Self-Compassion Summer Intensive** is a therapeutic group that addresses various barriers to caring for and loving ourselves. It will cover topics such as self-trust, building confidence, self-acceptance, resiliency skills, and self-care. July 5th to 8th or August 3rd to 6th

Age 11-14

Age 15+

**Positive Sense of Self Summer Intensive** is a therapeutic group that addresses various barriers in distinguishing yourself from others. It will cover topics such as self-awareness, self-acceptance, identity, motivation, gratitude, and what influences our self-image. July 12th to 15th or August 9th to 12th

Age 11-14

Age 15+

**Friendship Fundamentals Summer Intensive** is a therapeutic group that addresses the benefits and challenges of modern friendships. It will cover topics such as virtual friendships, positive communication, healthy boundaries, trust, managing jealousy, and how to choose friends. July 26th to 29th or August 23rd to 27th

Age 11-14

Age 15+

**Social Media Management Summer Intensive** is a therapeutic group that addresses how to positively manage one's social media presence. It will cover topics such as how social media affects anxiety and depression, healthy boundaries, virtual friendships, usage limits, and what is/isn't helpful information. July 19th to 22nd or August 16th to 19th

Age 11-14

Age 15+



## summer childcare & camps!



Boys & Girls Club  
of Lethbridge & District

University of  
Lethbridge



Click on the logo for more information!

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



CLICK HERE to access information to apply for a FREE week of summer camp for families who may require financial assistance.  
Call Scott 403-942-5757  
Email: [scott.boyde@lethbridgeymca.ca](mailto:scott.boyde@lethbridgeymca.ca)

Your favorite YMCA programs,  
activities and instructors

**ONLINE**

LEARN MORE



**Wood's Homes**  
WORKING FOR CHILDREN'S MENTAL HEALTH  
SINCE 1914

For more information:  
Phone 403-317-1777  
[www.woodshomes.ca](http://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.

**bgc** Lethbridge  
YOUTH CENTRE VIRTUAL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FREE TIME! 4PM-5PM	STUDY GROUP 12PM-2PM	RELAXATION TIME 12PM-2PM	HOBBY & SKILLS GROUP 12PM-2PM
SKATE PARK OUTREACH 6:30PM-8:00PM	COVID CONNECTION 7PM-9PM	FREE TIME! 4PM-5PM	WEST SIDE SKATE PARK OUTREACH 4PM-5PM
COVID CONNECTION 7PM-9PM		LGBTQ2S+ HANGOUT 4:30PM-5:30PM	MITS LEADERSHIP 7PM-8PM
WEEKLY MEAL KIT SIGN UP!		CREATING CONNECTIONS 5PM-6PM	AMAZING RACE CHALLENGE SIGN-UP!
		FORT MACLEOD GAMES NIGHT 7PM-8PM	

CALL OR TEXT: 403-634-7000  
[WWW.BGCLETHBRIDGE.COM](http://WWW.BGCLETHBRIDGE.COM)



@thematleth



@bgclyouth



@BGCLYOUTHCENTRE



BGCL Youth Centre



Looking for a fresh and fun new way to teach your students about plants and garden ecosystems? Try one of our interactive and curriculum correlated Activity Totes! Use our garden as a learning site, or take a Tote to your classroom!

The Activity Totes focus on topics such as:

- Compost
- Recycled Gardening
- Water
- Healthy Eating, Healthy Living
- Pollution
- Plants in Our Daily Lives
- Insects
- Food Chains & Food Webs
- Soil



**LEARN & GROW**

ACTIVITY TOTES

For more information:  
Interfaith Food Bank - 1103 3 Avenue North, Lethbridge | 403-320-8779  
[info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca) | [interfaithfoodbank.ca](http://interfaithfoodbank.ca)



**SUMMER SOLSTICE  
INDIGENOUS  
EDUCATION DAYS**

**JUNE 1-21, 2021**  
TUESDAYS AND THURSDAYS  
1PM-2PM EST



**Looking for ways to keep  
your child busy?**

We are looking for Littles to join our Traditional Mentoring Program!

**Big Brothers  
Big Sisters**  
OF LETHBRIDGE AND DISTRICT

Big Brothers and 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 mentee, which is built on trust and common interests, and is supported by our experienced case workers. The result is a life-changing experience for both the mentor and the mentee.

For more information or to enrol a young person, visit our [website www.bebig.ca](http://www.bebig.ca) or call **403-328-9355**

**leading edge**  
PHYSIOTHERAPY

**RUN WILD**

**REGISTER TODAY!**

5K • 10K • Half Marathon 21.1K

Kids WildOnes 1.2K

**VIRTUAL**

**JUNE 12-13**

**RunWild.ca**

**Proceeds support**



**CHINOOK SEXUAL  
ASSAULT CENTRE**

- Advocacy
- Crisis Support
- Counselling
- Education and Professional Development
- System Navigation
- Peer Support Groups
- Generalized Support

**GIVE SUPPORT  
GIVE HOPE**

Give A Gift With  
Long-Lasting Impact

Donate  
Now



Explore careers with local professionals by attending our LIVE virtual Career Exploration Sessions.

[CLICK HERE](#) to register.

- [Accountant](#)
- [Data Scientist](#)
- [Hairstylist](#)
- [Heavy Equipment Technician](#)
- [Operating Room Nurse](#)
- [Parts Technician](#)
- [Pediatric Nurse](#)
- [Teacher](#)
- [Veterinarian](#)
- [Welder](#)



CLICK on the profession to access recordings

Are you in

12?



[Know Before You Go](#) is a resource that is intended for Grade 12 students, and the educators who support them, as they transition from high school to post-secondary studies and/or employment. This life skills resource helps students anticipate, identify and navigate situations they will encounter when entering the realm of post-secondary education. It contains information on many topics including paying bills, study skills, roommate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.

Grade 9-10-11

## Curious Minds Summer Cyber Camp



For more information: Email Ali Finley [MNSTUTORING@GMAIL.COM](mailto:MNSTUTORING@GMAIL.COM) with "Curious Minds" in the subject line.

**Curious Minds** is a science-focused **6-week** series. **45-minute** online group meets (twice each week) Topics covered include how Algebra, Chemistry, Biology and Physics!

**Curious Minds** addresses big questions like:

- Where else can humans live in our solar system?
- When will the pandemic be over?
- Can I use math to see into the future?
- What will it take to address climate change?
- What is money and how does it work?

### NEW LOCATION

Open June 1  
120F Mayor Magrath Drive N



DONATIONS WELCOME!



## TARGET HUNGER IS ON JUNE 12TH!

Here's how you can help:

1 LOOK FOR THE YELLOW BAGS, AND REMEMBER PLACE DONATIONS OUT ON THE MORNING OF JUNE 12TH.



2 SIGN UP TO VOLUNTEER BY DELIVERING AND PICKING-UP BAGS FROM A ROUTE, OR AS A FOOD SORTING VOLUNTEER.

FOR MORE INFORMATION VISIT:  
[www.targethungerlethbridge.com](http://www.targethungerlethbridge.com)



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



## DUAL CREDIT PROGRAM

[CLICK HERE](#) for more information on LC website

[CLICK HERE](#) for more information on LethSD website

## VIRTUAL CAREER SHOWCASES

Students can join us online to learn about what their future career could be and how to get paid while earning school credits this summer!

## CAREERS: The Next Generation Programs:

- Information & Communications Technology
- Registered Apprenticeship Program
- Agriculture Pilot Program
- Young Women in Trades & Technologies



Receive up to \$3600 to support a student intern

YOUTH INTERNSHIP INCENTIVE PROGRAM

## HIGH SCHOOL SUMMER ADVENTURE!

We believe that every teen needs to experience powerful character building principles and feel valued, capable and optimistic, but the interaction of a diverse student population produced a huge unexpected value.

Developed into two modules: PERSONAL ADVENTURE, WILDERNESS ADVENTURE. Open to any Alberta Student in Grade 9, 10 & 11. Phased COVID-19 rollout. Registration \$150. [WWW.FACES EDUCATION.COM](http://WWW.FACES EDUCATION.COM)

LIVE WITH pride

## 2021 BACK TO SCHOOL READY SET GO AND STUFF THE BUS

THIS YEAR, THE READY SET GO FAIR AND MY CITY CARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN ATTEND SCHOOL IN LETHBRIDGE

IF YOU ARE NOT SURE YOU WILL BE ABLE TO AFFORD SCHOOL SUPPLIES

THEN THIS PROGRAM IS FOR YOU

YOU CAN REGISTER :

In Person @ Interfaith Food Bank

In Person @ Lethbridge Food Bank

Online: [www.mycitycare.ca/readyssetgo](http://www.mycitycare.ca/readyssetgo)

Registration Is Open

Limited Spaces Available

Pick Up Locations:  
Aug 17- Fleetwood Bawden Elementary  
Aug 18- YMCA  
Aug 19- Wilson Middle School  
Interfaith Food Bank and Lethbridge Food Bank

# FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2021



## THEME

## TUESDAY

## WEDNESDAY

WEEK 1: CONNECTION	<b>JULY 6</b> Henderson Lake Park 10 AM-2 PM	<b>JULY 7</b> Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	<b>JULY 13</b> Wilson Middle School 10 AM-2 PM	<b>JULY 14</b> Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	<b>JULY 20</b> Nicholas Sheran Park 10 AM-2 PM	<b>JULY 21</b> Nicholas Sheran Park 3 PM-7 PM
WEEK 4: NATURE	<b>JULY 27</b> Lakeview Elementary School 10 AM-2 PM	<b>JULY 28</b> Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	<b>AUGUST 3</b> Chinook Lake Park 10 AM-2 PM	<b>AUGUST 4</b> Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	<b>AUGUST 10</b> Coalbanks Elementary School 10 AM-2 PM	<b>AUGUST 11</b> Coalbanks Elementary School 3 PM-7 PM

## EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Pick up an activity kit to do at home or stay for some outdoor facilitated games! Parent supervision required. Weather permitting.

- CHECK ONLINE SCHEDULE AT [BUILDINGBRAINS.CA/EVENTS](https://buildingbrains.ca/events)

## SAFETY PROTOCOLS:

- All public health measures will be in effect
- Parent supervision is required
- Separate materials provided for each family
- If you're feeling unwell, we'll see you at our next location

## PARTNER LINKS:

Building Brains Together - [buildingbrains.ca](https://buildingbrains.ca)

City of Lethbridge - [lethbridge.ca/events](https://lethbridge.ca/events)

Community LINKS - [community-links.ca](https://community-links.ca)

Family Centre Summer Programs - [famcentre.ca](https://famcentre.ca)

Lethbridge Public Library - [lethlib.ca](https://lethlib.ca)



[Holy Spirit Catholic School Division](https://www.facebook.com/holyspiritcatholic)  
[Supporting Family Wellness](https://www.facebook.com/supportingfamilywellness)