

Chinook Wellness

At Chinook wellness matters! We offer supports to your students here at the school and recognize that there are many resources in the community that may also be helpful to you or your student.

Free programs for you, our community:

Personal Reflections of Grief

Date: Fridays, Oct. 6 to Oct. 27, 2023

Time: 2:00 to 3:30 pm

This 4-week personal growth group will invite participants to share their experience and discuss different aspects of the grieving process including: common responses to loss, the cycle of grief, and self-care and coping.

Intakes must be booked a minimum of one week prior to the start date of the group. To book an intake contact Outreach and Education, outreach@lfsfamily.ca or 403-327-5724.

MoMENTum

Date: Tuesdays, Nov. 7 to Nov. 28, 2023

Time: 6:00pm to 7:30 pm

This 4-week personal growth group is offered to men and will be focused on debunking gender stereotypes that men face and exploring how these impact relationships.

Intakes must be booked a minimum of one week prior to the start date of the group. To book an intake contact Outreach and Education, outreach@lfsfamily.ca or 403-327-5724.

The Mindful Self

Date: Tuesdays, Nov. 21 to Dec. 12, 2023

Time: 1:30pm to 3:00pm

This group will support individuals in learning more about their emotions and their self-talk and will discuss tools that can support them in developing greater self-awareness and self-compassion.

Intakes must be booked a minimum of one week prior to the start date of the group. To book an intake contact Outreach and Education, outreach@lfsfamily.ca or 403-327-5724.

Child, Youth and Family Addiction and Mental Health Presents: “UP Group”

Feeling down? Need a lift? Up Group might be for you! If you feel frustrated, overwhelmed, worried all the time, or somewhere in between – you’re not alone! Managing these emotions along with school pressures, family life, and friends is hard. Maybe it’s time to try something new! Up Group teaches positive ways to manage strong emotions. For youths aged 14+ Up Group runs Thursday afternoons @ 4:30pm. Up Group is free of charge. Groups run every six weeks. For more information contact Access Addiction and Mental Health: 1 888 594 0211

Learn to Cope With Stress – Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Starting November 7th | 7 Sessions | Free! This free program is run by caring, trained staff, in a safe supportive environment at the Cor Van Raay YMCA For more information or to Register please contact YMCA Mental Health Advisor Megan Fester megan.fester@lethbridgeymca.ca Cheri Carson cheri.carson@lethbridgeymca.ca

Scan for more information:



Lethbridge Sexual Assault Centre: [Home](#) | [CSAC \(csacleth.ca\)](http://csacleth.ca)

Offers Crisis support, counselling, System Navigation, and Peer Support Groups

Alberta Health Services: Youth Mental Health Intake (Melcor Building)

Youth Intake Line (1-888-594-0211)

Parent and youth would call this intake line and then be scheduled with a mental health professional for an intake session and then on going counselling sessions would happen after the intake

Alberta Health Services: UP Group (Please see PDF Poster Provided)

Y-Mind Teen Lean to Cope with Stress Group YMCA: (Please see PDF Poster Provided)

Lethbridge Family Services: [Lethbridge Family Services \(lfsfamily.ca\)](http://lfsfamily.ca)

Education and Outreach Program: They Offer a variety of services which include; Individual Counselling, Family and Couples Counselling, Group Counselling, Personal Growth Groups and much more.

Specific Man Up Group: Man Up! This workshop is designed for men who want to challenge and de-construct the messages of masculinity through open dialogue and education.

Refresh Center for Health and Wellness: [Trauma Therapy Solutions \(refreshcentre.ca\)](http://refreshcentre.ca)

Trama Specialist Tracey Harvey: Offers Trauma Therapy, Complex Trauma Groups, and other therapy needs such as abuse, anxiety, depression.

Family Centre: Offers Subsidized Counselling [Counselling - Family Centre \(famcentre.ca\)](http://famcentre.ca)

We have three independent contracted counsellors at Family Centre:

Cindy Rendall – [Untethered Heart Counselling](#)

Edwin Brobbel – [Blue Leaf Counselling](#)

Sarah Olson – [Sarah Olson Counselling](#)

Psychology Today: If you are looking for a comprehensive list of Lethbridge Therapists check out this website for an extensive list: [Find Therapists and Psychologists in Lethbridge, AB - Psychology Today](#)

General Helpful and Supportive Phone Numbers

Kids Help Phone 1-800-668-6868 or text 686868

Distress Line of South Western Alberta: 403-327-7905 or 1-888-787-2880

AHS Mental Health 1-877-303-2642

Family Ties Counselling Services: There expert team has a mix of Registered Psychologists and Social workers to provide professional counselling services.

[Counselling | Family Ties Association](#)

Phone: 403-320-8888

Address: 909 3rd Ave North

Southern Alberta Office of Child and Youth Advocate: (403)-297-8435

[Office of the Child and Youth Advocate \(alberta.ca\)](#)