





APRIL 2022



Hello, Lethbridge School Division students, staff, families and community partners. Welcome to the April issue of THE LOOP!

As we move into the spring season, there is a new energy that comes with packing away the heavy winter coats, and trading them in for short sleeves and sunshine. We are fortunate to live in a community with organizations and partnerships that continue working to support us. It's time to engage, get outside and enjoy the sun.



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.
- o 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.









## **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)

Apr 5 Part Two: Building Resiliency in the Family Unit 10:00 AM - Noon

Apr 6 Helping your Child Foster a Positive Relationship with Food 6:00-8:00 PM

Apr 11 ADHD & Executive Functioning: For Children & Youth 6:00-8:00 PM

Apr 12 Circle of Security Parenting-Building Secure Attachment 1:00-2:30 PM

Apr 21 Earth Play: The Benefits of Outdoor Exploration 6:00-7:30 PM

May 4 Promoting Resilience and Self-Regulation (2-7 Years) 6:30-8:30 PM

May 5 From Finsta to FOMO: Understanding Social Media Use in Teens 6:30-8:30 PM

May 9 Brain Science: Sciences of Hope and Resilience 6:30-8:30 PM

May 10 Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids

1:00-3 PM

May 17 Easier Than You Think -Workshops for Parents and Natural Supports: Talking to teens about sex, sexuality, and sexual health 1:00-3 PM

May 24 Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members 1:00-3 PM



KidsHelpPhone.ca 1800 668 6868 **Kids Help Phone** 











See Black Youth Helpline



# Outreach and Education

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

Supports for our adult community

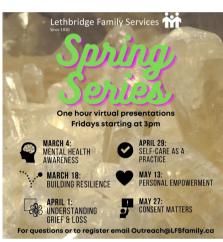


















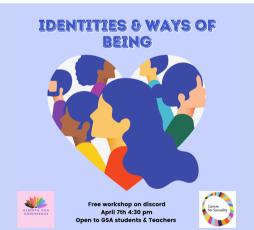




# Do you know a young person struggling with addiction?

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.



This session is free and open to GSA students and teachers. The workshop will be led by staff at the Calgary Centre for Sexuality. The workshop will take place Thursday April 7th at 4:30 pm on discord. It will take place on the same discord server as the GSA Conference. If you haven't used discord before, please go to discord.com to create a free profile.

Students and teachers can sign up for our workshop<u>here</u>.

Questions, comments, concerns? Let us know at this email

fyreflyseualberta.ca



To register call Alberta Mental Health (AMH) 1-888-594-0211 NEW



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.



**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 (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.









Alberta

Hope for Wellness Help Line: 1-855-242-3310



## The Elementary Mental Health Resource Update

What an exciting time over here at mentalhealthliteracy.org! We've started the classroom Field-Testing process for our brand new Elementary Mental Health Literacy Resource (EMHLR). BC educators will field test the elementary resource over the next 3 months and provide valuable feedback. We will then make revisions and pilot the EMHLR across AB during the 2022/2023 school year. Learn more about this exciting project here: https://mentalhealthliteracy.org/events/elementary-mentalhealth-literacy-curriculum-resource/

### Go To Mental Health Literacy Training May 18

For all school personnel or community professionals who work with children and youth to boost shared mental health literacy amongst staff and to provide information on how to identify, support, and make effective referrals for youth who are struggling with mental health problems or disorders. CLICK HERE for the registration link.



#### **Family Centre Downtown**

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

Drop In play, no registration required

Play Zone: Tuesdays 3:30–5pm Wednesdays & Fridays 9:30–11am

Come Build With Us: Fridays 1:30–3pm Me & My Dad: Saturdays 10–11:30am

Reaistered Play

PACT: \$45 one child/\$75 family Mondays

April 4 - Jun 27 9:30-11am

Baby PACT: child 0-12months Mondays

April 4 - Jun 27 1:30-3pm

Baby Sign: \$45 child 4-16 months Tuesdays

April 5 - May 10 9:30-11am

Triple P Seminars: Power of Positive Parenting

April 21 - 6-8pm

Raising Confident Competent Children

April 28 6-8pm

#### **Family Centre West**

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

Drop In play, no registration required

Nature Play: Mondays & Fridays 9:30-11am

Discover Together: Saturday Apr 9 10-11:30am

Registered Play

SPLAT: \$45 one child/\$75 family Thursdays

April 7 - Jun 23 9:30-11am

Rhymes & Riddles: Ages 3–18 months Wednesdays April 13–Jun 15 1:30–3pm

RAP (Radom Acts of Play): \$25 per child ages 6-12 Thursdays Apr 21 - June 23 3:30-5pm

Parent Café: Tuesdays Apr 5 - Jun 28

9:30-11am

Kids Have Stress Too -Preschoolers: Wednesday

April 20 6-8pm

Kids Have Stress Too - Grades 1-3: Wednesday April 27 6-8pm

#### **Family Centre North**

1103 – 3 Avenue North 403-320-8138

Adult Cooking Classes: Mondays 1-3pm Tuesdays 9:30-11:30am Thursdays 1-2:30pm (Zoom Class)

Fridays 9:30-11:30am Call 403-320-8138

Big Chef Little Chef ages 3-6 Tuesdays Apr 5 10-11:30am

Plants to Plates ages 8-11 Thursdays Apr 14 -28 4:15-6:15pm

Kids in the Kitchen ages 7-10 Fridays Apr 22 - May 13 1:30-3:30pm

Food Explores ages 9-12 Fridays May 20 - Jun24 1:30-3:30pm



## Library Giving Day April 6

April 6 is #LibraryGivingDay! This one-day online fundraising event will help us strengthen our community and transform lives.

Visit lethlib.ca and click "Donate" to support your Lethbridge

Want to know what's happening at the library for teens in grades 7-12?

Visit <u>lethlib.ca/teen</u> to see our program schedule, featured booklists, and more.



MR. OINKS'
PUPPET SHOW

happening

#### DAY/COMMUNITY ADDRESS TIME Mondays SunRidge Mt. Sundance Rd. W. 5:30 - 7:30 p.m. Tuesdays Lakeview Park Lakeridge Blvd. S. and Lakeshore Rd. S. 1 - 2:15 p.m. Dr. Robert Plaxton 4510 Fairmont Gate S 2:30 - 4 p.m. Elementary School **Tudor Estates** Tudor Blvd. and College Dr. S. 5 - 7:20 p.m. Wednesdays Father Leonard Van Tighem School 25 Stoney Cres. W. 1 - 2:15 p.m. 2:30 – 4:15 p.m. 5:00 – 7:30 p.m. Nicholas Sheran School 380 Laval Blvd. W. St. Patrick's School 80 Rivergreen Rd. W. Thursdays Senator Buchanan School 1 – 2:15 p.m. 1101 7 Ave. N. 2:30 – 4:30 p.m. 5:15 – 7:20 p.m. Park Meadows School 50 Meadowlark Blvd. N. Elizabeth McKillop Park Mildred Dobbs Blvd. N. **Alternate Fridays** Coalhurst Elementary School Jan. 7, 21, Feb. 4, 18 510 51 Ave. Coalhurst 12 - 5 p.m. Saturdays Henderson Lake Park 9:45 a.m. - 12 p.m. Parkside Dr. S. Chinook Park Bluefox Blvd. N.E. 1:15 - 3:40 p.m.

**Bookmobile Schedule** 

For more information call:
403-320-4230 (Recorded Schedule) | 403-320-4037 (Customer Services)
403-330-4775 (answered during operational hours only)
Twitter: @JPLBookmobile | Closed: April 15 & 18
Visit lethlib.ca for more information.

# NO. MORE. BARRIERS. > bgc

# bqc Lethbridge **\$tudent** \$cholar\$hip\$

Join us at the BGCL Youth Centre to gain knowledge and resources to apply for post-secondary scholarships.

Friday, April 8 1:00-4:00pm **BGCL Youth Centre** 227 12B St. N



Call or Text Youth Campus (403) 715 0853 to sign up









### 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 vouth 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.



For more information please call 403.328.9355 or visit our website www.BeBig.ca



## WHERE CAN I GET **MY TAXES DONE?**



#### Interfaith Food Bank

- · Simple tax returns only
- Income threshold: singles \$35,000/Couples \$45,000
- Information will be collected at time of drop-off

Call 403-320-8779 to book your appointment or email info@interfaithfoodbank.ca for more information

#### **Opokaa'sin Community Tax** Clinic

- Current year and last year returns only
- Appointments required
   For Indigenous clientele

Call 403-380-2569 to book an appointment.

241 Stafford Drive North



#### **Nord-Bridge Seniors Centre**

- · No appointments needed
- Drop off Monday-Friday 8:30am-3:30pm
- · Income threshold: singles \$35,000/Couples
- · Available for anyone who meets income threshold Drop off your tax documents in an envelope at the front main doors with:
- name
- date of birth,
- · address,
- phone number and
- marital status

1904 13 Ave North

#### **Lethbridge Seniors Citizens** Organization

- Simple tax returns
- . Income threshold: singles \$35,000/Couples
- · Available for anyone who meets income threshold

Call 403-320-2222 ext 30 for more information

500 11 Street South



#### Streets Alive

- · Current year returns only
- For social assistance recipients · By Appointment, Drop-off or Walk-in

Call 403-320-1159 for more information

323 4 Street South

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



Sciences of Hope April 4, 2022 1:00-4:00 No cost

This three-hour session exists to support communities with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact individuals and organizations within a community. The interactive session uses a common language and includes content related to brain structure, unconscious responses of fight, flight, freeze and fawn and roles of different parts of the brain. In addition, we explore the role adverse childhood experiences and the COVID-19 pandemic as they relate to brain development in partnership with the tools of resilience.

Value of Play in Adult Mental Health April 6, 2022 9:00-12:00 00 No cost

If the past months have not been a true example of this nothing will be. Sometimes life can become more about surviving than thriving, and in this training, we take a closer look at the role play has in managing stress and challenges. As a group, we will explore the brain science connected to the value of adults of using play as a tool at work and home. The fact that play promotes brain organization as well as can help people rebound from disappointment is critical during the demands of our current world circumstances. The session is based on the research of Dr. Stuart Brown, the founder of the National Institute for



# ARE YOU CLEANING OUT YOUR CLOSETS?

Donated itmes are GIVEN NOT SOLD to families in need.



120F Mayor Magrath Drive N 403-942-1378

# **MNS Tutoring**

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



## 2022 Volunteer Celebration

Gala

Presented by Volunteer Lethbridge
Thursday April 28, 2022
Cocktails Dinner Entertainment Celebration

For tickets & more details visit VolunteerLethbridge.com



The annual Volunteer Celebration Gala nomination form is live! Do you know a youth aged 5-24 who has demonstrated volunteer acts of leadership or initiative?

Or an individual who has demonstrated informal or unorganized acts of kindness? Consider nominating them for the Volunteer Celebration. They will be invited to attend the Gala where they will be recognized with their peers and enjoy dinner, entertainment, and a certificate.



### We continue to serve Alberta

Are you experiencing a financial barrier due to COVID-19?



## **Apply online**

covidreddeer@indigenouscongress.com 780.699.8215 indigenouscongress.com





## www.strongmindsstrongkids.org

Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada. We are dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.

It is with great excitement that we introduce RunWild to youcoming soon to your community on May 15, 2022...

#### Here is the exciting news:

- 1. Across Alberta and beyond, RunWild.ca can be joined virtually, leaving the route, timing and health precautions to your preference. This makes it accessible for those outside of St. Albert to get involved and help support the child advocacy centres in both Grande Prairie and Lethbridge. THIS MEANS YOU!
- 2. RunWild.ca will resume in person on Sunday May 15, 2022 in St. Albert with all four events following all AHS health guidelines, : the WildOnes Marafun 1.2 km event which we will explain more about below, the 5 km, 10 km, and 1/2 marathon walk and run! The RunWild in person event is growing we are introducing two new locations for the MaraFun event: Sherwood Park and Spruce Grove on Saturday May 14, 2022, with satellite events for the 1.2 km WildOnes Marafun race for 4-12 year olds.



RunWild.ca



# **Local Community Supports**



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.



### 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

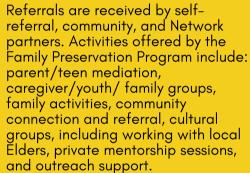
## **MOVING FORWARD**

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

## The Family Preservation

Program works collaboratively with the Family Resource Network to provide programming for youth and their families.



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.

# MOBILE FOOD SUPPORT















Mobile Food Support is a service provided by Lethbridge Food Bank that allows community members access to food support at various locations around Lethbridge. It is open to ANYONE who may need a little extra food assistance.













WALK UP CHECK IN RECEIVE FOOD

# HOW TO ACCESS WE ONLY NEED YOUR FIRST NAME, LAST NAME, AND POSTAL CODE. EMAIL IS OPTIONAL.

# Mobile Food Sunnort



March 2022 Locations

March 1st- Seventh Day Adventist Church (2606 16 Ave S)

March 11th- Senator Buchanan School (1101 7Ave N)

March 15th- University Drive Alliance Church (55 Columbia Blvd W)

March 25th- Westminster School (402 18 st N)

March 31st- Mike Mountain Horse School (155 Jerry Potts Blvd W)

**Begins at 4pm** 

### <u>CLICK HERE TO DONATE!</u>











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.

# Supports for high school students



www.careersteps.ca

As spring approaches, we encourage students to continue exploring – Career Transitions has several Virtual Career Exploration Sessions coming to guide you along your exploration journey! And if you can't make a session, not to worry! All the sessions are recorded and available on our website.

Kinesiologist -Thur. Mar. 3, 4:30pm - Register HERE
Plumber - (by DMT Business Group) - Thur. Mar. 24 4:30pm - Register HERE
Optometrist - Thur. Mar. 31 4:30pm - Register HERE
Neuroscientist - Wed. Apr. 27 4:30pm - Register HERE
Occupational Therapist - Thur. May 12 4:30pm - Register HERE
Personal Trainer - Tues. May 17 4:30pm - Register HERE

Watch for more sessions including Civil Engineering Technician, Certified Travel Counsellor, Bank Manager, Human Resource Consultant and more!

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



## JOB OPPORTUNITIES FOR

# **STUDENTS**

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



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



# VIRTUAL CAREER SHOWCASES & MENTORSHIP SERIES



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

CAREERS
PAID
INTERNSHIP
OPPORTUNITIE

- Skilled Trades
- Agriculture
- ICT
- OPPORTUNITIES: Health



FUNDING
AVAILABLE
FOR
EMPLOYERS
TO HIRE
INTERNS

CAREERS INTERNSHIP
OPPORTUNITIES



# CLICK on Scholarship for application information

#### Spring Scholarship Deadlines

Northern Alberta Development Council Bursary (Apr 30)

Woodman White Olsen & Co. LLP (May 1) Lethbridge College Awards (May 1)

Dr. Ernest & Minnie Mehl Scholarships (May 1)

<u>Keyera Energy – Peter J. Renton Memorial</u> <u>Scholarship</u> (May 1)

Mildred Rowe Weston (May 1)

Rotary Club Scholarship Rotary Global Grants (May 12)

Global Citizen Scholarship Education First: Educational Tours (May 16)

<u>Learning Matters Education Charity Bursaries</u> (May 30)

MADD Canada Bursary (May 31)

Ray Joliffe Memorial Scholarship (May 31)

Fraser Institute Essay Contest (June 1)

# Supports for high school students

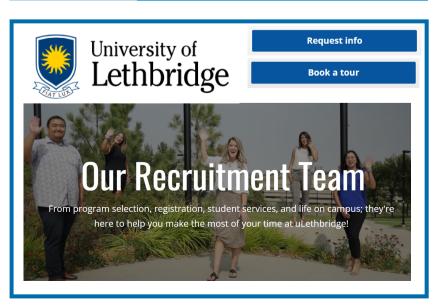


CLICK IMAGE FOR MORE DETAILS



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 futurestudentelethbridgecollege.ca







# Learn by doing

and earn up to 16 diploma credits

## Get started on a career in Agriculture with Green Certificate









