

THE LOOP

JUNE 2021



MHCBC 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



BounceBack [®]
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

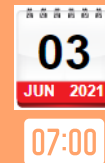
From homework to housework:
Raising responsible children 5-12
years old [CLICK HERE](#)



Alberta Health
Services

Alberta
Government

An invitation from: **horizon**
school division



**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



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.

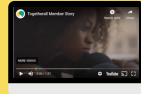
The community is a safe place to support your mental health 24/7.

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 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!

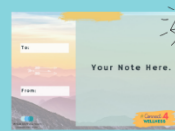
Staying connected and having meaningful conversations is something small we can do to encourage one another. So TAKE A MINUTE to send a colleague a note of appreciation and acknowledgement!

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

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

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
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

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

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



@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



For more information:
Interfaith Food Bank - 1103 3 Avenue North, Lethbridge | 403-320-8779
info@interfaithfoodbank.ca | 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 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**



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



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 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



[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. [CLICK HERE](#) for more information. Registration **\$150**. WWW.FACESEDUCATION.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

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



BUILDING
BRAINS
TOGETHER



THEME

TUESDAY

WEDNESDAY

WEEK 1:
CONNECTION

JULY 6
**Henderson
Lake Park**
10 AM-2 PM

JULY 7
**Henderson
Lake Park**
3 PM-7 PM

WEEK 2:
MOVEMENT

JULY 13
**Wilson Middle
School**
10 AM-2 PM

JULY 14
**Wilson Middle
School**
3 PM-7 PM

WEEK 3:
MUSIC

JULY 20
**Nicholas
Sheran Park**
10 AM-2 PM

JULY 21
**Nicholas
Sheran Park**
3 PM-7 PM

WEEK 4:
NATURE

JULY 27
**Lakeview
Elementary School**
10 AM-2 PM

JULY 28
**Lakeview
Elementary School**
3 PM-7 PM

WEEK 5:
ART

AUGUST 3
**Chinook
Lake Park**
10 AM-2 PM

AUGUST 4
**Chinook
Lake Park**
3 PM-7 PM

WEEK 6:
RESILIENCE

AUGUST 10
**Coalbanks
Elementary School**
10 AM-2 PM

AUGUST 11
**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

City of Lethbridge - lethbridge.ca/events

Community LINKS - community-links.ca

Family Centre Summer Programs - famcentre.ca

Lethbridge Public Library - lethlib.ca



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