

# THE LOOP

APRIL 2021



MHCBC Wellness Team



*Spring is finally here!*

## Hello, Lethbridge School Division staff and families!

Welcome to the April issue of THE LOOP! This year has been challenging for many families. You are not alone. We are fortunate to live in a community with organizations and partnerships that are working to support us. If you have questions about the supports offered, please contact the organization directly. They are waiting to help you. Take care. Hope you can get outside and enjoy the sunshine.

### Mental Health Awareness Videos and Info Sheets



Alberta Health Services

Children, Youth & Families Addiction & Mental Health

- ▶ [Breaking the Cycle of Anxiety](#)
- ▶ [Behavioral Challenges of School Age Children](#)
- ▶ [Focused and Engaged: Finding Balance Through Self-Regulation](#)
- ▶ [Love, Empathy and Connection: Supporting Mental Health](#)
- ▶ [Play Your Way to Positive Mental Health](#)
- ▶ [Promoting Positive Mental Health and Reducing Stigma](#)
- ▶ [Responsive Interactions: Building Blocks for Healthy Relationships](#)
- ▶ [Sleeping Your Way to Better Mental Health](#)
- ▶ [Technology, Youth and Mental Health](#)
- ▶ [Toxic and Tolerable Stress: Developing Healthy Coping Strategies](#)



"Breaking Loneliness" (44 minutes)  
A documentary about people finding ways to escape loneliness and social isolation. The documentary was filmed in Edmonton, Calgary and on the Blood Reserve in Southern Alberta.



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.

Is your child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.



Children, Youth & Families Addiction & Mental Health

**Fearless Feathers** is a 4 session virtual group designed to address anxiety in children aged 5 to 8. 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 Group

May 4-June 8  
Virtual group  
6:00-7:00 pm  
Focuses on:  
Understanding ADHD  
Working with Schools  
Medication  
Parenting and Self-care

### Bite-Sized Videos for Busy Parents

Don't have a lot of time? We got you! Get the tools and knowledge you need to navigate pandemic parenting in these short, bite-sized video.

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





## Outreach and Education

To Register:  
Call 403-327-5724

counsellingintake@LFSFamily.ca

## Grief & Loss in Everyday Life

ONLINE WORKSHOP

March 30  
3:00-4:00 pm



## Learning to Live with Loss

ONLINE PERSONAL GROWTH GROUP

April 7, 14, 21, 28  
6:00-7:30 pm



## Grief & Loss in The Workplace

ONLINE WORKSHOP

April 30  
11:00 am - 12:00 pm



## COMMUNITY HELPERS TRAINING

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



April 16 9:00 AM- 3:00 PM



## Healing Journey

A Therapy Group for 2SLGBTQIA+ Individuals

Group Dates:  
12-Week online counselling group  
Fridays 9 AM-11:30 AM  
April 16-July 2



LETHBRIDGE AND AREA MÉTIS

## Métis Story Time!

TUNE IN FRIDAYS @ 2:00 PM FOR METIS STORYTIME WITH LOCAL ELDERS, COUNCILORS, AND LOCAL METIS COMMUNITY MEMBERS!



Story Time will be held virtually over Google Meets  
Contact us today to get access to this virtual link!

### Story Time Dates

March 19  
March 26  
April 9  
April 16  
April 23  
April 30

P: 403-328-7828  
E: info@lethbridgemetis.com



Lethbridge and Area Métis

Youth programs

## For Metis Youth Ages 12-29

- ∞ Metis Storytelling
- ∞ Connecting with elders
- ∞ Cultural Knowledge Workshops
- ∞ Beading and cultural crafts
- ∞ Traditional knowledge

**Register** Contact the Lethbridge and Area Metis For further information and to register

Info@Lethbridgemetis.com  
403-328-7828



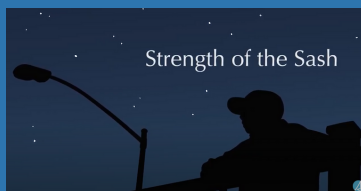
@MNAlethbridgeMetis



The content of this video series may stir up unpleasant feelings or thoughts, particularly if you or someone you know has experienced a suicide attempt, or if someone close to you has died by suicide.



## Indigenous youth suicide prevention motion comics



Strength of the Sash



We could bring back our Elder to talk to you?



Please pre-screen before sharing

## SEVEN STARS YOUTH SOCIETY

### WHEN

- Weekly Cultural Programs: Wednesday 3-6PM
- Elder knowledge transfer: Meet 4 times a month via zoom
- Parents and Seven Stars smudge: weekly

### WHERE

Lethbridge Friendship Centre  
1709 2nd Ave S, Lethbridge

### AGES:

- 13-19 (ADOLESCENT)

"PROVIDING OUR URBAN INDIGENOUS YOUTH WITH PROGRAMS TO ASSIST ON FINDING IDENTITY THROUGH CULTURE AND CEREMONY"

### CONTACT:

- THE SEVEN STARS YOUTH COORDINATOR TO REGISTER TODAY!
- PHONE: 403-328-2414
- ASK FOR LATOYA HEALY

The Lethbridge and Area Métis

## UPCOMING EVENTS IN APRIL

JOIN US IN OUR UPCOMING YOUTH PROGRAMMING SESSIONS

FOR YOUTH AGES 12-29

CONTACT THE OFFICE TO REGISTER AND RECEIVE THE VIRTUAL LINK FOR THESE SESSIONS!  
ALL SUPPLIES WILL BE PROVIDED FOR SESSIONS!

P: 403-328-7828

E: INFO@LETHBRIDGEMETIS.COM

### WOLF WILLOW BEADS

April 28, 2021  
6:00 PM  
Learn about the traditions of the wolf willow seed and make your own Métis Rosary!

### Learn Michif

April 19, 2021  
7:00 PM  
Learn the beginning basics of one of our traditional languages- Michif!

### Beginner Beading Basics

APRIL 1, 2021  
4:00 PM  
Learn beading basics and how to bead a Métis Flower!

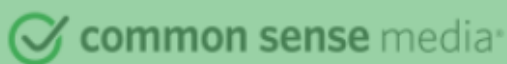
### Learn Michif

April 8, 2021  
7:00 PM  
Learn the beginning basics of one of our traditional languages- Michif!

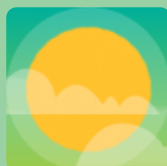
### SEASONS OF THE TRADITIONAL METIS

April 14, 2021  
4:30 PM  
Learn about the circle of life and seasons in the Métis homeland!





**CLICK HERE** for apps to help with mental health



**WATCH: Coping with COVID-19:  
How Young People Use Digital Media to  
Manage Their Mental Health**



# youthspace.ca

Youthspace.ca is an online crisis & emotional support chat. We listen without judgement, and keep chats confidential & anonymous. Text: 778-783-0177

**Youthspace Online Resources  
Mental Health, Suicide and  
Self Harm, Care Tools & more**

**Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

**TOLL FREE 1-833-294-8650**

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth-specific service, positioned and resourced to promote access to professional, culturally-appropriate support for youth, families and schools.

**Kids Help Phone**

**PHONE 24/7 BY CALLING 1-800-668-6868  
TEXT CONNECT TO 686868..**

**Kids Help Phone & We Matter  
support Indigenous youth**  
CLICK HERE for more information.

Through ongoing collaboration, both partners work together to support Inuit, Métis and First Nations youth in their well-being.



**DOWNTOWN 403-320-4232  
NORTH 403-320-8138  
WEST 403-359-8092**

**CLICK HERE** for more details and registration information



April 7 & 9	Young Chef	Ages 12-15	Downtown location
April 13- June 22 (Tues)	Nature Play	Under 7	West location
April 15- June 24 (Thurs)	Nature Play	Under 7	West location
April 19- June 21 (Mon)	Play Zone	Under 6	Downtown location
April 19- June 21 (Mon)	Baby Pact	Under 14 months	Downtown location
April 20	Big Chef Little Chef	Ages 3-6	Zoom
April 21- June 23 (Wed)	Play Zone Party		Zoom
April 22- May 20 (Thurs)	Mom's First	Under 12 months	Downtown location
April 22 - June 24 (Thurs)	Me & My Family		Downtown location
April 23- June 25 (Fri)	Play Zone	Under 6	Downtown location
April 24	Discover Together	Under 12	Zoom (materials provided)
April 24	Me & My Dad	Under 12	Downtown location
April 28	All My Relations	Couples and co-parents	Downtown location



## Counselling Services

Family Centre is excited to be providing counselling sessions to parents and children to help improve resilience and relationships.

**Youth, Adults, Couples, &  
Families**

- Free
- Short-Term Services

Call us for more  
information  
403-320-4232

**Boys & Girls Club  
of Lethbridge & District**

# YOUTH CENTRE YOUTH CAMPUS

An out of school program for youth 13-21 who are experiencing stress and isolation due to COVID-19 or being in a school environment.

**Monday- Friday**  
Programming Featuring :

- Cooking Skills
- Study Sessions
- Relaxation Groups
- Mental Health Skills
- Hobby and Skill opportunities
- Book and Movie Club
- DND and RPG opportunities
- Meaningful Daytime Support

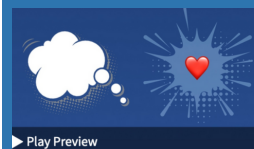
To Register Contact us at  
youthcampus@bgclb.ca

**25! Social  
YRS! ThinkingIt**

**FREE WEBINARS**

Face-to-face communication is a thing again! Wait, how do you teach that? April 6 10 :00AM

**CLICK HERE to  
access FREE  
Pre-recorded  
webinars**



Family Centre  
Suite 225, 200 - 4 Avenue South  
Lethbridge, Alberta  
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre  
Instagram: @familycentreyal  
LinkedIn: @Family Centre Society of Southern Alberta  
Helpseeker: Family Centre



**CAREER**  
TRANSITIONS

careersteps.ca

## Career Explorations

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

- **Hairstylist - April 1 @ 4:00pm**
- **Genomicist & Bioinformatician - April 27 @ 4:30pm**
- **Engineer - April 28 @ 4:00pm**
- **Doctor - May 26 @ 4:30pm**

[CLICK HERE](#) to register.

## Post-Secondary Explorations

Are you thinking about post-secondary options for the fall or maybe in a year or two? During the month of March, check out these virtual Post-secondary presentations courtesy of Career Transitions and various Alberta colleges and universities by heading to our website:

<https://www.careersteps.ca/post-secondary-fair/> [CLICK HERE](#) to register.

## 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)

[Keyera Energy - Peter J. Renton Memorial Scholarship](#) (May 1)

[Mildred Rowe Weston](#) (May 1)

[Rotary Club Scholarship Rotary Global Grants](#) (May 12)

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

[Learning Matters Education Charity Bursaries](#) (May 30)

[MADD Canada Bursary](#) (May 31)

[Ray Joliffe Memorial Scholarship](#) (May 31)

[Fraser Institute Essay Contest](#) (June 1)



## Volunteers of YQL Awards

THURSDAY APRIL 22ND @ 6PM

JOIN US IN CELEBRATING OUR COMMUNITY VOLUNTEERS!

The Volunteers of YQL Awards (previously Leaders of Tomorrow Awards) celebrates Lethbridge residents whose volunteer efforts have contributed to the well-being of the community and fellow community members.

Be inspired, interact, and network!

[CLICK HERE](#)

for event details and to RSVP to the live virtual gala

This event features a musical guest & surprise shout-outs so stay tuned!

We Care



## 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

Are you in high school?

**PLANNING FOR YOUR FUTURE?**  
**WE CAN HELP!**



Get study tips and homework help from mentors and tutors



Build skills and share your hobbies and interests with friends



Set goals and make a plan for college or university



Work with Club staff to help you get where you want to go

**BGCL YOUTH CENTRE**  
227 12B STREET NORTH,  
LETHBRIDGE

SIGN UP AT:  
[WWW.BGCLLETHBRIDGE.COM](http://WWW.BGCLLETHBRIDGE.COM)  
OR CALL/TEXT: 403-593-8106

**FREE TUTORING FOR MIDDLE SCHOOL AND HIGH SCHOOL YOUTH!**

MONDAY, TUESDAY & THURSDAY  
3:30PM-6:00PM

Talk to Club staff to learn more about joining Raise the Grade

