

THE LOOP

MAY 2021



MHCBC Wellbeing Team



Hello, Lethbridge School Division staff and families!

May is a time of change. The warm sun is finally replacing the fresh cold air.

As the days get longer, we hope you have the opportunity to explore the outdoors. We hope you are finding joy noticing the birds chirping and the city starting to morph from brown to green. May is National Mental Health Month to raise awareness of trauma and the impact it can have on our well-being. Take care.



breathingroom



BreathingRoom™ is an app and program that helps you relax and connect with yourself. It gives you videos to watch, exercises and visualizations to try, music to listen to and even movie and book suggestions. It might be just what you need to figure things out and start building the life you really want.

Created by:



cinim



mentalhealthliteracy.org for resources to support mental health and wellness in the classroom.

An invitation from:
horizon
school division

*Click on the title of the session to attend the virtual evening sessions on topics to support our children and youth

Mental Health Awareness Videos and Info Sheets



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](#)

May 13 @ 7:00 pm

LGBTQ & Answers: A Conversation about Understanding and Supporting LGBTQ2S+ Youth

With Jamie Lewis (she/her) FCSS Youth Inclusion Supporter

Meeting ID: 974 1884 7391 Passcode: tL6Z3B

June 3 @ 7:00 pm

Body Image: Prevention, Factors and Outcomes

With Nikki Roy (she/her) MA, CCC

Meeting ID: 974 1884 7391 Passcode: tL6Z3B

Anxiety in the Classroom



[CLICK HERE](#) to access a webinar "to help children and youth cope with anxious thoughts and feelings that add to the difficulties in their school days and homework nights".

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 Mental Health HELPLINE
1-877-303-2642



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

BECOMING AN ACTIVE BYSTANDER

Prevention starts with awareness.
Learn skills to step up and speak out about gender-based violence.

Online Workshop
May 14
3:00-4:00 pm

Mindfulness & The Window of Tolerance

Online Workshop

May 28
3:00-4:00 pm

Living Yourself

ONLINE PERSONAL GROWTH GROUP

Mondays, 1:30-3:30pm
May 10, 17, 24, & 31



Healing Journey

A Therapy Group for 2SLGBTQIA+ Individuals

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



Cultivating Strength

Online Personal Growth Group

Wednesdays
May 5, 12, 19, 26, June 2, & 9

9:30-11:00 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: May 4 & 18
June 1, 15 & 29



Virtual 4 week Education Group
May 6, 13, 20 & 27

Thursdays, 6:30 - 8:30 PM

Ages 15-18 * All Genders * Fee \$250

Do you find you put a lot of pressure on yourself to be perfect?
While wanting to be our best self is a great aspiration, it
becomes problematic when we place unrealistic expectations on
ourselves. This pressure can lead to feelings of high stress,
anxiety and unhappiness.

Learn more about how perfectionism impacts our lives and
discover new skills that can support you in knowing that you are
good enough, the way you are.

Co-Facilitators

Kala Beers, MSW, RSW
Carmen Guenther, B.A., B.Ed., M.Ed Candidate

To register contact True Balance Counselling
403-327-2333 or truebalancecounselling@gmail.com



Alberta Health Services

AHS May Newsletters

[Healthy Children](#)

[Healthy Teens](#)

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+



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

Now Offering Outdoor

Go Girls Sessions!!

7 Sessions

Free Program

Girls Ages: 10-14

1-1.5 Hour Sessions

Tuesday or Wednesday After School

Beginning May 11th and 12th

Space is limited.

Provincial Guidelines in place.



Bigs will meet with a group of Littles outside our office. The group will play games together, go to the park, talk about topics such as mental health, self-image, etc.

Also Offering Virtual Programming!

Bigs meet with a group of Littles on Zoom, play games together, and talk about mental health as well as COVID-19 related challenges.

If you would like to sign your child up in any of these programs please email info.leth@bigbrothersbigsisters.ca or call us at 403.328.9355

www.BeBig.ca



**summer childcare
& camps!**



Boys & Girls Club
of Lethbridge & District

University of
Lethbridge



Click on the logo for more information!



Wood's HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

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.

For more information:
Phone 403-317-1777
www.woodshomes.ca

Check out all the
programs offered at



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

- May 3 Creative Expressions
- May 5 Growing Strong Together
- May 5 Worry Dragons for Parents
- May 6 Parenting During Separation & Divorce
- May 7- Growing Abilities
- May 7 Come Build With Us
- May 7 Plants to Plates
- May 7 Worry Dragons for Youth
- May 11 Big Chef Little Chef
- May 12 Couples That Thrive
- May 18 Parent Cafe

**Family Centre
provides FREE Youth,
Adult, Couples and
Family Counselling.**

FREE



Lethbridge Public Library | **CONNECTING YOU**

INTERNET



**CLICK
for more
info**

ON THE GO

Connecting YOU...wherever you are!



Click to access
LGBTQ supports

Calling All Parents



Lethbridge Early Years Coalition (LEYC) would like to invite parents onto our Parent Advisory Committee

The LEYC Parent Advisory Committee influences the direction of the coalition and speaks to community needs of families and parents of young children.

Parents and caregivers have valuable and unique perspectives to offer the community.



If you are interested in joining please contact us or visit our website for more information.

CONTACT US

www.lethbridgeearlyyears.ca

lethbridgeearlyyears@gmail.com

(403) 634-5601



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.

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

Engineer- April 28 @ 4:00 pm

Dietitian- May 6 @ 4:00 pm

EMS Paramedic - May 13 @ 4:00 pm

Doctor- May 26 @ 4:30 pm

[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

CHECK THIS OUT!

[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.



WEBINAR



Making Informed Financial Decisions After High School

This webinar is all about preparing students for the financial decisions they will encounter after graduation. [CLICK HERE](#) to access the pre-recorded session.

VIRTUAL Tutoring

for Math and Science
MNS Tutoring

For more information
phone

587-597-7377

\$45/session

CLICK HERE for more details



Indigenous Members in Skilled Trades

PRE-REGISTER TODAY FOR THE FREE INDIGENOUS TRADESPEOPLE EXPERIENCE!

This toolkit that features 5 Days of STEAM content, a Keynote Presentation and "How-To" guides!

Spring Scholarship Deadlines

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

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

[Trans Canada Energy](#) (May 15)

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

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

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

[Mindful Science Alberta](#) (May 31)



[Nelson Civic Leadership](#) (May 31)

[Bayer Fund Opportunity Scholarship](#) (May 31)

[Stuck at Prom](#) (June 1)

[Advancing Futures](#) (June 1)

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

[Tiessen Foundation Broadcast Scholarship](#) (June 1)

[Learn and Earn Scholarship Program](#) (June 1)

[RAP/ CTS Scholarships](#) (June 30)



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



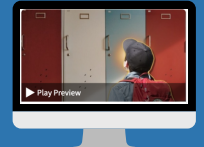
Receive up to **\$3600** to support a student intern

Alberta **YOUTH INTERNSHIP INCENTIVE PROGRAM**

25! Social YRS! ThinkingIt

FREE WEBINARS

[CLICK HERE](#) to access **FREE** Pre-recorded webinars



PARENT INFO NIGHT

Lethbridge College

**May 26
6:30-7:15**

[CLICK HERE to register](#)

To provide parents/guardians with an overview of what to expect from and for your future post-secondary student.

- addressing concerns
- review the supports we have in place
- provide ideas on how to BE READY to support your youth in their transition into post-secondary education.

This event is open for parents/guardians and students in grades 11 and 12. Attend the event live for a chance to win a gift from Lethbridge College.