



OCTOBER 2020

MHCB Wellness Team



Hello, Lethbridge School Division!

Welcome to the first edition of THE LOOP! Our school and community partners provide ongoing supports and services to our families. The purpose of this newsletter is to share what supports are available in our wonderful city! THE LOOP will provide you with snapshots of professional development opportunities, community partner updates, child and youth community activities and referral information. We hope THE LOOP helps you to stay informed.

Stay Connected!



Download the latest reminders, news, events and emergency alerts for

Community LINKS

Virtual Professional Development

The **Connections Project** is a positive mental health initiative to support staff and students. In collaboration

and under the leadership of Dr. Jody Carrington. The project has focused on building a common understanding around attachment theory, emotional regulation and relationship building.



KIDS ACROSS CANADA CAN NOW TEXT

AND BE CONNECTED TO TRAINED HELPERS

CLICK HERE

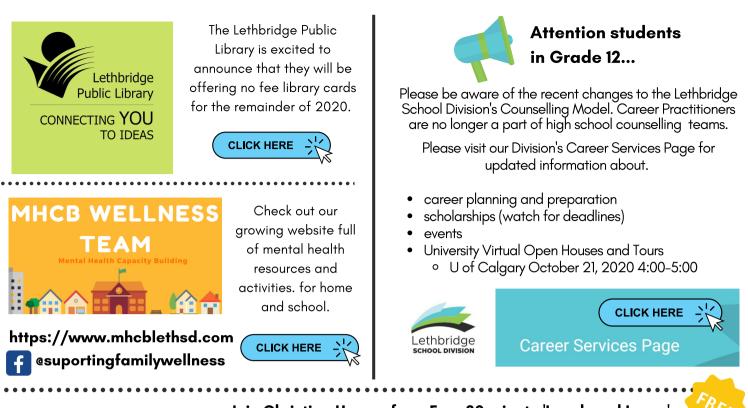
Need Support? KidsHelpPhone.ca 1800 668 6868

Kids Help Phone

Community Partner Support Highlights



Text4Hope 393939





Join Christina Harvey for a Free 30 minute 'Lunch and Learn' Registration Deadline: Monday September 29, 2020

FOR TEACHERS: Christina will take you through the 'Top 3 Resources' that Alberta Health Services personnel turn to when their support for assistance is requested. Christina Harvey, the session facilitator is all too familiar with the stressors our children are facing and is looking forward to spending this time with you. Follow the link to register.



THE EMBODIMENT CONFERENCE 14th - 25th October 2020, Online

Come home to your body.

Free access to world-class teachers, practical tools for times of turmoil, and a supportive global community

FAMILY RESOURCE NETWORK -LAUNCH EVENT PLEASE JOIN US & MEET SERVICE PROVIDERS WORKIN TOGETHER TO OFFER INCLUSIVE AND ACCESSIBLE

THURSDAY October 8 2020

3-6 pm Meet us at the Southern Alberta Ethnic Association for an afternoon filled with family fun, information, door prizes, and snacks!



Sign up for the Lethbridge Family Service News Letter to stay up to date on supports and groups.

For more information, contact LFS Counselling Intake:

403-327-5724

🕙 CounsellingIntake@LFSFamily.ca

