

# THE LOOP

DECEMBER 2020



MHCBS Wellbeing Team



## Hello, Lethbridge School Division staff and families!

Welcome to the December issue of THE LOOP! As 2020 comes to a close, we hope THE LOOP connects you with the community supports and services you may require during these unprecedented times. We are in this together; lean in to one another and seek connections in new and creative ways.

### Stay Connected!



**SCHOOLGUIDE**  
Download the latest reminders, news, events and emergency alerts for your child's school.



Your source of community, health, social and government services and programs in Southern Alberta.



Connect to find mental health resources and activities for home and school.

[www.mhcb lethsd.com](http://www.mhcb lethsd.com)  
#supportingfamilywellness



**recovery college**  
[www.recoverycollegelethbridge.ca](http://www.recoverycollegelethbridge.ca) LETHBRIDGE

For anyone aged 16+ who is looking for support or who wants to explore their own wellness. Those who are supporting a family member or friend, as well as people working in the mental health or substance use field are welcome to attend the free classes.

FREE

### Community Partner Support Highlights



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

See how you can make a difference. [Donate](#), [volunteer](#) and [support youth](#).



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

BGC has new. Need free tutoring for middle and high school? Check out [Raise the Grade](#).



**FAMILY CENTRE**

Dec 7 or 14 [Creative Expressions](#) (art studio)  
Dec 9, 17 or 19 [Discover Together](#)  
Dec 12- [Super Dad Events](#)



**YOUTH ONE**

Youth One has several [programs and events](#) for youth ages 11-18. Call 403-380-4426



**HELEN SCHULER NATURE CENTRE**  
*Discover it here!*

Check out the [Christmas Crafts Kits](#) \$25 for 4-5 people.

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



**Text4Hope**  
**393939**



**24hr free ONLINE support for Albertans**  
**togetherall.com**

**ADDICTION HELPLINE**



**1-866-332-2322**



Visit [CAREER TRANSITIONS](#) for information about our VIRTUAL CAREER EXPLORATION sessions. The occupation of data scientist will be showcased on Wednesday, January 27th. If you enjoy math and coding, and if you are interested in exploring future career opportunities in the Tech sector, this session is for you.

Watch for a virtual session on welding in January!

## CALGARY PRIDE LEARNING SERIES

# MICROAGGRESSIONS 101

FACILITATED BY ANDA FABRIG | QUEER EDUCATION FOUNDATION

WED DEC 2, 2020 @ 6:00 - 8:00 PM MST

Click to Register

**Virtual LGBTQ2S+ Hangout!**

**Fridays: 1:00pm-3:00pm**

**Ages: 11-18**

Sign-Up at: [www.bgclethbridge.com](http://www.bgclethbridge.com)

## Centre for Sexuality

Click to access LGBTQ supports and services

## Planning for your future?

Keep up to date with post-secondary, scholarship and career information on our [LethSD Career Services Page](#). Questions? Career Practitioners are no longer a part of high school counselling teams; your school counsellor can help you.



University of  
**Lethbridge**

**Virtual Information Session**  
**December 9th 5:30-7:30**

<https://uleth.zoom.us/j/9556547558>  
Drop in and chat with a ulethbridge rep to learn more about scholarship opportunities, program requirements, deadline information and application help! Students of any age can use this opportunity to have some questions answered about post secondary. Parents and Guardians welcome!

**jack.org**

Canada's only charity training empowering young leaders to revolutionize mental health across Canada. Check out this hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.



**Education for Parents and Caregivers December 1 @ 6:30**

Join expert panelists to discuss coping skills, balance and resiliency which can serve us and our children well through the COVID-19 pandemic. [CLICK HERE](#) to register.

Do you have a child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.



**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.

## Cultivating Strength

Online Personal Growth Group

December 7, 14  
January 4, 11, 18, 25

**1:30-3:00 pm**

**Community Helpers Training**

2 sessions  
12:30-3:30

Part 1: Dec 3  
Part 2: Dec 10

Two afternoons of virtual discussion. The goal for this training is to support adult helpers enhance their skills and comfort to support youth with topics such as:

- Helping as a Process
- Healthy Relationships
- Mental Health Awareness
- Stress and Coping

To register: call intake at 403-327-5724

**KidsGrief.ca**

Talking with kids and teens about serious illness, dying and death.

**LETHBRIDGE Senior Citizens ORGANIZATION**

**Free curbside or delivered Christmas Dinner**

Friday, December 25 11:00AM- 1:00 PM

Dinner is open to everyone in the community as quantities allow. Deadline to book delivery is December 22 4:00 pm

Call 403-320-2222 for more information or to volunteer with meal delivery.

**Donations are gratefully accepted.**

## Christmashope.ca Joining Forces for the Holidays.

Christmas Hope is a 5 agency collaboration serving our community at Christmas including: Lethbridge Food Bank, Interfaith Food Bank, the Salvation Army, Lethbridge Family Services Angel Tree and My City Care Shop of Wonders. The Christmas Hope partnership ensures that families that may be struggling get everything they need for Christmas.

**Kids Call for Artwork!**

Entries will be accepted in early December

Enter to win a \$50 Smudge Gift Card by creating a work of art based on the theme "Imagine" and submitting for display in the Kids' Art Show Gala. Submit at the Lethbridge Public Library Children's Services Desk.

**Food for Fines**  
December 1-13

Bring in food for the local food banks to pay off your Library fines! Visit [lethlib.ca](http://lethlib.ca) for more details.



**Holiday Crafting**

Come to the Crossings Branch during the holiday season where kids can pick up a holiday craft pack.

There will be four different packs with one being released each week. Each pack will contain supplies to make a fun holiday craft at home.

Join the holiday fun:  
Nov. 28 - Dec. 4 | Dec. 5 - Dec. 11  
Dec. 12 - Dec. 18 | Dec. 19 - Dec. 24

Craft packs will be also be available through Curbside Pick Up. Supplies are limited.

