







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!



Community LINK9

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



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

www.mhcblethsd.com esuportingfamilywellness

CANADIAN MENTAL HEALTH ASSOCIATION **recovery co**

www.recoverycollegelethbridge.ca

ege 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.

Community Partner Support Highlights



See how you can make a difference. <u>Donate, volunteer and support youth.</u>



BGC has new. Need free tutoring for middle and high school? Check out Raise the Grade.



Dec 7 or 14 <u>Creative</u>
<u>Expressions</u> (art studio)
Dec 9, 17 or 19 <u>Discover</u>
<u>Together</u>
Dec 12- Super Dad Events



Youth One has several programs and events for youth ages 11-18.
Call 403-380-4426



Check out the Christmas Crafts Kits \$25 for 4-5 people.



KIDS ACROSS CANADA CAN NOW TEXT 686868









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!









<u>Click</u> to

Register

MICROAGGRESSIONS 101

FACILITATED BY ANDA FABRIG | QUEER EDUCATION FOUNDATION

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

Virtual LGBTQ2S+ **Hangout!**

Fridays: 1:00pm-3:00pm

Ages: 11-18

Centre for Sexuality

<u>Click</u> 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!

iack.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 Child Youth and Family 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.

2 sessions

12:30-3:30

Part 1: Dec 3

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.





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

1:30-3:00 pm

Community Helpers Training

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:

KidsGrief.ca

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



Senior Citizens ORGANIZATION

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 in early



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.



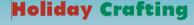


Bring in food for the local food banks to pay off your Library fines!









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 Curb Side Pick Up. Supplies are limited.

