

THE LOOP

FEBRUARY 2021



MHCB Wellness Team



Hello, Lethbridge School Division staff and families!

Welcome to the February issue of THE LOOP! With continued pandemic restrictions, concerns around our mental health is a priority. We hope THE LOOP connects you with the community supports and services you may require to support and promote positive mental health for yourself and others. Please reach out for support when you need it.

Lean into others. Talk things through. We are here to help. We are in this together.

A Virtual Conversation about Learning and Mental Health During a Pandemic

Join... Alison Lux (AHS Mental Health Therapist)
Jim Kerr (LethSD Engagement Consultant) &
Kathy Mundell (LethSD Counselling Coordinator)



Date: Wednesday, Feb 24 on TEAMS 6:30-7:30 pm
Register by Feb 19 by emailing kathy.mundell@lethsd.ab.ca
A teams link will be emailed to you.

AHS, in collaboration with The Mental Health Foundation, offers FREE online programming for parents and caregivers of children and youth. Sessions are offered online through the Zoom app".

For more information:

WEBSITE: cyfcaregivereducation.ca
email: CYFCaregiverEducation@ahs.ca
phone 780-342-6885 Sessions include:

Parenting Groups: Parenting Skills that Promote Positive Mental Health

- Parent Education and Reflection (P.E.A.R)
- Resiliency in the Face of Stress & Anxiety Group

Mental Health Literacy Series

"Mental Health Literacy (MHL) is the knowledge and understanding that helps us become responsible, effective and successful in living full and healthy lives. With good mental health literacy we learn how to take better care of ourselves, our loved ones and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care and a better society". [CLICK HERE to access Mental Health Awareness Videos and Information Sheets.](#)

Caregiver Education

February Sessions

- Lunch & Learn Webinars (Tuesdays noon-1:00pm)
 - Parenting Teens in the 21st Century Part 1 (Feb 1)
 - Parenting Teens in the 21st Century Part 2 (Feb 8)
 - Positive Communication that Promotes Growth (Feb 2)
 - Calming Our Bodies and Minds (Feb 9)
 - Resilient Mindsets (Feb 16)
 - Collaborative Problem Solving (Feb 23)
- Caregiver Education Sessions (Wednesdays 6-7:30pm)
 - Strategies that Promote Positive Mental Health (Feb 3)
 - More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth (Feb 10)
 - Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD (Feb 17)
 - Mindfulness: Benefits for the Whole Family (Feb 24)
- SEEDS: Growing Parenting Skills (Thursdays 6-7:30pm)
 - Supporting Your Child With Structure and Routine (Feb 4)
 - Managing Meltdowns and Shutdowns (Feb 11)
 - Helping Our Kids Figure Things Out (Feb 18)
 - Effective Consequences (Feb 25)



Children, Youth & Families Addiction & Mental Health



Health Foundation

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

Things are changing rapidly, and it is more important than ever for youth to explore opportunities and take informed next steps following high school graduation. Career Transitions is seeking your feedback to shape the future of career exploration for students in Southwestern Alberta by providing your opinions and ideas through these brief surveys:

[Teacher Survey](#), [Parent Survey](#), or [Student Survey](#)

Deadline FEB 7



February 4 - Primary Care Nurse
March 2 - Pediatric Nurse



Basic Welding Class

Age 17+ Cost \$546
8 Tuesdays February 2-March 23
Stepping stone to the Welding Apprenticeship Program

February/ March Scholarship Deadlines

- [Kin Canada Bursaries](#) \$1000 (Feb 1)
- [Terry Fox Humanitarian Award](#) \$28000 (Feb 1)
- [CPA Scholarships](#) \$4000 (Feb 28)
- [Stacey Levitt Award](#) \$4000 (March 1)
- [John Hasselfield Endowment Foundation](#) \$400 (Mar 1)
- [Pathways to Medicine Scholarship](#) \$27000 (Mar 1)
- [Quest for Excellence](#) \$1000 (Mar 13)
- [Calgary Stampede Grade 12 Western Art](#) \$2000 (Mar 17)
- [Ray Jolliffe Memorial Scholarship](#) \$2000 (Mar 31)
- Indigenous Scholarship Opportunities**
- [Inspire Scholarships and Bursaries](#) (Feb 1/Aug 1)
- [Award for Indigenous Student High School Achievement](#)
- [RBC Aboriginal Student Award Program](#) \$4000 (Feb 28)
- [Belcourt Brosseau Métis Awards](#) \$1000-10000 (Mar 31)



Sign up today for a discounted fee of \$37



To Register: Call 403-327-5724
counsellingintake@LFSFamily.ca

HEALTHY RELATIONSHIPS

ONLINE WORKSHOP

February 12, 2021
1:00 - 2:00 pm

HAVING CARING CONVERSATIONS

LEARNING TO LISTEN WITH PURPOSE

FEBRUARY 19, 2021
11:00 AM - 12:00 PM

BECOMING AN ACTIVE BYSTANDER

Online Workshop
February 24, 2021
11:00 - 11:45 am

Healing Journey

A Therapy Group for Women

12 week online counselling group
Fridays, 9:00 am - 11:30 am
Starting February 12 - April 29.



Click to access LGBTQ supports

Online Workshop Series for Alberta K-12 Teachers and Staff

Building Comfort and Skill in Teaching Sexual Health

Date: March 12th, 2021
Time: 10:30am to 2:30pm (1-hour lunch break)
Location: Zoom \$50
[CLICK HERE](#) to register

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 address Indigenous youth crisis.

[CLICK HERE](#) for more information.

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



Meet on ZOOM
Ages 13-18
Wednesdays
5-6 pm
To register:
Text 403-634-7000



Nominate a youth, adult or senior who has contributed to the well being of Lethbridge

Nominations open on March 1, 2021

There are 6 Award Categories:

- Volunteer of the Community Awards
- Leaders of Tomorrow Award
- The Good Neighbour Award
- Spirit of Volunteerism Award
- Community Inclusion Award
- Business Supporter Award

[CLICK HERE](#) for more information and the nomination form.

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.

