

THE LOOP

APRIL 2021



MHCBC Wellbeing Team



Spring is finally here!

Hello, Lethbridge School Division staff and families!

Welcome to the April issue of THE LOOP! This year has been challenging for many families. You are not alone. We are fortunate to live in a community with organizations and partnerships that are working to support us. If you have questions about the supports offered, please contact the organization directly. They are waiting to help you. Take care. Hope you can get outside and enjoy the sunshine.

Mental Health Awareness Videos and Info Sheets



Alberta Health Services

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](#)



"Breaking Loneliness" (44 minutes)
A documentary about people finding ways to escape loneliness and social isolation. The documentary was filmed in Edmonton, Calgary and on the Blood Reserve in Southern Alberta.



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

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

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.

Is your child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.



Children, Youth & Families Addiction & Mental Health

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.

ADHD Parent Group

May 4-June 8
Virtual group
6:00-7:00 pm
Focuses on:
Understanding ADHD
Working with Schools
Medication
Parenting and
Self-care

Bite-Sized Videos for Busy Parents

Don't have a lot of time? We got you! Get the tools and knowledge you need to navigate pandemic parenting in these short, bite-sized video.

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





Outreach and Education

To Register:
Call 403-327-5724

counsellingintake@LFSFamily.ca

Grief & Loss in Everyday Life

ONLINE WORKSHOP

March 30
3:00-4:00 pm



Learning to Live with Loss

ONLINE PERSONAL GROWTH GROUP

April 7, 14, 21, 28
6:00-7:30 pm



Grief & Loss in The Workplace

ONLINE WORKSHOP

April 30
11:00 am - 12:00 pm



COMMUNITY HELPERS TRAINING

Offered to adults who are helpful, caring, and supportive to the youth in their lives.



April 16 9:00 AM- 3:00 PM



Healing Journey

A Therapy Group for 2SLGBTQIA+ Individuals

Group Dates:
12-Week online counselling group
Fridays 9 AM-11:30 AM
April 16-July 2



LETHBRIDGE AND AREA MÉTIS

Métis Story Time!

TUNE IN FRIDAYS @ 2:00 PM FOR METIS STORYTIME WITH LOCAL ELDERS, COUNCILORS, AND LOCAL METIS COMMUNITY MEMBERS!



Story Time will be held virtually over Google Meets
Contact us today to get access to this virtual link!

Story Time Dates

March 19
March 26
April 9
April 16
April 23
April 30

P: 403-328-7828
E: info@lethbridgemetis.com



Lethbridge and Area Métis
Youth programs

For Metis Youth Ages 12-29

- ∞ Metis Storytelling
- ∞ Connecting with elders
- ∞ Cultural Knowledge Workshops
- ∞ Beading and cultural crafts
- ∞ Traditional knowledge

Register Contact the Lethbridge and Area Metis For further information and to register

Info@Lethbridgemetis.com
403-328-7828



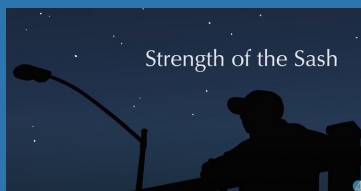
@MNAlethbridgeMetis



The content of this video series may stir up unpleasant feelings or thoughts, particularly if you or someone you know has experienced a suicide attempt, or if someone close to you has died by suicide.



Indigenous youth suicide prevention motion comics



Strength of the Sash



We could bring back our Elder to talk to you?



Please pre-screen before sharing

SEVEN STARS YOUTH SOCIETY

WHEN

- Weekly Cultural Programs: Wednesday 3-6PM
- Elder knowledge transfer: Meet 4 times a month via zoom
- Parents and Seven Stars smudge: weekly

WHERE

Lethbridge Friendship Centre
1709 2nd Ave S, Lethbridge

AGES:

- 13-19 (ADOLESCENT)

"PROVIDING OUR URBAN INDIGENOUS YOUTH WITH PROGRAMS TO ASSIST ON FINDING IDENTITY THROUGH CULTURE AND CEREMONY"

CONTACT:

- THE SEVEN STARS YOUTH COORDINATOR TO REGISTER TODAY!
- PHONE: 403-328-2414
- ASK FOR LATOYA HEALY

The Lethbridge and Area Métis

UPCOMING EVENTS IN APRIL

JOIN US IN OUR UPCOMING YOUTH PROGRAMMING SESSIONS

FOR YOUTH AGES 12-29

CONTACT THE OFFICE TO REGISTER AND RECEIVE THE VIRTUAL LINK FOR THESE SESSIONS!
ALL SUPPLIES WILL BE PROVIDED FOR SESSIONS!

P: 403-328-7828

E: INFO@LETHBRIDGEMETIS.COM

WOLF WILLOW BEADS

April 28, 2021
6:00 PM
Learn about the traditions of the wolf willow seed and make your own Métis Rosary!

Learn Michif

April 19, 2021
7:00 PM
Learn the beginning basics of one of our traditional languages- Michif!

Beginner Beading Basics

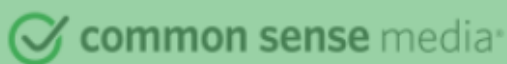
APRIL 1, 2021
4:00 PM
Learn beading basics and how to bead a Métis Flower!

Learn Michif

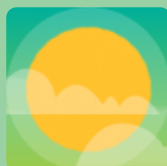
April 8, 2021
7:00 PM
Learn the beginning basics of one of our traditional languages- Michif!

SEASONS OF THE TRADITIONAL METIS

April 14, 2021
4:30 PM
Learn about the circle of life and seasons in the Métis homeland!



CLICK HERE for apps to help with mental health



**WATCH: Coping with COVID-19:
How Young People Use Digital Media to
Manage Their Mental Health**



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
support Indigenous youth**
CLICK HERE for more information.

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



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

**CLICK HERE for more details and
registration information**



April 7 & 9	Young Chef	Ages 12-15	Downtown location
April 13- June 22 (Tues)	Nature Play	Under 7	West location
April 15- June 24 (Thurs)	Nature Play	Under 7	West location
April 19- June 21 (Mon)	Play Zone	Under 6	Downtown location
April 19- June 21 (Mon)	Baby Pact	Under 14 months	Downtown location
April 20	Big Chef Little Chef	Ages 3-6	Zoom
April 21- June 23 (Wed)	Play Zone Party		Zoom
April 22- May 20 (Thurs)	Mom's First	Under 12 months	Downtown location
April 22 - June 24 (Thurs)	Me & My Family		Downtown location
April 23- June 25 (Fri)	Play Zone	Under 6	Downtown location
April 24	Discover Together	Under 12	Zoom (materials provided)
April 24	Me & My Dad	Under 12	Downtown location
April 28	All My Relations	Couples and co-parents	Downtown location



Counselling Services

Family Centre is excited to be providing counselling sessions to parents and children to help improve resilience and relationships.

**Youth, Adults, Couples, &
Families**

- Free
- Short-Term Services

Call us for more
information
403-320-4232

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

YOUTH CENTRE YOUTH CAMPUS

An out of school program for youth 13-21 who are experiencing stress and isolation due to COVID-19 or being in a school environment.

Monday- Friday
Programming Featuring :

- Cooking Skills
- Study Sessions
- Relaxation Groups
- Mental Health Skills
- Hobby and Skill opportunities
- Book and Movie Club
- DND and RPG opportunities
- Meaningful Daytime Support

To Register Contact us at
youthcampus@bgclb.org

Family Centre
Suite 225, 200 - 4 Avenue South
Lethbridge, Alberta
Website: www.famcentre.ca

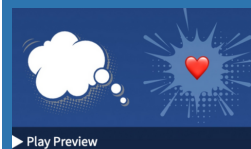
Facebook: @lethbridgefamilycentre
Instagram: @familycentreyal
LinkedIn: @Family Centre Society of Southern Alberta
Helpseeker: Family Centre

**25! Social
YRS! ThinkingIt**

FREE WEBINARS

Face-to-face communication is a thing again! Wait, how do you teach that? April 6 10 :00AM

**CLICK HERE to
access FREE
Pre-recorded
webinars**



▶ Play Preview



**CAREER
TRANSITIONS**

careersteps.ca

Career Explorations

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

- **Hairstylist - April 1 @ 4:00pm**
- **Genomicist & Bioinformatician - April 27 @ 4:30pm**
- **Engineer - April 28 @ 4:00pm**
- **Doctor - May 26 @ 4:30pm**

[CLICK HERE](#) to register.

Post-Secondary Explorations

Are you thinking about post-secondary options for the fall or maybe in a year or two? During the month of March, check out these virtual Post-secondary presentations courtesy of Career Transitions and various Alberta colleges and universities by heading to our website:

<https://www.careersteps.ca/post-secondary-fair/> [CLICK HERE](#) to register.

Spring Scholarship Deadlines

Northern Alberta Development Council Bursary (Apr 30)

Woodman White Olsen & Co. LLP (May 1)

Lethbridge College Awards (May 1)

Dr. Ernest & Minnie Mehl Scholarships (May 1)

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

Mildred Rowe Weston (May 1)

Rotary Club Scholarship Rotary Global Grants (May 12)

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

Learning Matters Education Charity Bursaries (May 30)

MADD Canada Bursary (May 31)

Ray Joliffe Memorial Scholarship (May 31)

Fraser Institute Essay Contest (June 1)



Volunteers of YQL Awards

THURSDAY APRIL 22ND @ 6PM

JOIN US IN CELEBRATING OUR COMMUNITY VOLUNTEERS!

The Volunteers of YQL Awards (previously Leaders of Tomorrow Awards) celebrates Lethbridge residents whose volunteer efforts have contributed to the well-being of the community and fellow community members.

Be inspired, interact, and network!

[CLICK HERE](#)

for event details and to RSVP to the live virtual gala

This event features a musical guest & surprise shout-outs so stay tuned!

We Care



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

YOUTH INTERNSHIP INCENTIVE PROGRAM

Are you in high school?

**PLANNING FOR
YOUR FUTURE?
WE CAN HELP!**



Get study tips and homework help from mentors and tutors



Build skills and share your hobbies and interests with friends



Set goals and make a plan for college or university



Work with Club staff to help you get where you want to go

BGCL YOUTH CENTRE
227 12B STREET NORTH,
LETHBRIDGE

SIGN UP AT:
WWW.BGCLLETHBRIDGE.COM
OR CALL/TEXT: 403-593-8106

**FREE TUTORING FOR
MIDDLE SCHOOL AND
HIGH SCHOOL YOUTH!**

MONDAY, TUESDAY &
THURSDAY
3:30PM-6:00PM

Talk to Club staff to learn more about joining Raise the Grade

