

NS

NICHOLAS SHERAN NEWS

OCTOBER | 2021

IMPORTANT DATES...

- Oct 1** - AM Kindergarten Class
- Oct 8** - PM Kindergarten Class
- Oct 11** - Thanksgiving, No School for Students
- Oct 12** - Literacy Professional Learning Day - No School for Students
- Oct 13** - No School for Students
- Oct 14** - No School for Students - Grade 1-5 Parent Teacher Conferences via Teams from 1:00pm - 8:00pm
- Oct 15** - No School for Students - Grade 1-5 Parent Teacher Conferences via Teams from 8:00am-11:40am
- Oct 20** - Virtual Parent Council Meeting Via Teams at 6:30pm
- Oct 22** - Cram the Car...Donate to the Lethbridge Food Bank! Please bring in your non-perishable food items during the week of October 18 - 22!
- Oct 22** - AM Kindergarten Class
- Oct 29** - Halloween Activity / PM Kindergarten

Council Corner... All parents and guardians are welcome to join us for our virtual Parent Council Meetings. Parent Council is an opportunity for parents and guardians to get involved and help foster a supportive learning environment at Nicholas Sheran School through hot lunches, fundraisers and more! Meetings will be held on TEAMS the 3rd Wednesday of each month. Parent Council and Society Meeting Minutes can be found on the school website.

2021/22 Parent Council:

President/Chairperson- Tisha Elford
Vice President/Vice Chairperson- Kristina Hurkens
Secretary- Jeanine Miklos
Treasurer- TBD (up for vote at October meeting)
Division Council Reps- Locke Spencer/Tisha Elford

We are still hoping to add some parents to the Fundraising and Hot Lunch Committees so that we will be able to provide more opportunities for the students at Nicholas Sheran School. If you would like to help out, please join us on October 20th through this link:

https://teams.microsoft.com/join/19%3ameeting_YTJjOGJjNDQlMDYzYi00ODRmLWEyYmltYTliMGY1MzAzNmJm%40thread.v2/0?context=%7b%22Id%22%3a%223c0e8b63-e64e-4c8d-a40f-1d213b670472%22%2c%22Oid%22%3a%2288ca0096-4a49-43bc-8a0f-5f07300ceabf%22%7d

Thank you.

PRINCIPAL'S MESSAGE...

It is hard to believe the month of September is already gone! With our first month of school now complete, I have been very impressed with how seamlessly the students' return to school has been. From their arrival in the morning until dismissal time, our students have demonstrated great respect for the protocols continued from last year. It's very apparent that the students have missed interacting with their friends and are thoroughly enjoying being together again, evident through the smiles and laughter in classrooms and on the playground! It was wonderful to meet the Nicholas Sheran School Council during our first meeting of the year on September 22nd. School Council's next meeting date is October 20th. The agenda for the meeting and a link to attend the meeting will be sent out on the Monday of that week. One of the things we will be talking about is an important resource we would like to have for the school. Please join in and be involved in your child's school! Please help us by making sure your child is dressed for the weather. Outside learning is an important part of school and children that are well dressed and prepared for the weather have way more fun. Please take a few minutes to label your child's boots and jackets. It's always surprising how quickly children can "forget" what they wore to school, and these items are expensive, and we want them to make it home. Halloween is coming up at the end of the month! We will be doing a virtual classroom parade where each student will have a chance to show off their costume. At this time, we can only have pre-packaged individual treats in the school, so please contact your child's teacher if you are wanting to provide something. I hope you all get to enjoy this beautiful fall weather we are still having! Take care and be well.

Dawn Walmsley.



2021/22 Friends of Nicholas Sheran Society

President/Chair Director- Locke Spencer
Vice President/Vice Chair Director- TBD (up for vote at October meeting)
Secretary- Jeanine Miklos
Treasurer- TBD (up for vote at October meeting)
Directors- Tisha Elford/Stacy Burton

**NS
ES**

NICHOLAS SHERAN NEWS

Masks.... We have noticed an increase of students coming to school without masks, saying they forgot or don't have any and because it is a mandatory requirement for students to be wearing a mask, the school has been going through a lot of disposable masks and this is not economically sustainable.

We ask that you please ensure your child also has an extra one with them in their backpack in case one gets lost or breaks during the school day. Your help and cooperation in this is greatly appreciated. Thank you.

The Bus Routes have been updated at <http://www.southland.ca/lethbridge>. Southland Transportation Ltd.'s MyBusStop app is ready to use. MyBusStop is a GPS tracking service, which delivers real-time information on a subscriber's bus location, route stops, route traffic, route schedule, route progress and possible bus delays. Information on how to use the app, including detailed instructions, can be found here: <https://www.lethsd.ab.ca/transportation/mybusstop-app>. The School Code for NSES is **L84FQJ880Y**.

Attendance... If your child is going to be absent or late, please notify SafeArrival in one of 3 ways:

1. Website <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using the same email address given to the school. Select Attendance to Report an Absence.
2. Using your mobile device, download & install the SchoolMessenger app from the Apple App Store or the Google Play store (or from the links at <https://go.schoolmessenger.ca>). The app is the quickest & most convenient way to report absences.
3. Call Toll Free 1-866-879-1041 before 8:30am

Please **DO NOT** contact the school directly to report absences.

Parent-Teacher Conferences will occur on Thursday, October 14th (pm) and Friday, October 15th (AM) to facilitate earlier discussions about student learning. Report cards will be available through PowerSchool on November 26th, a later date than usual, to allow more time for learning and assessments before grades are assigned for the first term. Interviews will be booked through the school webpage under the "Parents" tab with booking starting on October 4th at 7:00 AM and closing October 13th at 11:59PM. All interviews will be conducted using Microsoft TEAMS as a COVID safety protocol. Please click the following link—<https://ns.lethsd.ab.ca/bookings> as a refresher on how to use TEAMS software. Your child's teacher will then contact you using TEAMS at your scheduled time. Please feel free to contact your child's teacher or the office with any questions.

TERRY FOX... Thank you to everyone that donated towards the Terry Fox Walk on the 17th and helped us to beat our school goal! We were hoping to raise at least \$700 and we raised \$813.40 to go to the Terry Fox Foundation.

Check out our website <http://ns.lethsd.ab.ca>, **Twitter @nikkisheran & Facebook page - Nicholas Sheran Elementary School to get the latest information!!**

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case² of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
If the answer is “YES” AND they are NOT fully immunized⁴: <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2. 			
If the answer is “NO” to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the answer is “YES” to any symptom in question 2: <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 			
If the answer is “NO” to all of the symptoms in question 2, proceed to question 3.			

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁴ A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

3.	Does the child have any new onset (or worsening) of the following other symptoms:		
	Chills Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO

If the answer is “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the answer is “YES” to TWO OR MORE symptoms in question 3:

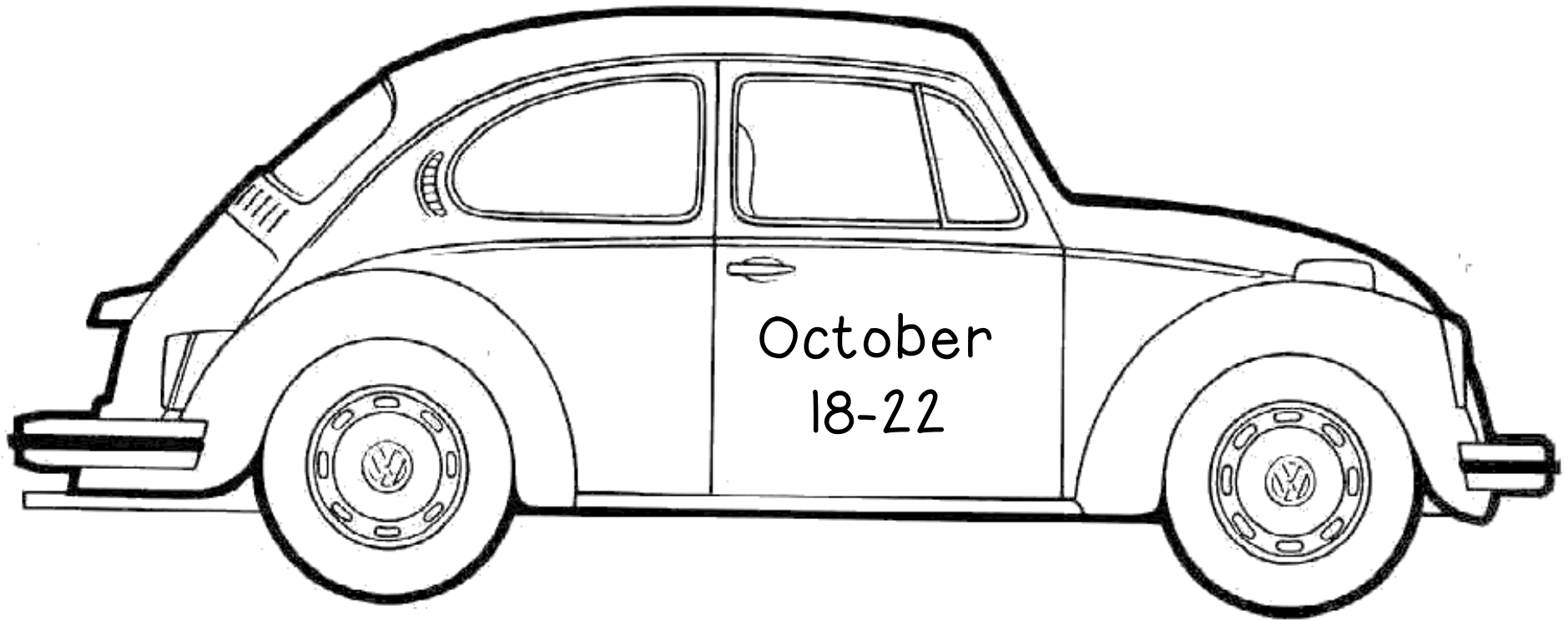
- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the answer is “NO” to all questions:

- Your child may attend school, childcare and/or other activities.

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

Cram the Car



Help our school to “Cram the Car” with food donations from October 18-22!

We are collecting non-perishable, non-expired food and toiletry items for the Lethbridge Food Bank.

Let's see how much we can gather for this great cause!

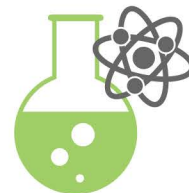
FriYAY CLUBS

GR. 1-3

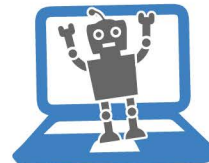
GR. 4-6

Friday Afternoons from 1:00pm – 4:30pm

destination
exploration
UNIVERSITY OF LETHBRIDGE



Science Experiments



Coding & Robotics



Building & Design

REGISTER
TODAY!

uleth.ca/destination-exploration/clubs

Ages 4 - 12
Sibling Discount
Full Day & Half Day Options

For more information and to
register visit our website

www.westwindgym.com

events/pd day camps & clinics



Oct. 12 - 15

Nov. 12

Dec. 28 - 31

Jan. 3

Jan. 28

Feb. 22 - 25

Mar. 18

Apr. 18 - 22

Apr. 25

May 24



PD DAY CAMPS

245 10th Street N Lethbridge, AB T1H 0H6 403 -320 -1373



PARENT'S NIGHT OUT!

\$35
PER CHILD

Ages 4 - 12

5:30 - 8:00 PM

Pizza Dinner Included

Pyjamas and Gymnastics -Sept 25
Monster Bash - October 23rd
Cupcake Battles - November 20
Reindeer Games - December 11
Glow in the Dark - January 22

245 10th Street N Lethbridge, AB T1H 0H6 403 -320 -1373

For more
information and
to register
visit our website

westwindgym.com
events/parent's night out



THE LOOP

OCTOBER 2021



MHCBC Wellness Team



Hello, Lethbridge School Division students, staff and families!

As we find ourselves in the fourth wave of the pandemic, it is important for us to be familiar with the many ways our community is able to support us. THE LOOP is intended to connect Lethbridge School Division students, staff and families with: learning opportunities, mental health and wellness supports, community based programs and activities, scholarship application information, post-secondary connections and other community family support initiatives. If you would like to submit information for THE LOOP, please email kathy.mundell@lethsd.ab.ca TAKE CARE. ❤️



Virtual Education Sessions



5

Executive Functioning: Who's the Boss? 11:00 AM
[CLICK HERE](#) to register

12

A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself (Covid-19 edition) 6:30 PM
[CLICK HERE](#) to register

19

Emotional Regulation: A Guide for Parents and Educators on Supporting Emotional Development 6:30 PM
[CLICK HERE](#) to register

21

Help! My Child is Struggling in School! 6:30 PM
[CLICK HERE](#) to register

25

Are they too young? Talking with infants and preschoolers about bodies, relationships and sexuality 6:30 PM
[CLICK HERE](#) to register

26

Adolescent Brain Development and Navigating Parent-Teen Relationships 6:00 PM
[CLICK HERE](#) to register

27

Kids Have Stress Too 1:00 PM
[CLICK HERE](#) to register

27

Girls and Covid Nine-Teen 6:30 PM
[CLICK HERE](#) to register

28

Renewed Focus: A Follow-up Report on Youth Opioid Use in Alberta 10:30 AM
[CLICK HERE](#) to register

CLICK HERE to sign up for the CES newsletter



BounceBack®

reclaim your health

Feeling low, stressed or anxious?

Age 15+

BounceBack is a free, guided self-help program that's effective in helping people who are experiencing mild to moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching and skill-building workbooks to help overcome these symptoms and gain new skills to regain positive mental health.

[CLICK HERE](#) to complete an online self-referral form.





What is togetherall?

Age 16+

Togetherall - Virtual Mental Health

A FREE online peer-to-peer mental health community available free to Albertans!

Feel like you need somewhere to talk?

 The community is a safe place to support your mental health 24/7.

Need Support?

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone



ADDICTION HELPLINE



1-866-332-2322



Outreach and Education

To Register:
Call 403-327-5724

counsellingintake@LFSFamily.ca

Empowering Women In Relationships

Thursdays 9:00-11:30 am
October 21- December 16
No group November 11

Age
18+

Healing Journey

A Therapy Group for Women
September 24 - December 10, 2021
Fridays from 9:00 am - 11:30 am
Contact Counselling Intake for details
403-327-5724

Age
18+

The Mindful Self

ONLINE PERSONAL GROWTH GROUP

Fridays
October 8-29, 2021
9:30 - 11:00 am

Age
18+

BECAUSE WE Care

An Online Workshop Series for Helping Professionals

Thursday Oct 7 (Part 1)
& Thursday Oct 14 (Part 2)
2:00pm to 4:00pm

Age
18+

Understanding Suicide

ONLINE PRESENTATION
October 27, 2021
2:00-4:00 pm

Age
18+

EMPOWERING Women in Relationships

8 Week Counselling Group

October 21 to December 16, 2021
Thurs, 9am to 11:30am

Age
18+

Deconstructing Gender Roles

ONLINE PRESENTATION

FRIDAY, OCTOBER 1, 2021
3:00-4:00 PM

Age
18+



909 3 Ave N (2nd floor)

For more information or
to register contact Darcy
at d.nalder@familyties.ca
or call 403-320-8888

Grandparents Raising Grandchildren

A Community Group for Grandparents & Kinship Families Through this group you will have the opportunity to talk with other caregivers, professionals, learn new parenting techniques, self-care, connect to community resources, as well as build lasting friendships and supports.

10:30 am-12:30 pm
Oct 5, 19 Nov 2, 16, 30 Dec 14
\$5 fee includes all sessions

Call Randi 403-332-3424
Becky 403-308-7412

Want to play Dungeons and Dragons?



Every Friday in October
until mid-December
from 5:00 PM to 9:00 PM



Do you know a young person struggling with addiction?

Need support? Please contact
Lethbridge Youth Treatment Centre
at 1.403.388.7600.

The Lethbridge Youth Treatment Centre is a three phase, voluntary, inpatient, drug and alcohol treatment program that serves clients between the ages of 12 and 18. Referrals are made through AHS outpatient counselors and other allied professionals. We have capacity to house and support eight clients at a time. While the duration of treatment may vary, completion of all three phases takes approximately 90 days. The program offers strength-based, client/family-centered programming and treatment planning to support reducing or extinguishing substance use, and improving mental, physical, social, emotional and spiritual health.



CLICK to access the Virtual
Youth Treatment Centre Tour



To register call intake at
403-382-5278

Fearless Feathers is a four session, virtual group designed to address anxiety in children. You will need access to a device able to run the Zoom application.

Age
5-8

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.

Age
11-14

ADHD Parent Group is a parent group focusing on: understanding ADHD, working with schools, medication, self-care and parenting strategies.

Intentional Parenting is a 4 session virtual group designed to support parents who struggle with anxiety. The first session will focus on understanding anxiety, the impacts of anxiety, and ways to manage our own anxiety. The following 3 sessions focus on how anxiety impacts parenting, what factors influence anxiety, how we can better manage those factors, and ways we can separate anxiety from our parenting strategies.



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

**Is your family struggling with
conflict in the home? Are you
concerned about your child not
coming home?**

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.



BUILDING BRAINS TOGETHER - AT HOME



MORE
Mental Health Online Resources for Educators

Building Brains Together and Lethbridge School Division are partnering on an exciting new project this fall, where parents and caregivers of three and four-year-old children can build young brains together in their own homes. Building Brains Together - At Home includes three weekly live, small group, online sessions for the child and caregiver, with an Early Learning educator. Virtual sessions, approximately 30 minutes in length, take place in the afternoons on Tuesday, Wednesday and Thursday. Parents can learn more by joining the weekly parent café, on Monday afternoons, which will include educational support and guest speakers on child/brain development.

Visit buildingbrains.ca for more information

Quick starts and deep
dives into school &
student wellness



(SITE & COURSES BEST VIEWED
ON NON-MOBILE DEVICES)

MORE offers free,
online courses and
information on
mental health &
substance use for the
K-12 education
community



The Family Preservation Program works collaboratively with the Family Resource Network to provide programming for youth and their families. Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/teen mediation, caregiver/youth/family groups, family activities, community connection and referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support. Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact Grace Landry via email at grace.landry@mcmansouth.ca or call **403-715-3202**.



Imagine
INSTITUTE FOR
LEARNING

At Imagine Institute For Learning we challenge people to image what's possible in a world where compassion meets action. We believe that with proper training, we can all take compassionate action to protect and support to create stronger communities.



Center on the Developing Child
HARVARD UNIVERSITY

RESOURCE LIBRARY

September Newsletter

CLICK HERE to
sign up
for an email
newsletter



Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE 1-833-294-8650



**Domestic Violence
Action Team** www.dvat.ca

(DVAT) is committed to providing a coordinated prevention and early intervention response to domestic violence. This is accomplished through engagement with community partners and collaboration with local and provincial agencies.

Did you know? In Canada,
1/4 of victims of police-
reported violence are
victimized by a family
member?

**COME
JOIN
US!!**

PARTICIPATE
BY ZOOM OR
IN PERSON
FAMILY CENTRE
DOWNTOWN
SUITE 225, 200
- 4 AVENUE
SOUTH
LETHBRIDGE AB
T1J4C9

**BLACKFOOT
ELDERS AND
FACILITATORS**

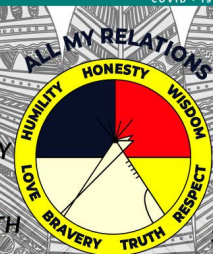
WE ARE EXCITED TO ANNOUNCE THE START OF THE
"ALL MY RELATIONS" PROGRAM
FOCUSED TO HELP BUILD HEALTHY FAMILIES
GUIDED BY ELDERS AND THE 7 SACRED BLACKFOOT
TEACHINGS

***PLEASE NOTE SUBJECT DUE TO CHANGE PENDING
COVID - 19 RESTRICTIONS***

Zoom

EVERY TUESDAY
6:00 - 7:30PM
STARTING
SEPTEMBER 28TH

INCENTIVE FOR
PARTICIPATING



In Person

EVERY
WEDNESDAY
5:30 - 8:00PM
STARTING
SEPTEMBER 29TH

CHILDCARE AND
MEAL PROVIDE



**CHINOOK SEXUAL
ASSAULT CENTRE**

Healing starts with believing

here for all genders and all ages throughout Southwestern Alberta

403-694-1094 • 1 (844) 576-2512 • 502 - 740 4 Ave S

#IBelieveYou

#UHaveThePower

Sexual assault is a criminal act

It is not your fault

Connect with Chinook Sexual Assault Centre

The Chinook Sexual Assault Centre acknowledges that we live and work on the traditional, unceded lands and travelling routes of the Blackfoot, Kainai, and Siksika Nations, and the Métis people living and working in Blackfoot Territory.

"NIITSITAPIIMINOONIKS"

For More Information or to Register
PLEASE CONTACT: Tico Iron Shirt
(403) 320-4282 Ext 218
Tico.Ironshirt@famcentre.ca
www.famcentre.ca



ARE YOU LOOKING FOR A DOCTOR?

1-855-577-8838



TELUS Health MyCare App allows you to access a medical doctor, mental health counsellor or dietician with your mobile device, from the comfort of your own home

ARE VIRTUAL CONSULTATIONS FREE?



Virtual consultations are available with physicians for all Alberta residents. Residents of AB who are covered under provincial healthcare plans can access virtual consultations at no direct cost (you will not be billed after your consultation) at this time.

Those without provincial health insurance can access virtual consultations for \$70 per physician consultation

WHO IS TELUS HEALTH MYCARE APP FOR?



TELUS Health MyCare app aims to serve Canadians currently without a family doctor or those who need to seek medical care after-hours.

*If you have a medical doctor, it is recommended that you continue to see them.

WHAT ARE THE MINIMUM REQUIREMENTS?



TELUS MyCare is available on iPhones (iOS 12 and above) and Android (Version 4.2 and above) smartphones. You will need to be connected to the internet- where possible it is recommended you use WiFi.

HOW DO PRESCRIPTIONS, DIAGNOSTIC TESTS AND REFERRALS WORK?



Prescriptions: After your TELUS Health MyCare doctor generates your prescription, it is handled by the Clinical Support team. Your prescription will be sent to a pharmacy of your choice, where it should be received within one hour. You will need to **provide proof of identification** at the pharmacy to be able to collect your prescription.



Diagnostic Tests: After your consultation, the Clinical Support team will ask you for your preferred lab/imaging center or will recommend one nearby. The Clinical Support team will then provide guidance on next steps.

Referrals: After your consultation, a referral letter will be sent to a specialist. Once your referral is accepted, a member of the Clinical Support team or the specialist office will call you to schedule an appointment.



Project I.C.E.

Employment Readiness and Life
Skills Training Program
Ages 15+

Fall Session - September 20-December 16, 2021
2 Afterschool sessions per week from 4:00-6:30p



Junior I.C.E.

Social Skills, Life Skills, and Executive
Functioning Training Program
Building Awareness of Positive Mental Health and
Coping Strategies
Ages 12 - 15



Fall Sessions:
2 Afterschool sessions per week starting in
October 2021

Dates and Times to Be Determined

1245 - 2 Avenue South, Lethbridge, AB T1J 0E5
www.KeyConnectionsConsulting.com
michelecurrieccc@gmail.com
403.524.2522



Whether for competition or fun, our top-notch sport
and recreation facilities give people of all ages and
abilities a place to get moving.
VISIT go.uleth.ca/sportrec

NEW LOCATION

120F Mayor Magrath Drive N

DONATIONS WELCOME!



FAMILY
CENTRE

CLICK HERE
for our
OCTOBER
Calendar!

Nature Play



Play Zone

Come Build With Us

Parenting After Separation and Divorce



Worry Dragons

Big Chef
Little Chef

Kids
in the
Kitchen

Young
Chefs



Me & My Dad

Me & My Family

All My Relations

Mom's First



Lethbridge Early Years Coalition presents:

WHERE DO WE GO FROM HERE?

THURSDAY, OCT. 14, 2021
6-8PM

LEARN MORE ABOUT
PARENT AND CAREGIVER
ADVOCACY FOR MENTAL HEALTH
IN THE EARLY YEARS

Featuring presentations by
Shane Cranston
Cheryl Patterson
Tracy Harvey

Southern Alberta Ethnic Association
In person at 421 6 Ave S
Or connect via Livestream

Pre-registration required
More information and tickets at
lethbridgeearlyyears.ca



LETHBRIDGE
FOOD BANK

FEED THE NEED



NEW

Mobile Food Support Program

5-7pm October 13th at Park Meadows Baptist
Church (2011 15 Ave N, Lethbridge, AB T1H 5J4)

5-7pm October 19th at University Drive Alliance
Church (2011 15 Ave N, Lethbridge, AB T1H 5J4)



MINDFUL
MUNCHIES LUNCH
PROGRAM

LETHBRIDGE FOOD BANK



Big Brothers
Big Sisters

OF LETHBRIDGE AND DISTRICT



GO
GIRLS!



TEEN MENTORING



GAME ON

BIG BROTHER
MENTORING

BIG SISTER
MENTORING

BIG COUPLE
MENTORING



MyHealth Alberta.ca



Talking about residential
schools is difficult. If you are
experiencing pain or distress,
help is available.

National Indian Residential School Crisis Line:
1-866-925-4419
Hope for Wellness Help Line: 1-855-242-3310
Mental Health Help Line: 1-877-303-2642



Join our parent program focused on Blackfoot ways of knowing, teachings
and family structure. Blackfoot facilitators and Elders lead discussions and
activities around the 5 domains of supporting father involvement.

Virtual Tuesdays: Sept. 28 - Dec. 7 6:00pm-7:30pm
In-person Wednesdays: Sept. 29 - Dec. 8 5:00pm-8:00pm.

Simple meal provided at 5:00pm followed by the program.

For more information or to register for either program, contact our
Indigenous Coordinator Tico Iron Shirt at 403-320-4232 ext. 218 or
tico.ironshirt@famcentre.ca



Get Lost In A-maze-ing Mental Health!

LETHBRIDGE CORN MAZE

FRIDAY, OCTOBER 1

1:00 - 5:00

SPECIAL RATE OF \$5 PER PERSON!!

CORN
MAZE!

COW TRAIN
& GIANT
SLIDE

PETTING
ZOO!

PUMPKINS!

VISIT: WWW.LETHBRIDGECORNMAZE.COM FOR DRIVING DIRECTIONS

*PARTICIPANTS MUST ADHERE TO AHS COHORTING & SOCIAL
DISTANCING GUIDELINES*

CAREER TRANSITIONS

17th ANNUAL POST-SECONDARY FAIR
 Wednesday, October 6 – 5:00-8:00pm
 Winston Churchill High School - gymnasium
 1605 15 Ave N, Lethbridge, AB

Connect with post-secondary institutions from across Alberta & the country:

- Look into early admission
- Learn about program requirements
- Obtain informational viewbooks from various institutions so you can compare

Checkout what institutions are attending (this is updated often so check it out!) www.careersteps.ca/post-secondary-fair


PRESENTATIONS

Find out more about **SCHOLARSHIPS** and what **FINANCIAL AID** might be available during this presentation:
 5:15-5:45 and/or 6:45-7:15

The transition from high school to post-secondary can be daunting. Find out more, plus tips and tricks to navigate during this presentation:
 6:00-6:30 and/or 7:30-8:00

VIRTUAL POST-SECONDARY FAIR
 Thursday, November 4 – 6:00-7:30pm
 Via Teams online

Virtually connect with post-secondary institutions from across Alberta & the country.

Registration required: 


Questions? Email office@careersteps.ca
 Call 403-328-3996

POST-SECONDARY INSTITUTIONS
 REGISTERED FOR THE VIRTUAL EVENT...

- Alberta University of the Arts
- Bow Valley College
- Canadian Armed Forces Reserves
- College of the Rockies
- Concordia University of Edmonton
- International Business University
- McMaster University
- Medicine Hat College
- Memorial University of Newfoundland
- Mount Royal University
- Olds College
- Queen's University
- Reeves College – Lethbridge
- St. Francis Xavier University
- The King's University
- Trinity Western University
- Tyndale University
- University of Alberta
- University of British Columbia
- University of Manitoba
- University of Waterloo
- Volunteer Lethbridge

 **ScholarTree**

CLICK HERE to access ScholarTree
 The #1 place to find scholarships or start a scholarship in Canada!

 **Lethbridge Public Library** | **CONNECTING YOU TO IDEAS**

Call 403-320-4705

Round Dance Social
 Honoring the Children, Survivors & Families
 Every Child Matters

Saturday, October 30, 2021
 6:30-11:00 pm


Indigenous Learning Circle-Bannock & Jam

Adults: Wednesdays 11:30-1:00
 Sept 1-Oct 21

Children/Teens: 12:30-2:00
 Sept 24-Oct 15

An opportunity to connect and engage with Indigenous culture. Hands on learning with workshops and guest speakers.
 Everyone welcome!

Listen and Learn
Orange Shirt Day
September 30

Virtual Zoom from 10-11 am 

CAREERS the Next Generation
careersnextgen.ca

ATTENTION

Want to explore career options?

paid internships available during the school year.



job opportunities for high school students

CLICK HERE to access our website

MSN Tutoring

MSN Tutoring provides private academic support for students in all math and all science courses (Grades 6 to 12). MNS Tutoring turns academic worriers into academic warriors. We have expanded our service to include small group sessions and Exam Jams. Please see our new website for details: MNSTUTORING.COM



Grade 6-12

Centre for Sexuality

Click to access LGBTQ supports



Kindness MATTERS

ONE ON ONE

We're ready to help students start planning their career. Students can make an appointment today for a one-on-one session with one of our knowledgeable and friendly recruiters.

To make an appointment, email futurestudent@lethbridgecollege.ca



bgc Lethbridge

YOUTH CENTRE
bgclethbridge.com/youth-centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUTH CAMPUS 9:00-3:00	YOUTH CAMPUS 9:00-3:00	YOUTH CAMPUS 9:00-3:00	YOUTH CAMPUS 9:00-3:00	YOUTH CAMPUS 9:00-1:30
Free Time 3:30-6:00	Free Time 3:30-6:00	Free Time 3:30-6:00	Free Time 3:30-6:00	
Raise The Grade 3:30-6:00	Raise The Grade 3:30-6:00	LGBTQ+ HANGOUT 7:00-9:00	Raise The Grade 3:30-6:00	
DROP IN 11-14 6:30-9:00	DROP IN 14-18 6:30-9:00	Creating Connections 7:00-9:00	MITs 7:00-9:00	Free Time 12:00-6:00
			URBAN SKILLZ 7:00-9:00	