

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** 6:00PM
[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

KIDS ACROSS CANADA CAN NOW TEXT

686868

AND BE CONNECTED TO TRAINED HELPERS

Kids Help Phone
Jeunesse, J'écoute


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



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+

FamilyTies Association

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



CLICK HERE



The Scoop **SEPTEMBER**
School Health and Wellness Promotion E-News



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



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 ELDER'S AND FACILITATORS

WE ARE EXCITED TO ANNOUNCE THE START OF THE "ALL MY RELATIONS" PROGRAM FOCUSED ON HELPING BUILD HEALTHY FAMILIES GUIDED BY ELDER'S 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 CHILD CARE 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 - 7th & Ave S

#BelieveYou

#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 by-alling Ancestors of the Blackfoot, Kainai, and Siksika Nations, and the Métis people living and working in Blackfoot Territory.

"NIITSAPIIMINOONIKS"



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



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





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 Collage – 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



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



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



Lethbridge College

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



YOUTH CENTRE

bgclethbridge.com/youth-centre

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

YOUTH CAMPUS

YOUTH CAMPUS

YOUTH CAMPUS

YOUTH CAMPUS

YOUTH CAMPUS

9:00-3:00

9:00-3:00

9:00-3:00

9:00-3:00

9:00-1:30

Free Time

Free Time

Free Time

Free Time

3:30-6:00

3:30-6:00

3:30-6:00

3:30-6:00

Raise The Grade

Raise The Grade

LGBTQ+ HANGOUT

Raise The Grade

3:30-6:00

3:30-6:00

7:00-9:00

3:30-6:00

Free Time

DROP IN 11-14

DROP IN 14-18

Creating Connections

MITs

6:30-9:00

6:30-9:00

7:00-9:00

7:00-9:00

12:00-6:00

URBAN SKILLZ

7:00-9:00