

# THE LOOP

NOVEMBER 2021



MHCBC Wellbeing Team



Hello, Lethbridge School Division students, staff and families!...and community partners.

We are living in tough times and we are fortunate to live in a community that provides a multitude of services to support you or someone you care about. 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](mailto:kathy.mundell@lethsd.ab.ca) ❤️



MyHealth.Alberta.ca  Alberta Health Services 

## Virtual Education Sessions

[CLICK HERE to sign up for the CES newsletter](#)  
[CLICK HERE to register for sessions](#)

- Nov 4** Real Talk: Break the Cycle of Domestic Violence 6:30-8:00 PM
- Nov 6** Super Dads Super Kids 10:00 AM-11:30 AM
- Nov 15** Stress and Healthy Coping: Helping Youth Address Their Stress 11 AM-12:30 PM
- Nov 15** Stress and Healthy Coping: Helping Youth Address Their Stress 6:30 PM-8:30 PM
- Nov 17** Supporting **LGBTQ2S+** Children and Youth: A Workshop for Parents and Family Members 11:00 AM-1:00 PM
- Nov 17** Dare to Care: Bully Proofing your Child 6:30 PM-8:00 PM
- Nov 18** Juno House presents: Healthy Brains = Healthy Children 11:00 AM-12:30 PM
- Nov 18** Screen time: The Good, the Bad & the Ugly 6:30 PM-8:30 PM
- Nov 22** Kids Have Stress Too 6:30 PM-8:30 PM
- Nov 23** Children's Mental Health During the COVID-19 Pandemic: Strategies for Parent and Child Wellbeing 1:00PM-2:30 PM
- Nov 24** Mental health for highly sensitive teens; unique struggles for these emotional feelers 1:00 PM-2:30 PM
- Nov 24** There's no mental health without spiritual health 6:30 PM-8:00 PM
- Nov 25** 2E Gifted Children: Covid-19 & Well-Being 6:30 PM-8:00 PM
- Nov 29** Managing the Holidays through Mindfulness: Supporting Your Child's Social and Emotional Well-being 1:00PM-3:00 PM
- Nov 30** Understanding and Using Mental Toughness to Enhance Performance: When Toughness is Really NOT About Being "Tough." 6:30 PM-8:00 PM
- Dec 2** Giving the gift of knowledge - Your guide to saving for a child's post-secondary education 6:30 PM-8:00 PM
- Dec 13** Burnout & Boundaries During Covid 10:30 AM-12:00 PM



## CHINOOK SEXUAL ASSAULT CENTRE

Healing starts with believing

For all genders and all ages throughout Southern Alberta

#ibelieveyou  
#UHavethePower

It is not your fault.  
403-694-1094  
1 (844) 576-2512

502- 740 4TH Avenue S

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## MOVING FORWARD

An opportunity to connect with peers in a safe, flexible, open-minded environment

Every Tuesday in November (Drop in)  
2:30 PM to 4:30 PM  
Registration required  
Cost: Free (unlimited sessions)  
Participants: Female Identifying Individuals



Need Support?

**KidsHelpPhone.ca**  
1 800 668 6868



KIDS ACROSS CANADA CAN NOW TEXT  
**686868**  
AND BE CONNECTED TO TRAINED HELPERS



Jeunesse, J'écoute 



24hr free Mental Health HELPLINE  
1-877-303-2642



Text4Hope  
393939

24hr free ONLINE support for Albertans



togetherall.com



Black Youth Helpline

TOLL FREE  
1-833-294-8650

ADDICTION HELPLINE



1-866-332-2322



## Outreach and Education

To Register:  
Call 403-327-5724

[counsellingintake@LFSFamily.ca](mailto:counsellingintake@LFSFamily.ca)

### General Bereavement Therapy Group

Wednesdays 1:00-3:00 pm  
November 24- February 9  
No group December 29 and January 5)

Age 18+

### Suicide Prevention

ONLINE PRESENTATION  
November 24, 2021  
1:30-4:00 pm

### MAN UP

Age 18+

ONLINE PERSONAL GROWTH GROUP

Deconstructing messages of masculinity.

November 10, 17, and 24  
10:30am-12:00pm

### WINTER SERIES

Age 18+

JOIN OUTREACH & EDUCATION  
IN THIS WORKSHOP SERIES EXPLORING TOPICS THAT SUPPORT WELLBEING.



NOVEMBER 5:  
GRIEF & LOSS IN  
EVERYDAY LIFE



DECEMBER 3:  
PERSONAL  
EMPOWERMENT



NOVEMBER 19:  
SELF-CARE



DECEMBER 17:  
KNOWING YOUR  
RESOURCES

### FAMILY VIOLENCE PREVENTION MONTH

Live Sessions 11:30am-12:30pm

Age 18+

Nov. 9- Family Violence Awareness  
Nov. 16- How to Listen (When a Friend Needs You)  
Nov. 23 Healthy Relationships  
Nov. 30 Caring for Yourself

## FamilyTies Association

909 3 Ave N (2nd floor)

For more information or  
to register contact Darcy  
at [d.nalder@familyties.ca](mailto:d.nalder@familyties.ca)  
or call 403-320-8888

### Grandparents Raising Grandchildren

A Community Group for  
Grandparents & Kinship Families  
10:30 am-12:30 pm  
Nov 2, 16, 30 Dec 14  
\$5 fee includes all sessions

### Want to play Dungeons and Dragons?



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

### Girls Group "Love Your #Selfie"



Ages 9-12 years

Mondays  
4:15-5:45pm

Starts November 1

### Do you know a young person struggling with addiction?

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



## Alberta Health Services

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

Tuesdays 1:30-2:30 pm (Jan.11- Feb. 15)  
Tuesdays 6:30-7:30 pm (Jan.11- Feb. 15)  
Tuesdays 1:30-2:30 pm (Apr.26- May 31)  
Tuesdays 6:30-7:30 pm (Apr.26- May 31)

Sessions are open format so you can choose the number of sessions to attend.

### Keep Calm Parent On

Tuesdays 6:30-7:30pm (Nov. 9- Dec. 14)  
This Zoom group will be offered 6 nights in a row for one hour each 45 minutes of presentation and 15 minutes of discussion. This will be an information sharing group, it is not therapeutic.

This Parenting Group is designed to provide support to parents who are struggling with high levels of conflict in the home with their children/teens with or without a mental health diagnosis. Through power point presentations, and discussion, parents/caregivers will gain a greater understanding and insight with the provided topics to support effective parenting to manage conflict in the home and a healthy parent/child relationship

The Family Violence Info Line  
(403-310-1818)

Toll-free to Albertans  
24/7 support

Service in over 170 languages

Alberta has the third highest rate of self-reported family violence among Canadian provinces, yet family violence is preventable. November is Family Violence Prevention Month in Alberta. It is a time for promoting change in attitudes and behaviours as we strive to address, reduce, and ultimately, eradicate family violence.



Domestic Violence  
Action Team

[www.dvat.ca](http://www.dvat.ca)

### Responding to Domestic Violence Disclosure in The Workplace

- 1.5 hour online presentation
- It has been shown that disclosures often occur within a person's informal support network such as family, friends or professionals within the community. This presentation will provide working professionals with the knowledge and tools to respond to Domestic Violence disclosures in the workplace.

## CLICK HERE for COVID-19 Information

Iska l'abi | አማርኛ | عربي | Niitsipowahssin | 简体中文 | 繁體中文 | Nêhiyawêwin | درى | Tsaat'ine | Français | Plautdietsch | हिन्दी | 한국어 | नेपाली | Afaan Oromoo | بښتو | Portuguese | ਪੰਜਾਬੀ | Af-Soomaali | Español | Iet'ha | Tagalog | Ἰνግ | ኩርድ | Українська | اردو | Tiếng Việt







# FAMILY CENTRE

**CLICK HERE for the NOVEMBER Calendar!**

## Family Centre North

1103 - 3 Avenue North  
403-320-8138

Big Chef Little Chef - On ZOOM

- Saturday, Nov. 27 10-11:30 am

**Big Chef**  
Little Chef

## Family Centre West

#10, 230 Coalbanks Blvd. West  
403-359-8092

Drop in play programs

- Mondays 9:30-11 am

Drop in parent support & play program

- Tuesdays 1:30-3 pm

Growing Abilities - a weekly parent support & play program for families with children who have a disability

- Fridays Nov. 5 - Dec. 17

Growing Strong Together - a parent education program discussing Routines & Consequences, Screen Time and Relationship Wellness

- Wednesdays Nov. 17 - Dec. 1

## Family Centre Downtown

#225, 200 - 4 Avenue South  
403-320-4232

Drop in play programs

- Wednesdays & Fridays 9:30-11 am
- Thursdays 4:30-6 pm
- Fridays 1:30-3 pm

Me & My Dad Me drop in play

- Saturdays 10-11:30am

Kids Have Stress Too

- grades 4-6 Nov. 3 6-7:30pm
- grades 7-9 Nov. 18 6-7:30pm
- grades 9-12 Nov. 25 6-7:30pm

**WANT TO END MEALTIME STRUGGLES?**



Join a Registered Dietitian to learn about healthy eating and normal toddler eating behaviours, tips to help with mealtime struggles and make mealtimes a positive, healthy experience!



**SESSION: Mealtime Struggles Class- Tips for Dealing With Picky Eaters**

[CLICK HERE](#) to register

**AHS Nutrition Information**



**Imagine**  
INSTITUTE FOR LEARNING

**Child Development Learning Immersion November 6**

**FREE**

In honour of National Child Day we are running a FREE Saturday Learning Immersion focused on child development. You pick the sessions that interest you the most!

We offer you a choice in the morning between Sciences of Hope or Technology, Media and Children; and in the afternoon you can choose between Responding to Trauma in Early Childhood or Trauma-Informed Care.

**Understanding Loss and Grief During the Pandemic (2 offerings)**

**FREE**

As the season changes, some of us might need a bit of extra support to understand the loss and grief we may be experiencing. The combination of less sunlight, cooler temperatures moving us inside, the ongoing pandemic, and the prospect of the holiday season coming up might be emotionally exhausting for some people who have experienced loss.

We invite you to join us for one of our 3-hour trainings. We will end the sessions with strategies to support ourselves and others.

- November 12 - Understanding Loss and Grief During the Pandemic
- November 24 - Understanding Loss and Grief During Celebrations and Holidays

[CLICK HERE](#) for more session information.



**Do you know a young person in crisis and needs support navigating community resources?**

Phone 403-317-1777

[www.woodshomes.ca](http://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.

Wood's Homes Youth Support Navigators support youth aged 12-24 who need help navigating the youth serving system in Lethbridge. Our ultimate goal for those who are assisted through the program is to be connected to the appropriate supports throughout the community.

A two-part virtual presentation with focus on the areas of Elders, Arts & Culture, Physical Activity and Land-based learning, with positive mental health and well-being emphasized across all content.

[CLICK HERE to register](#)  
**GRADE 6-12**

**STILL I RISE:  
2 PART EVENT  
EMPOWER & INSPIRE  
CELEBRATE & SHARE**

November 24, 2021  
May 26, 2022



Are you planning on attending Post-Secondary?  
Don't miss this important event!



## 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:

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



Online presentations will be available during the fair. 6:00-6:30 & 6:45-7:15

- Scholarship & Financial Aid
- Transition from High School to Post-Secondary

- 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

**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**

### November/ December Scholarship Deadlines

- EF Canadian Youth Ambassadors \$5000+ (Nov 5)
- TD Scholarships for Community Leadership (mid Nov)
- U of L Board of Governors Award \$1500 (Dec 15)
- U of L High School Entrance Awards \$4000 (Dec 15)
- French for the Future National Essay Contest (Dec 18)
- Duke of Edinburgh's International Award



**ScholarTree**

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

**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](mailto:futurestudent@lethbridgecollege.ca)

**NO. MORE. BARRIERS.**

**bgc** Lethbridge

**YOUTH CENTRE**  
bgclethbridge.com/youth-centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUTH CAMPUS 9:00-3:00 <b>Free Time</b> 3:30-6:00	YOUTH CAMPUS 9:00-3:00 <b>Free Time</b> 3:30-6:00	YOUTH CAMPUS 9:00-3:00 <b>Free Time</b> 3:30-6:00	YOUTH CAMPUS 9:00-3:00 <b>Free Time</b> 3:30-6:00	YOUTH CAMPUS 9:00-1:30
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 <b>MITs</b> 7:00-9:00	<b>Free Time</b> 12:00-6:00
<b>DROP IN T1-14</b> 6:30-9:00	<b>DROP IN T4-18</b> 6:30-9:00	Creating Connections 7:00-9:00	<b>URBAN SKILLZ</b> 7:00-9:00	

YOUTH CAMPUS 227 12B Street North

**Big Brothers Big Sisters**  
OF LETHBRIDGE AND DISTRICT

**IN-SCHOOL Mentoring**

**GO GIRLS!**

**TEEN MENTORING**

**READY, SET, DRIVE**

**Rotary**

**GAME ON**

- BIG BROTHER MENTORING**
- BIG SISTER MENTORING**
- BIG COUPLE MENTORING**



**mycitycare**

120F Mayor Magrath Drive N  
**DONATIONS WELCOME!**

Centre for Sexuality

Click to access LGBTQ supports

**FREE FAMILY EVENT!**

# MSN Tutoring

MNS 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](http://MNSTUTORING.COM)

**Grade 6-12**

**NOVEMBER 20TH. 10AM-2PM**

**COALBANKS PARK, WEST**

**GAMES, PRIZES, TAKE HOME ACTIVITIES, COMMUNITY PARTNERS, AND MORE!**

MyHealth.Alberta.ca

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

Alberta Health Services

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

Alberta Government

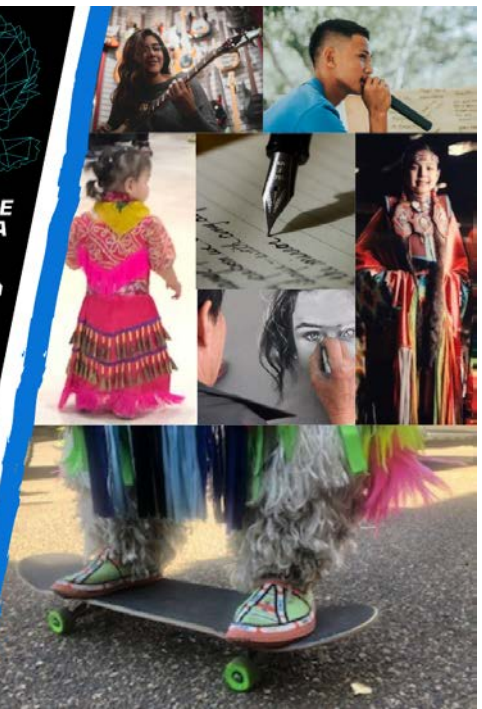
## HONORING INDIGENOUS YOUTH TALENT

A CHANCE FOR INDIGENOUS, INUIT AND METIS YOUTH AGES 0-18 WHO LIVE IN THE CHINOOK ARCH REGIONAL LIBRARY AREA TO SHARE THEIR TALENT. SINGING, DRUMMING, DANCING, ARTWORK, STORIES, POETRY, SKATEBOARDING AND BEYOND. SHOWCASE HAPPENS ONLINE VIA FACEBOOK. EMAIL [MARILYN.CONTOIS@LETHLIB.CA](mailto:MARILYN.CONTOIS@LETHLIB.CA)

POST FROM OCT 30-NOV 10, PARTICIPATION PRIZE DRAW ON NOV 12

LETHBRIDGE PUBLIC LIBRARY FACEBOOK PAGE

Lethbridge Public Library  
CONNECTING YOU



### 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](mailto:grace.landry@mcmansouth.ca) or call 403-715-3202.

### LETHBRIDGE FOOD BANK

FEED THE NEED

### Mobile Food Support Program

5:00-7:00 pm

**CLICK HERE TO DONATE!**

Nov 9 - Seventh Day Adventist Church	Seventh Day Adventist Church
Nov 16 - University Drive Alliance Church	2606 16th Avenue S, Lethbridge
Dec 7 - Seventh Day Adventist Church	University Drive Alliance Church
Dec 14 - University Drive Alliance Church	55 Columbia Blvd. W, Lethbridge



# JUNIOR AND SENIOR HIGH SCHOOL APPRECIATION NIGHT

**SATURDAY, NOV. 27**  
**KODIAKS VOLLEYBALL GAMES**  
 5 p.m. doors open • 6 p.m. women • 8 p.m. men

Join us on the Kodiaks home turf for our Junior and Senior High School Appreciation Night.

- Free admission and food for students and chaperones
- Games for prizes and great swag
- Win one of four Kodiaks' summer sports camp passes (\$190 each)



Register at:  
 • [lethbridgecollege.ca/nov27](http://lethbridgecollege.ca/nov27)  
 • or use your phone to scan this code and register



## ARE YOU LOOKING FOR A DOCTOR?



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.

## Angel Tree Campaign



To register to receive Angel Tree gifts [CLICK HERE](#).  
[CLICK HERE](#) to find out more information on how you can donate.

Registration Deadline is November 30 No exceptions.