

# 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](mailto: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**

KIDS ACROSS CANADA CAN NOW TEXT  
**686868**  
AND BE CONNECTED TO TRAINED HELPERS  
Kids Help Phone  
Jeunesse, J'écoute  
b9c



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](mailto: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](mailto: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](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.





# 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](http://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](mailto: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](http://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?



**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 Pikani, Kainai, and Siksika Nations, and the Métis people living and working in Blackfoot Territory.

**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

**"NIITSITAPIIMINOONIKS"**

For More Information or to Register  
PLEASE CONTACT: Tico Iron Shirt  
(403) 320-4282 Ext 218  
[TicoIronShirt@famcentre.ca](mailto:TicoIronShirt@famcentre.ca)  
[www.famcentre.ca](http://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  
michelecurriekcc@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](http://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](http://lethbridgeearlyyears.ca)



## 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

# 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](http://WWW.LETHBRIDGECORNMAZE.COM) FOR DRIVING DIRECTIONS

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



**Big Brothers  
Big Sisters**

OF LETHBRIDGE AND DISTRICT



**GO  
GIRLS!**



TEEN MENTORING

BIG BROTHER  
MENTORING

BIG SISTER  
MENTORING

BIG COUPLE  
MENTORING



**GAME ON**



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](mailto:tico.ironshirt@famcentre.ca)







### 17<sup>th</sup> 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](http://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](mailto: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



#### 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](http://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](mailto:futurestudent@lethbridgecollege.ca)



Lethbridge

# YOUTH CENTRE

[bgclethbridge.com/youth-centre](http://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

**MITs**

7:00-9:00

**DROP IN 11-14**

6:30-9:00

**DROP IN 14-18**

6:30-9:00

**Creating Connections**

7:00-9:00

**URBAN SKILLZ**

7:00-9:00

**Free Time**

12:00-6:00