

THE LOOP

DECEMBER 2021



MHCBC Wellness Team



Hello, Lethbridge School Division students, staff, families and community partners. As 2021 comes to end, we are reminded of the many efforts made to provide support for youth and families. Now more than ever we need to lean in to the many supports available to us. It can be challenging to find out exactly what supports are available to us. In this edition you will find community based organizations to access or donate to. You will also find information on meaningful activities for youth, adult learning opportunities, mental health supports, local crisis supports, scholarship information and more! If you would like to submit information for THE LOOP, please email kathy.mundell@lethsd.ab.ca ❤️

CHRISTMAS DAY CAMP

FOR YOUTH 8-14 YEARS OLD

WHEN: DEC 20, 21, 22, & 23, 2021
TIME: 10 AM - 3 PM
COST: \$10
WHERE: IN THE FAMILY TIES GATHERING SPACE (ANNEX)

TO REGISTER CONTACT
D.NALDER@FAMILYTIES.CA
403-320-8888

THERE WILL BE GAMES, PRIZES, AND A WHOLE LOT OF FUN

FamilyTies Association

Lethbridge Christmas Supports 2021

www.christmashope.ca

ANGEL TREE

Toys are delivered directly to families by Lethbridge Family Services or partner agencies. Registration is open online at www.lfsfamily.ca till November 30.

MY CITY CARE SHOP OF WONDERS

A full family experience where families book times to visit the Shop of Wonders. The agency will assign appointment times and include gifts and gift wrapping. For more information go to <https://www.facebook.com/mycitycarelethbridge>

SALVATION ARMY

Offers a shopping experience again this year, by appointment, and will provide the food banks with slips containing details and appointment times. Gifts are not wrapped. Registration is open at www.lethbridgesalvationarmy.ca Identification of each person in the home Address/phone number/birthdates of each person in the home Proof of income Proof of expenses

FOODBANKS

Interfaith Food Bank: 1103 3 Ave North
Lethbridge Food Bank: 1016 2 Ave South

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
bgc

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

Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE
1-833-294-8650



NO. MORE. BARRIERS.



YOUTH CAMPUS

For youth/young adults 11-21.

Monday - Friday 9:00-3:00

A daytime drop-in program for youth/young adults looking for support, connection, education and resources outside of the traditional school environment.

For program options and to register, contact Taylor at:



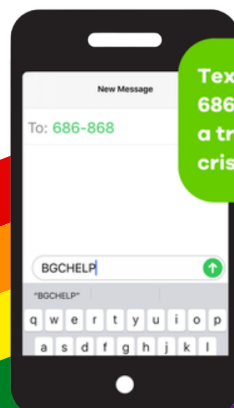
Call or text 403-715-0853



youthcampus@bgclethbridge.com



www.bgclethbridge.com (under the Youth Services menu tab)



Text BGCHelp to 686868 to chat with a trained volunteer crisis responder

YOUTH DROP-IN!

MONDAY

AGES: 11-14

6:30pm-9:00pm

TUESDAY

AGES: 14-18

6:30pm-9:00pm

FREE DROP-IN CENTRE FOR ALL YOUTH IN THE COMMUNITY!

SNACKS, GIVEAWAYS, VIDEO GAMES, PHYSICAL ACTIVITY, TABLE TOP GAMES, LEADERSHIP ACTIVITIES, MENTORS AND SO MUCH MORE!

YOUTH CAMPUS 227 12B Street North

December Drop-In

www.bgclethbridge.com

Monday

6

11-14

6:30 - 9:00

Just Dance Night

Tuesday

7

14-18

6:30 - 9:00

Just Dance Night

Thursday

9

breathe

parkour

7:00 - 9:00

13

11-14

6:30 - 9:00

Self Care Night

14

14-18

6:30 - 9:00

Self Care Night

16

skating &

sledding

7:00 - 9:00

20

11-14

6:30 - 9:00

Movie Night

21

14-18

6:30 - 9:00

Movie Night

23

closed

We will be closed for the holidays from December 23rd - January 3rd





**Big Brothers
Big Sisters**

OF LETHBRIDGE AND DISTRICT

Looking for ways to keep your child engaged?

We are looking for Littles to join our Programs!!

Now offering in-person programs through In-School Mentoring, Game On!, Go Girls, and Community Based!

The Big Brothers Big Sisters mentoring program provides youth with a role model to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests and is supported by our experienced caseworkers. The result is a life-changing experience for both the mentor and the mentee.

DID YOU KNOW?

Mentoring is an important way to give youth experience with these essential back-and-forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities.

Our mentors advise and challenge these young people, act as their champions, provide greater consistency in their lives, connect them to broader experiences, opportunities and networks, and provide safe, nonjudgmental environments in which the child or youth can confide anything.

This program is offered free of charge, and within our program we help find activities for our mentees and mentors to do as low cost no cost as possible.

For more information or to enrol a young person visit
our website www.BeBig.ca or call 403.328.9355



**FAMILY
CENTRE**

**CLICK HERE for the
NOVEMBER Calendar!**

Family Centre North

1103 – 3 Avenue North
403-320-8138

Adult Cooking Classes

- Mondays 1:00–3:00pm
- Tuesdays 9:30–11:30 am
- Wednesdays 9:30–11:30 am
- Fridays 9:30–11:30 am

Family Centre West

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

Drop in play programs

Nature Play

- Mondays 9:30–11 am

Parent Cafe

- Tuesdays 1:30–3 pm Activities for child supervised by staff; discussion & art activities for parents. Drop in and check it out.

Rhymes and Riddles

- Fridays 9:30–11 am

Family Centre Downtown

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

Drop in play programs

Play Zone

- Wednesdays 9:30–11 am
- Fridays 9:30–11 am

Me & My Dad

- Saturdays 10–11:30am

Me & My Family

- Thursdays 4:30–6 pm

Come Build With Us

- Fridays 1:30–3 pm

Learning Opportunities



Outreach and Education

To Register:
Call 403-327-5724

counsellingintake@LFSFamily.ca

HEART
HUMANITY - EMPATHY AND RESPECT TOGETHER
UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH
Online Personal Growth Group
December 1, 8, & 15, 2021
2:00pm to 3:30pm
Age 18+

MAN UP
ONLINE PERSONAL GROWTH GROUP
Deconstructing messages of masculinity
Nov 24, Dec 1, & 8, 2021
10:30am to 12:00pm
Age 18+



Alberta Health Services

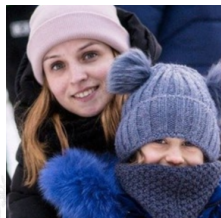


Mental Health Foundation



Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Dec 2 Technology and the Teenage Brain

Dec 6 Sleep and Your Family's Mental Health

Dec 8 Supporting Self-Regulation

Dec 9 More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

Dec 13 Resilience in Parenting

All Caregiver Education Sessions run 6:00 - 7:30 PM Click on the session to register.



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 March 1 to April 22
6:30-7:30pm

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

CLICK HERE for COVID-19 Information

Iska l'abi | አማርኛ | العربية | Niitsipowahssin | 简体中文 | 繁體中文 | Nēhiyawewin | دري | Tsaat'ine | Français | Plautdietsch | हिन्दी | 한국어 | नेपाली | Afaan Oromoo | ነጥላ | Portuguese | ਪੰਜਾਬੀ | Af-Soomaali | Español | Iet'ha | Tagalog | ไทย | ትግርኛ | Українська | اردو | Tiếng Việt



MyHealth.Alberta.ca



Alberta Health Services

Alberta Government

Virtual Education Sessions

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

[CLICK HERE to register for sessions](#)

(or click on the title of session)

Dec 1 Managing Anxiety in Youth within the COVID-19 World 1

0:00 AM-12:00 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 6 Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids 11:00 AM - 1:00 PM

Dec 6 Suicide Awareness 6:30 PM - 8:00 PM

Dec 7 Managing the Holidays through Mindfulness: Supporting Your Child's Social and Emotional Well-being 6:30 PM - 8:30 PM

Dec 8 Calgary Youth Justice Society/Calgary Youth Justice Committees Public Information Session 11:00 AM - 12:30 PM

Dec 8 Super Dads Super Kids 6:30 PM - 8:00 PM

Dec 9 Neurodiversity Supports in a Post-Secondary Environment 6:30 PM - 8:30 PM

Dec 13 Burnout & Boundaries During Covid 10:30 AM-12:00 PM

Local Community Supports



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

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. Call 403-317-1777 or visit our website www.woodshomes.ca for more 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. For more information contact Kelsey at Kelsey.desroche@woodshomes.ca or 403-308-0493.

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.



**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

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



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.

**LETHBRIDGE
FOOD BANK**
FEED THE NEED



Mobile Food Support Program
5:00-7:00 pm

CLICK HERE TO DONATE!

December 7

Seventh Day Adventist Church
2606 16th Avenue S, Lethbridge

December 14

University Drive Alliance Church
55 Columbia Blvd. W, Lethbridge

**Donations of gently used
clothing is GIVEN NOT SOLD
to families in need.**



120F Mayor Magrath
Drive N

The Family Violence Info Line
(403-310-1818)
Toll-free to Albertans
24/7 support
Service in over 170 languages



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

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.

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.

Supports for high school students



CAREER
TRANSITIONS

www.careersteps.ca

Live and Recorded Career Exploration Sessions include:
Accounting - Data Scientist - Dental Hygienist - Archeologist - -
Hairstylist - Engineer - Welder - Teacher - Nurse - Parts Technician
Heavy Equipment Tech ...plus more!

December-February Scholarship Deadlines

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)

Kin Canada Bursaries (Feb 1)

Terry Fox Humanitarian Award (Feb 1)

Schulich Leader Scholarships (Feb 2)

IRWA Scholarship (Feb 2)



CLICK on
Scholarship for
application
information



CAREERS
careersnextgen.ca

VIRTUAL CAREER SHOWCASES & MENTORSHIP SERIES



Students can join us
online to learn about what
their future career could
be and how to get paid
while learning school
credits this summer!

CAREERS PAID INTERNSHIP OPPORTUNITIES:

- Skilled Trades
- Agriculture
- ICT
- Health



FUNDING AVAILABLE FOR EMPLOYERS TO HIRE INTERNS

MNS 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

Grade
6-12



Lethbridge
College

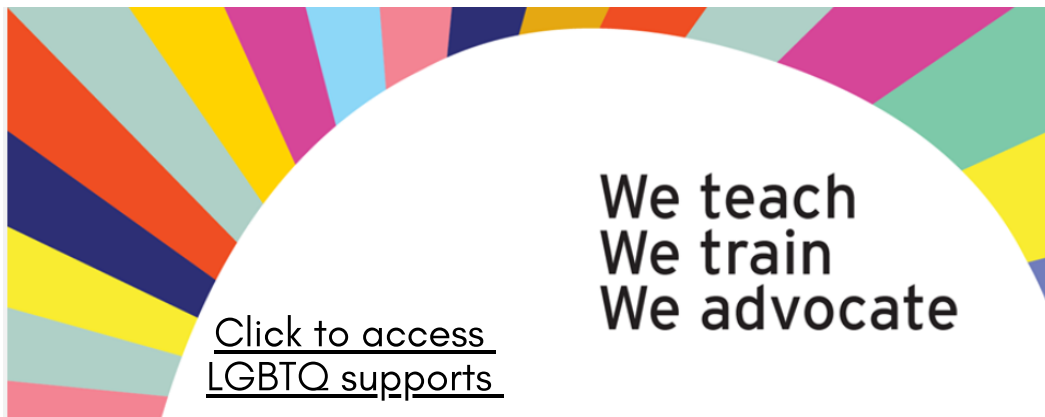
We're ready to help students start
planning their career. Students can make
an appointment today for a one-on-one
session with one of our knowledgeable
and friendly recruiters.

To make an appointment, email
futurestudent@lethbridgecollege.ca



ScholarTree

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



**We teach
We train
We advocate**

Click to access
LGBTQ supports

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY

Additional supports available

We are proud to announce the official launch of the **Strongest Families Institute App!** What an exciting time for SFI and the clients we serve! This innovation is now available at no additional cost to funders, thanks to a generous donation from Bell Let's Talk [HERE](#). As we see the increased impacts of the pandemic on mental health, now more than ever, our clients need easily accessible, e-mental health innovations. This is not a 'standalone' app; it is fully integrated with our evidence-based IRIS platform, connecting clients to any of our services, seamlessly. Click [SFI App](#) and scroll down to see a video demo).



The app was co-designed with users with lived experience, following SFI's commitment to co-design since 2000¹. Families, adults, and youth will now be able to take their skills with them wherever they go. Even without internet connectivity, the app will behave as if they are in a live connection, enhancing the client learning experience. This will be especially helpful for those in rural/remote regions or who are unable to afford internet at home.

The App is available free to registered SFI clients. Features include:

- Weekly material and skill practice activities at their fingertips
- Easily record daily anxiety/mood trends with the 'Tracker'.
- Stay in touch with coaches through in-app **messages**.
- **Download** skill demonstration media to view while offline.
- Boost motivation through a 'streak' system; Phase 1 of gamification



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

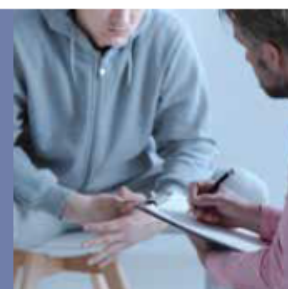
National Indian Residential School Crisis Line:
1-866-925-4419

Hope for Wellness Help Line: 1-855-242-3310
Mental Health Help Line: 1-877-303-2642

Safe at Home

A Rowan House Society Project

Safe at Home is a program designed to help men accept responsibility for their abusive behaviour, while building skills to self-intervene in the cycle of abuse.



Our services are available to all men who:

- have been removed from the family home, or advised by RCMP to remove themselves from the family home, following a domestic incident
- are living independently with a history of abusive patterns
- accept their abusive behaviours need to change and want to develop healthier relationship practices and communication
- want to be healthier partners in their current or future relationships

During their stay, men are either working towards returning to the family residence, or acquiring housing for independent living.

Safe at Home also works with the impacted families to connect them to local resources to support them in their own safety and healing.

"Domestic abuse is a perpetration problem, not a relationship problem. It is learned behaviour, rooted in abusive attitudes." - Lundy Bancroft



Nutrition Times

South Zone Healthy Eating E-Newsletter



[Click here to read the latest issue](#)