

THE LOOP

APRIL 2022



MHCBC Wellbeing Team



Hello, Lethbridge School Division students, staff, families and community partners.
Welcome to the April issue of THE LOOP!

As we move into the spring season, there is a new energy that comes with packing away the heavy winter coats, and trading them in for short sleeves and sunshine. We are fortunate to live in a community with organizations and partnerships that continue working to support us. It's time to engage, get outside and enjoy the sun. ❤️



If you're looking for an addiction and/or mental health service, help is available. 24/7.

- **Emergency - 911**
- **Addiction Helpline - 1-866-332-2322**
- **Mental Health Helpline - 1-877-303-2642**
- **Alberta Mental Health (AMH) services - 1-888-594-0211** NEW
 - Available Monday to Friday starting at 8:30 a.m.
 - AAMH staff are available to help you and will complete a clinical interview over the telephone to determine your needs. Our team will provide options in order to connect you with the most appropriate resources or services in your area.



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)

- Apr 5 [Part Two: Building Resiliency in the Family Unit](#) 10:00 AM - Noon
- Apr 6 [Helping your Child Foster a Positive Relationship with Food](#) 6:00-8:00 PM
- Apr 11 [ADHD & Executive Functioning: For Children & Youth](#) 6:00-8:00 PM
- Apr 12 [Circle of Security Parenting- Building Secure Attachment](#) 1:00-2:30 PM
- Apr 21 [Earth Play: The Benefits of Outdoor Exploration](#) 6:00-7:30 PM
- May 4 [Promoting Resilience and Self-Regulation \(2-7 Years\)](#) 6:30-8:30 PM
- May 5 [From Finsta to FOMO: Understanding Social Media Use in Teens](#) 6:30-8:30 PM
- May 9 [Brain Science: Sciences of Hope and Resilience](#) 6:30-8:30 PM
- May 10 [Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids](#) 1:00-3 PM
- May 17 [Easier Than You Think -Workshops for Parents and Natural Supports: Talking to teens about sex, sexuality, and sexual health](#) 1:00-3 PM
- May 24 [Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members](#) 1:00-3 PM

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
Alberta Health Services

Text4Hope
393939

24hr free
ONLINE support
for Albertans
togetherall.com

Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE
TOLL FREE
1-833-294-8650

ADDICTION HELPLINE

Alberta Health Services
1-866-332-2322



Outreach and Education

To Register: Call 403-327-5724
counsellingintake@LFSFamily.ca

Supports for our adult community

Age 18+

Lethbridge Family Services 
Since 1910

GRIEF & LOSS FOUNDATIONS

ONLINE PERSONAL GROWTH GROUP

This group is for individuals who have experienced loss and would like to learn more about grief.

Wednesdays
April 13 to May 4, 2022
2:00pm to 3:30pm

Contact Outreach for more information: 403-327-5724 or outreach@lfsfamily.ca



BECAUSE WE Care

An Online Personal Growth Group for Helping Professionals

Thursdays
April 14 to 28, 2022
2:00pm to 3:30pm

Contact Outreach and Education to register: outreach@lfsfamily.ca or 403-327-5724



HUMANITY + EMPATHY AND RESPECT TOGETHER

Presentation Series
Thursdays 2:00pm to 3:30pm

| | |
|--------------------------------|--------|
| Gender Boxes | May 19 |
| Gender Roles in Relationship | May 26 |
| Gender Roles and Mental Health | June 2 |
| Changing the Conversation | June 9 |

To register for any (or all) of the presentations call or email Outreach & Education: 403-327-5724 outreach@lfsfamily.ca 

Lethbridge Family Services 
Since 1910

MAN UP

ONLINE PERSONAL GROWTH GROUP

Deconstructing messages of masculinity.



May 13, 20, & 27, 2022
Fridays, 10:00am to 11:30am

Contact Outreach and Education for more information: 403-327-5724 or outreach@lfsfamily.ca

Lethbridge Family Services 
Since 1910

Spring Series

One hour virtual presentations
Fridays starting at 3pm

| | |
|---|---|
|  MARCH 4: MENTAL HEALTH AWARENESS |  APRIL 29: SELF-CARE AS A PRACTICE |
|  MARCH 18: BUILDING RESILIENCE |  MAY 13: PERSONAL EMPOWERMENT |
|  APRIL 1: UNDERSTANDING GRIEF & LOSS |  MAY 27: CONSENT MATTERS |

For questions or to register email Outreach@LFSfamily.ca

EMPOWERING WOMEN IN RELATIONSHIPS

May 5 to July 7, 2022
8-Weeks
Every Thursday at Casa
9:30 AM - 12:00 PM

Open to:

- Ages 18+
- Identify as Female
- No fee to participate

This counselling group is for women who have experienced relationship imbalance, disempowerment or abuse.

We will explore healthy relationship skills such as how to set boundaries, communicate assertively and learn to trust oneself and others.

This group invites women into a safe, supportive and caring environment to nourish and empower oneself and one another.



Nutrition Times

South Zone Healthy Eating E-Newsletter

[Click Here](#)



Unlock the Potential of food

Ingredients for a Healthier Tomorrow





NUTRITIONMONTH2022.CA

Centre for Sexuality 



We teach
We train
We advocate

[Click to access LGBTQ supports](#)

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY

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.

IDENTITIES & WAYS OF BEING



 

Free workshop on discord
April 7th 4:30 pm
Open to GSA students & Teachers

This session is free and open to GSA students and teachers. The workshop will be led by staff at the Calgary Centre for Sexuality. The workshop will take place Thursday April 7th at 4:30 pm on discord. It will take place on the same discord server as the GSA Conference. If you haven't used discord before, please go to discord.com to create a free profile.

Students and teachers can sign up for our workshop [here](#). Questions, comments, concerns? Let us know at this email fyrefly@ualberta.ca

Age 5-8 **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 11-14 **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.

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 (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.

Come Celebrate
Mental Health Week
#GETREAL ABOUT MENTAL HEALTH!

Free Activity Day @ YMCA

MAY 5, 2022

COME FOR ONE OR ALL ACTIVITIES:

12PM-2PM: **FREE SWIM**

3PM-5PM: **BOUNCY CASTLE/FREE PLAY**
HEIGHT RESTRICTIONS 34-60"

6PM-8PM: **YOUTH REC ROOM/INDOOR PLAY**

ACCESS

Stop by the MHCBC booth for your Entry Bracelets!

LIMITED SPACES AVAILABLE
18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID
140-74 MAURETANIA RD W, LETHBRIDGE, AB

MHCBC Wellness Team
LETHBRIDGE SCHOOL DIVISION



MyHealth.Alberta.ca

Alberta Health Services

Alberta Government

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

The Elementary Mental Health Resource Update

What an exciting time over here at mentalhealthliteracy.org! We've started the classroom Field-Testing process for our brand new Elementary Mental Health Literacy Resource (EMHLR). BC educators will field test the elementary resource over the next 3 months and provide valuable feedback. We will then make revisions and pilot the EMHLR across AB during the 2022/2023 school year. Learn more about this exciting project here: <https://mentalhealthliteracy.org/events/elementary-mental-health-literacy-curriculum-resource/>

Go To Mental Health Literacy Training May 18

For all school personnel or community professionals who work with children and youth to boost shared mental health literacy amongst staff and to provide information on how to identify, support, and make effective referrals for youth who are struggling with mental health problems or disorders. [CLICK HERE](#) for the registration link.



Family Centre Downtown

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

Drop In play, no registration required

Play Zone: Tuesdays 3:30-5pm
Wednesdays & Fridays 9:30-11am

Come Build With Us: Fridays 1:30-3pm
Me & My Dad: Saturdays 10-11:30am

Registered Play
PACT: \$45 one child/\$75 family Mondays
April 4 – Jun 27 9:30-11am

Baby PACT: child 0-12months Mondays
April 4 – Jun 27 1:30-3pm

Baby Sign: \$45 child 4-16 months Tuesdays
April 5 – May 10 9:30-11am

Triple P Seminars: Power of Positive Parenting
April 21 – 6-8pm

Raising Confident Competent Children
April 28 6-8pm

Family Centre West

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

Drop In play, no registration required

Nature Play: Mondays & Fridays 9:30-11am

Discover Together: Saturday Apr 9 10-11:30am

Registered Play
SPLAT: \$45 one child/\$75 family Thursdays
April 7 – Jun 23 9:30-11am

Rhymes & Riddles: Ages 3-18 months
Wednesdays April 13-Jun 15 1:30-3pm

RAP (Radom Acts of Play): \$25 per child ages
6-12 Thursdays Apr 21 – June 23 3:30-5pm

Parent Café: Tuesdays Apr 5 – Jun 28
9:30-11am

Kids Have Stress Too -Preschoolers: Wednesday
April 20 6-8pm

Kids Have Stress Too – Grades 1-3: Wednesday
April 27 6-8pm

Family Centre North

1103 – 3 Avenue North
403-320-8138

Adult Cooking Classes:

Mondays 1-3pm
Tuesdays 9:30-11:30am
Thursdays 1-2:30pm (Zoom Class)
Fridays 9:30-11:30am
Call 403-320-8138

Big Chef Little Chef
ages 3-6 Tuesdays Apr 5 10-11:30am

Plants to Plates ages 8-11
Thursdays Apr 14 – 28 4:15-6:15pm

Kids in the Kitchen ages 7-10
Fridays Apr 22 – May 13 1:30-3:30pm

Food Explores ages 9-12
Fridays May 20 – Jun 24 1:30-3:30pm



Library Giving Day April 6

April 6 is #LibraryGivingDay! This one-day online fundraising event will help us strengthen our community and transform lives.

Visit lethlib.ca and click "Donate" to support your Lethbridge Public Library!

Want to know what's happening at the library for teens in grades 7-12?

Visit lethlib.ca/teen to see our program schedule, featured booklists, and more.



happening



MR. OINKS PUPPET SHOW
PAGE 15
GENERAL • CHILDREN • ADULT • TEEN

Bookmobile Schedule

| DAY/COMMUNITY | ADDRESS | TIME |
|---|--|---|
| Mondays SunRidge | Mt. Sundance Rd. W. | 5:30 – 7:30 p.m. |
| Tuesdays Lakeview Park Dr. Robert Plaxton Elementary School Tudor Estates | Lakeridge Blvd. S. and Lakeshore Rd. S. 4510 Fairmont Gate S. Tudor Blvd. and College Dr. S. | 1 – 2:15 p.m. 2:30 – 4 p.m. 5 – 7:20 p.m. |
| Wednesdays Father Leonard Van Tighem School Nicholas Sheran School St. Patrick's School | 25 Stoney Cres. W. 380 Laval Blvd. W. 80 Rivergreen Rd. W. | 1 – 2:15 p.m. 2:30 – 4:15 p.m. 5:00 – 7:30 p.m. |
| Thursdays Senator Buchanan School Park Meadows School Elizabeth McKillop Park | 1101 7 Ave. N. 50 Meadowlark Blvd. N. Mildred Dobbs Blvd. N. | 1 – 2:15 p.m. 2:30 – 4:30 p.m. 5:15 – 7:20 p.m. |
| Alternate Fridays Coalhurst Elementary School Jan. 7, 21, Feb. 4, 18 | 510 51 Ave. Coalhurst | 12 – 5 p.m. |
| Saturdays Henderson Lake Park Chinook Park | Parkside Dr. S. Bluefox Blvd. N.E. | 9:45 a.m. – 12 p.m. 1:15 – 3:40 p.m. |

For more information call:
403-320-4230 (Recorded Schedule) | 403-320-4037 (Customer Services)
403-330-4775 (answered during operational hours only)
Twitter: @LPLBookmobile | Closed: April 15 & 18
Visit lethlib.ca for more information.

NO. MORE. BARRIERS.  bgc

Student Scholarship



Join us at the BGCL Youth Centre to gain knowledge and resources to apply for post-secondary scholarships.

Friday, April 8
1:00–4:00pm
BGCL Youth Centre
227 12B St. N

Call or Text
Youth Campus
(403) 715 0853
to sign up



WHERE CAN I GET MY TAXES DONE?



Interfaith Food Bank

- Simple tax returns only
- Income threshold: singles \$35,000/Couples \$45,000
- Information will be collected at time of drop-off

Call 403-320-8779 to book your appointment or email info@interfaithfoodbank.ca for more information

1103 3 Avenue North

Opokaa'sin Community Tax Clinic

- Current year and last year returns only
- Appointments required
- For indigenous clientele

Call 403-380-2569 to book an appointment.

241 Stafford Drive North



Nord-Bridge Seniors Centre

- No appointments needed
 - Drop off Monday-Friday 8:30am-3:30pm
 - Income threshold: singles \$35,000/Couples \$45,000
 - Available for anyone who meets income threshold
- Drop off your tax documents in an envelope at the front main doors with:
- name,
 - date of birth,
 - address,
 - phone number and
 - marital status.

1904 13 Ave North

Lethbridge Seniors Citizens Organization

- Simple tax returns
- Income threshold: singles \$35,000/Couples \$45,000
- Available for anyone who meets income threshold.

Call 403-320-2222 ext 30 for more information

500 11 Street South



Streets Alive

- Current year returns only
- For social assistance recipients
- By Appointment, Drop-off or Walk-in

Call 403-320-1159 for more information

323 4 Street South



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.



For more information please call 403.328.9355 or visit our website www.BeBig.ca



Sciences of Hope April 4, 2022 1:00–4:00 No cost

This three-hour session exists to support communities with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact individuals and organizations within a community. The interactive session uses a common language and includes content related to brain structure, unconscious responses of fight, flight, freeze and fawn and roles of different parts of the brain. In addition, we explore the role adverse childhood experiences and the COVID-19 pandemic as they relate to brain development in partnership with the tools of resilience.

Value of Play in Adult Mental Health April 6, 2022 9:00–12:00 00 No cost

If the past months have not been a true example of this nothing will be. Sometimes life can become more about surviving than thriving, and in this training, we take a closer look at the role play has in managing stress and challenges. As a group, we will explore the brain science connected to the value of adults of using play as a tool at work and home. The fact that play promotes brain organization as well as can help people rebound from disappointment is critical during the demands of our current world circumstances. The session is based on the research of Dr. Stuart Brown, the founder of the National Institute for Play.

Registration for sessions can be found at:
www.imagineinstitute.ca/bookings

ARE YOU CLEANING OUT YOUR CLOSETS?

Donated items are
GIVEN NOT SOLD
to families in need.



120F Mayor Magrath Drive N
403-942-1378

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



2022 Volunteer Celebration Gala

Presented by Volunteer Lethbridge
Thursday April 28, 2022
Cocktails, Dinner, Entertainment, Celebration

For tickets &
more details visit
VolunteerLethbridge.com



The annual Volunteer Celebration Gala nomination form is live! Do you know a youth aged 5-24 who has demonstrated volunteer acts of leadership or initiative? Or an individual who has demonstrated informal or unorganized acts of kindness? Consider nominating them for the Volunteer Celebration. They will be invited to attend the Gala where they will be recognized with their peers and enjoy dinner, entertainment, and a certificate.



We continue to serve Alberta

Are you experiencing a financial barrier due to COVID-19?



Apply online

covidreddeer@indigenouscongress.com
780.699.8215
indigenouscongress.com



www.strongmindsstrongkids.org

Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada. We are dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.

It is with great excitement that we introduce RunWild to you-coming soon to your community on May 15, 2022...

Here is the exciting news:

1. Across Alberta and beyond, RunWild.ca can be joined virtually, leaving the route, timing and health precautions to your preference. This makes it accessible for those outside of St. Albert to get involved and help support the child advocacy centres in both Grande Prairie and Lethbridge. THIS MEANS YOU!

2. RunWild.ca will resume in person on Sunday May 15, 2022 in St. Albert with all four events following all AHS health guidelines, : the WildOnes Marafun 1.2 km event which we will explain more about below, the 5 km, 10 km, and 1/2 marathon walk and run! The RunWild in person event is growing - we are introducing two new locations for the Marafun event: Sherwood Park and Spruce Grove on Saturday May 14, 2022, with satellite events for the 1.2 km WildOnes Marafun race for 4-12 year olds.



RunWild.ca



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.

MOBILE FOOD SUPPORT



Mobile Food Support is a service provided by Lethbridge Food Bank that allows community members access to food support at various locations around Lethbridge. It is open to **ANYONE** who may need a little extra food assistance.



STEP BY STEP

WALK UP
CHECK IN
RECEIVE FOOD

HOW TO ACCESS

WE ONLY NEED YOUR
FIRST NAME, LAST NAME,
AND POSTAL CODE. EMAIL
IS OPTIONAL.

Mobile Food Support



April 2022 Locations

April 8th at 4 pm- Royal Canadian Legion (324 Mayor Magrath Drive S)

April 12th at 4 pm- Seventh Day Adventist (2606 16th Ave S)

April 22nd at 5 pm- Lethbridge Senior Citizens Organization (500 11th St S)

April 30th at 4 pm- Westside Community Church (480 McMaster Blvd W)

[CLICK HERE TO DONATE!](#)



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**.

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 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

As spring approaches, we encourage students to continue exploring - Career Transitions has several Virtual Career Exploration Sessions coming to guide you along your exploration journey! And if you can't make a session, not to worry! All the sessions are recorded and available on our website.

Kinesiologist - Thur. Mar. 3, 4:30pm - [Register HERE](#)
Plumber - (by DMT Business Group) - Thur. Mar. 24 4:30pm - [Register HERE](#)
Optometrist - Thur. Mar. 31 4:30pm - [Register HERE](#)
Neuroscientist - Wed. Apr. 27 4:30pm - [Register HERE](#)
Occupational Therapist - Thur. May 12 4:30pm - [Register HERE](#)
Personal Trainer - Tues. May 17 4:30pm - [Register HERE](#)

Watch for more sessions including Civil Engineering Technician, Certified Travel Counsellor, Bank Manager, Human Resource Consultant and more!

If you are a student in Grade 9 or 10, ask your teacher or school administrator about EPIC 2022 taking place on April 13th. EPIC is an interactive career fair where you get to "try out" 5 different occupations. It's never too early to start thinking about your next steps following high school graduation!

Hire Standard
Staffing & Background Screening

JOB OPPORTUNITIES FOR STUDENTS

APPLY
HERE



hire-standard.com

If you are **18+** and have a gap in your schedule, doing classes online, graduated early or looking for work this summer, apply with Hire Standard to be considered for various opportunities.



ScholarTree

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



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

CAREERS INTERNSHIP
OPPORTUNITIES



CAREERS
take on the future

CLICK on Scholarship for application information



Spring Scholarship Deadlines

[Northern Alberta Development Council Bursary](#)
(Apr 30)

[Woodman White Olsen & Co. LLP](#) (May 1)

[Lethbridge College Awards](#) (May 1)

[Dr. Ernest & Minnie Mehl Scholarships](#) (May 1)

[Keyera Energy - Peter J. Renton Memorial
Scholarship](#) (May 1)

[Mildred Rowe Weston](#) (May 1)

[Rotary Club Scholarship Rotary Global Grants](#)
(May 12)

[Global Citizen Scholarship Education First:
Educational Tours](#) (May 16)

[Learning Matters Education Charity Bursaries](#)
(May 30)

[MADD Canada Bursary](#) (May 31)

[Ray Joliffe Memorial Scholarship](#) (May 31)

[Fraser Institute Essay Contest](#) (June 1)

Supports for high school students



CLICK IMAGE FOR MORE DETAILS



Discuss
pass
step:
to ac

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



STUDENT SUPPORT FAIR
MARCH 24 | 11 A.M. - 1 P.M | CENTRE CORE

Be ready to build your support system. Join us in Centre Core to learn about services dedicated to supporting your mental, physical and holistic health.

lethbridgecollege.ca/support-fair



University of Lethbridge

Request info

Book a tour



Our Recruitment Team

From program selection, registration, student services, and life on campus; they're here to help you make the most of your time at uLethbridge!

Learn by doing

and earn up to 16 diploma credits

Get started on a career in Agriculture with Green Certificate

Green Certificate is a hands-on agricultural training program. On the farm, under trainer guidance, you work towards mastering skills within your specialty. Choose from many sectors, from beekeeping to bovines and everything in between.

Find out more:
alberta.ca/green-certificate-program.aspx
Contact your green certificate regional co-ordinator:
Marina Grant - South Coordinator, Lethbridge College
marina.grant@lethbridgecollege.ca ph: 403-634-6308

