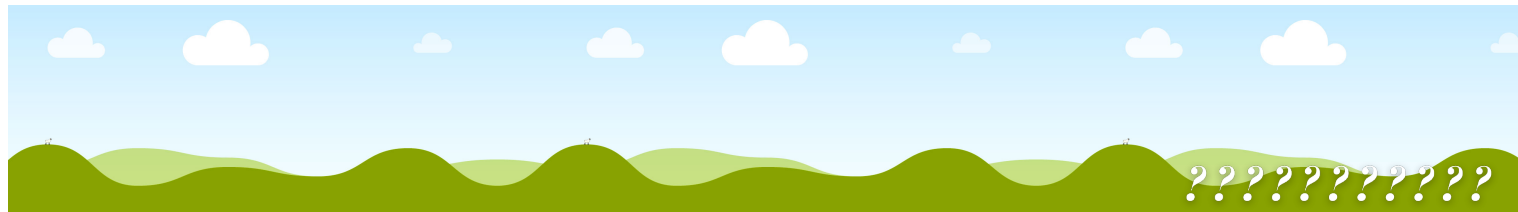


THE LOOP

MAY 2022



MHCBC Wellbeing Team



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

CMHA Mental Health Week

#GetReal May 2-8 2022



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



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)

- 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?





Please support the
**CHINOOK CHILD AND YOUTH
 ADVOCACY CENTRE**

RENOVATION PROJECT

Did you Know?

Prevalence rate for childhood sexual abuse in Alberta is estimated at 34%.

That is
1 in 3
 children.

Together we can
 make a difference!



(AASAS 2020)

Be a champion for abused kids.

By purchasing a **teal heart** you can show your support through a small donation.

Through your support of the Chinook Child and Youth Advocacy Centre, you will be helping us raise funds for our renovation project that will ensure children and youth who have experienced abuse have a safe, and child friendly space to share their story and receive support through the entire investigative, judicial, and healing process.

*Reveal Your
 Teal!*



**CHINOOK CHILD AND YOUTH
 ADVOCACY CENTRE**



Make your donation go even further. When you donate through Shaw Birdies for Kids presented by AltaLink, we receive 100% of your donation, plus up to 50% in matching funds.

Scan
 to
 Give



OR 

RUNWILD.ca



RunWild with Us! is supporting our Chinook Child and Youth Advocacy Center through their virtual format! All proceeds stay in Lethbridge!

Registering online at runwild.ca means the students get to race and they get a race package, t-shirt and a medal. The sooner you register, the more likely you will receive your package in time for the May 15 race, but again, being virtual, you can select your own route, your own date and your own time!



Outreach and Education

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

Supports for our adult community

Lethbridge Family Services 

Spring Series Part 4

Self-Care as a Practice

FRIDAY, APRIL 29, 2022
3:00-4:00 PM

For questions or to register email Outreach@LFSfamily.ca

Lethbridge Family Services 

Spring Series Part 5

Personal Empowerment

FRIDAY, MAY 13, 2022
3:00-4:00 PM

For questions or to register email Outreach@LFSfamily.ca

Lethbridge Family Services 

Spring Series Part 6

Consent Matters

FRIDAY, MAY 27, 2022
3:00-4:00 PM

For questions or to register email Outreach@LFSfamily.ca

Lethbridge Family Services 

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

BECAUSE WE Care

An Online Presentation Series for Helping Professionals

May 18 What is Empathetic Strain?
May 25 Tools and Strategies

Wednesdays
2:00pm to 3:30pm


Lethbridge Family Services 

EMPOWERING Women in Relationships

8 Week Counselling Group

May 5 to July 7, 2022
Thursdays, 9:30am to 12:00pm

Contact Counselling Intake for details
403-327-5724

Lethbridge Family Services 

Sexual Violence Awareness Month Presentation Series

Wednesdays, 11:00am to 12:00pm

How to Listen (When a Friend Needs You)	May 10
Healthy Relationships	May 17
How to Be an Active Bystander	May 24
Caring for Yourself	May 31

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

HEART

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




Centre for Sexuality



Click to access LGBTQ supports

**We teach
We train
We advocate**

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY

MNS Tutoring

Math and Science



Private academic support for students in all **math** and all **science** courses (Grades 6 to 12).

Please see our new website for details:
MNSTUTORING.COM

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.

Promoting Mental Health and Wellness



true balance
COUNSELLING

FREE LEARNING SERIES SPRING 2022

- April 27** **Worries, Anxiety and Our Children** • Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety
Presented by: Aleigha Arksey, Provisional Psychologist
- May 4** **Keys to Healthy Communication**
• Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection
Presented by: Kelly Weitz, Provisional Psychologist
- May 11** **Building Self-Compassion** • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity
Presented by: Damaris Malpica, Provisional Psychologist
- May 18** **Strengthening the Brain's Emotional Control Center**
• Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions
Presented by: Aleigha Arksey, Provisional Psychologist
- May 25** **What is Grief?: Understanding My Loss**
• Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times
Presented by: Kelly Weitz, Provisional Psychologist
- June 1** **Thankful for My Body: Healthy Body Image for Teens**
• Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating
Presented by: Sarah Henderson, Provisional Psychologist

In-Person 6:30-7:30 PM

Online 8:00-9:00 PM

Limited In-Person Registrations

For More Information or
To Register For A
Presentation:



403-327-2333



truebalancecounselling@gmail.com



www.truebalancecounselling.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 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.




**Is it time for
*Spring cleaning?***


**Donated items are
GIVEN NOT SOLD
to families in need.**





120F Mayor Magrath Drive N
403-942-1378



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

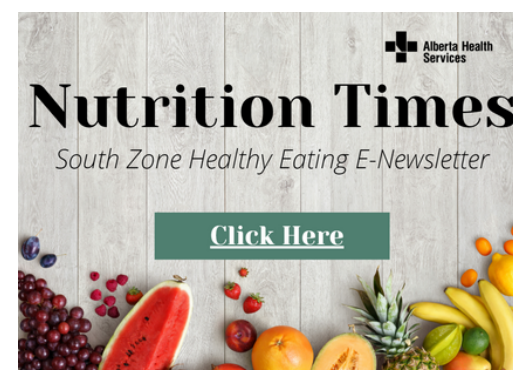


National Indian Residential School Crisis Line: 1-866-925-4419
Hope for Wellness Help Line: 1-855-242-3310
Mental Health Help Line: 1-877-303-2642

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.



Nutrition Times
South Zone Healthy Eating E-Newsletter

[Click Here](#)



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

Lethbridge
SCHOOL DIVISION

S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31	May				3	4	5	6	7	8	9
							12	13	14	15	16	17	18
							19	20	21	22	23	24	25
							26	27	28	29	30	31	June

Every Wednesday @ 5:00PM May 4th - June 29th 2022

All My Relations - Traditional Parenting Program



Blackfoot Elders and Indigenous Facilitators

All Indigenous families are welcome to join & participate. The program offers free children programming, supper & other incentives. Enjoy a sense of belonging & identity while building confidence in raising a healthy family.

www.famcentre.ca/programs

For more information or to register
Please contact: Janine Jackson

403 320 4232 Ext 218 or janine.jackson@famcentre.ca
Family Centre Downtown Suite 225, 200 - 4 Ave South, Lethbridge AB

TEA & HOBBY NIGHT



WHAT? Are you working on a project of your own? Would you like to work on it in the company of others? Then come hang out at the Métis office!

WHEN? Thursday, April 28th, May 12th, May 26th from 6:00pm-9:00pm

HOW? Simply let us know if you plan to come!

403-328-7828

info@lethbridgemetis.com

Lethbridge Metis



CAN'T MAKE IT?

No worries! Keep your eyes and ears open for more Tea and Hobby nights at the Métis office.



Fandom Friday



Lethbridge Public Library | CONNECTING YOU

Branch: Main Branch
Venue: Main Branch: Community Meeting Room

Drop by the Main Branch on Friday afternoons at 3pm to celebrate the things you love!

- » April 29 = MCU
- » May 6 = Mario Kart
- » May 20 = Star Wars
- » May 27 = K-pop
- » June 3 = Anime
- » June 10 = Drag Race

We'll have crafts, games, prizes, and more. Anyone in grades 7-12 is welcome to attend.



The Big Brothers Big Sisters mentoring programs provide 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.

432 youth have actively participated in a mentoring match thus far this year!

For more information on how to sign up a child please call 403.328.9355 or visit our website www.BeBig.ca

#ignitepotential



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!



COUNSELLING SUPPORT & ABILITY SUPPORT

Offering a variety of expertise and backgrounds

- Trauma
- Play therapy rooms
- Art therapy
- Grief and loss
- Mental Health/Anxiety/Depression
- Interpersonal relationships
- Societal/systemic barriers
- Emotional regulation
- Family conflict

*Works with all insurance benefits and subsidies may be available

Family support for children with disabilities

- Behavioural/Development consults and aide
- Hourly respite
- Extraordinary child care
- Community support aide
- Domestic support
- Psychologists

*Must have approved FSCD agreement before accessing services



Empowering families and strengthening Southern Alberta communities.



Visit our website for more information www.familyties.ca or to book an appointment call **403.320.8888**



FAMILY CENTRE

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

Food Explores ages 9-12
Fridays May 20 & 27 1:30-3:30pm

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

Drop In play, no registration required

Nature Play: Mondays & Fridays
9:30-11am (excluding May 6)

Discover Together: Saturday May 14
10-11:30am

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

Worry Dragons: Fridays May 6-27
2:00-3:00pm

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

Kids Have Stress Too (Grades 4-6):
Fridays May 6-20 2:00-3:00pm

Raising Resilient Children
Thursday, May 5 6:00-8:00pm

Hassle Free Mealtimes with Children
Thursday, May 12 6:00-8:00pm

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



May 2022 Locations

May 3rd at 4pm- University Drive
Alliance Church (55 Columbia Blvd W)

May 10th at 4pm- Seventh Day
Adventist (2606 16th Ave S)

May 16th at 4pm- YMCA (#140,
74 Mauretania Rd W)

May 24th at 5pm- Nord-Bridge
Seniors Centre (1904 13th Ave N)

[CLICK HERE TO DONATE!](#)



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
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@mcmansouth.ca or call
403-715-3202

macayla.ternes@mcmansouth.ca or call
403-308-7463



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.



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

Mental Health 101

Friday May 6, 9:00-12:00

No cost to participants

This session introduces the concept that mental health affects five out of five people. Mental health is everyone's concern and recognizing that mental health is more than the absence of mental illness, helps build awareness and understanding related to providing safety and connection for those in need. In this session we look at characteristics of different types of mental illness with the lens of a caring community. The real-life testimonials and strength-based language make this a good starting point to understanding where we can influence mental health in our families, workplaces and communities.

Workplace Wellness: Reflective Practice

Monday and Tuesday May 16-17, 9:00-3:00

No cost to participants

This 2-day series is a tool that translates and supports the space between various levels of accountability within an organization. Participants will have the opportunity to build a common language that creates space for growth at all levels of an organization. Together, we will then apply the activating competencies of assertiveness, perseverance, and respectful curiosity to their context. Supervision is often associated with stress and anxiety in the workplace; however, this session explores how to communicate and consolidate learning within supervisory relationships.

The second part of this session takes a more practical approach to documentation and communication within the separate roles of supervision. By exploring the power of curiosity, mentoring, and relationships, this session focuses on tools for supervisors to support a space for reflective supervision. It attempts to address the fear of, "What if I say what I really feel?" and the supervisor's fear of, "Now that I know about it, what do I do?" We look forward to learning together and supporting the human needs that show up at work.

Intergenerational Wisdom

Wednesday and Thursday May 18-19, 9:00 - 4:00

No cost to participants

Intergenerational wisdom can be described as the sharing and transmission of knowledge, beliefs, and experiences from one generation to the next. Part of this includes intergenerational trauma where trauma and pain are transmitted through generations. However, there is more to intergenerational wisdom than passing on the hurt; it also includes the transmission of hope, strength, and resilience, which helps break the cycle of trauma. This Intergenerational Wisdom training is an extension of our Trauma-Informed Care training and will take on an Indigenous perspective. This training was built with the belief that there is resilience in education. Through the sharing of knowledge, it is possible to learn, grow, and find the capacity to create stronger relationships and a healthier future for everyone residing on the lands we share. Join us on this two-day training to reframe the way you think about intergenerational trauma and develop a deeper understanding of the trauma and resilience continually experienced in Indigenous communities in Alberta.

Supports for high school students



**CAREER
TRANSITIONS**

www.careersteps.ca

Merry May! Career Transitions has a few more Virtual Career Exploration Sessions still happening this spring. Let us help 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 (www.careersteps.ca/exploration-sessions)

Occupational Therapist - Thur. May 12 4:30pm - [Register HERE](#)
 Personal Trainer - Tues. May 17 4:30pm - [Register HERE](#)
 Certified Travel Counsellor - Wed. May 25 4:30pm - [Register HERE](#)
 Tattoo Artist - Tuesday, May 31, 2022 4:30pm - [Register HERE](#)

Click on the occupations below for the most recent session recording.
[Archaeologist](#) [Branch Manager](#) [Cinematographer](#) [Crown Prosecutor](#)
[Dental Hygienist](#) [Kinesiologist](#) [Plumber](#) [Wind Turbine Technician](#)

Thinking about volunteering? Check out our Volunteering for a Brighter Career recording! Learn why to volunteer, how to volunteer and how volunteering can positively impact you, your career, and your community. Find the video [HERE](#).

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)
- [LethSD Canada 150 Ice Awards](#) (May 9) ★
- [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)

"Smart Money" Conference:

May 12, 2022

Grades 7 - 12

Register Here



Please visit the [Lethbridge School Division website](https://www.lethsd.ab.ca/parents/enriched-academy) for more information regarding Enriched Academy:
<https://www.lethsd.ab.ca/parents/enriched-academy>



ScholarTree

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

VIRTUAL CAREER SHOWCASES & MENTORSHIP SERIES

CAREERS careersnextgen.ca



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

Alberta

Women in STEM Scholarship



Women studying in science, technology, engineering and mathematics, and working to advance gender equality in their field can apply.

Hire Standard
 Staffing & Background Screening

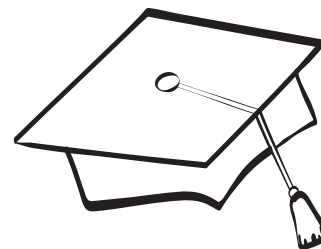
JOB OPPORTUNITIES FOR STUDENTS

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.

APPLY HERE



hire-standard.com



Local University and College Information

SUMMER CAMPS ARE BACK!

Hot days. Cool pools. Backyard BBQs. *Summer camps.* The best parts of summer are about making memories. Give your kids a summer they'll remember. We have a summer camp for everyone - challenging, creative and confidence-building experiences for youth of all ages.

SUMMER CAMPS

Elementary Ecosystem Explorers

• Ages 9 - 11 • July 11 to 15 • 9 a.m. to noon

Be a Builder

• Ages 12 - 15 • July 11 to 15 • 9 a.m. to 3 p.m.

Culinary Creations Boot Camp

• Ages 12 - 17 • July 11 to 15 • 9 a.m. to 4 p.m.

Dance Fusion

• Ages 11 - 14 • July 18 to 21 • 1 to 4 p.m.

Totally Dance Fusion

• Ages 6 - 10 • July 18 to 21 • 9 a.m. to noon

Let Sparks Fly Welding Camp

• Ages 12 - 16 • July 18 to 22 • noon to 4 p.m.

Forensic Explorers • Ages 11 - 14

• Session 1: July 18 to 22 • 9 a.m. to noon
• Session 2: July 25 to 29 • 9 a.m. to noon

Culinary Creations Tastes of the World

• Ages 12 - 17 • July 25 to 29 • 9 a.m. to 4 p.m.

Junior Ecosystem Explorers

• Ages 12 - 14 • July 25 to 29 • 9 a.m. to noon

Senior Ecosystem Explorers

• Ages 15 - 17 • Aug 8 to 12 • 9 a.m. to noon

Tiny Tots Mountain Bike Camp

• Ages 4 - 5 • Aug 9 to 12 • 8:30 to 9:15 a.m.

Junior Jumpers Mountain Bike Camp

• Ages 6 - 8 • Aug 9 to 12 • 9:20 to 10:20 a.m.

Sweet Shredders Mountain Bike Camp

• Ages 9 - 10 • Aug 9 to 12 • 10:30 to 11:45 p.m.

Youth Rippers Mountain Bike Camp

• Ages 11 - 14 • Aug 9 to 12 • 11:45 a.m. to 1 p.m.

KODIAKS CAMPS

Basketball • Ages 9 - 14

• Session 1: July 25 to 29 • 9 a.m. - 4 p.m.*
• Session 2: Aug 8 to 12 • 9 a.m. - 4 p.m.*
* Friday sessions end at noon

Senior High Basketball

• Ages 14 - 18 • July 25 to 28 • 6 p.m. to 9 p.m.

Volleyball • Ages 11 - 14

• Session 1: Aug 2 to 5 • 9 a.m. to 4 p.m.
• Session 2: Aug 2 to 5 • 6 to 9 p.m.

Female Senior Volleyball

• Ages 14 - 18 • Aug 15 to 19 • 9 a.m. to 4 p.m.

Senior Volleyball

• Ages 14 - 18 • Aug 15 to 19 • 6 to 9 p.m.

LEARN MORE OR REGISTER TODAY AT:

lethbridgecollege.ca/summercamps

403.320.3288 • training@lethbridgecollege.ca



KODI CRUISE WITH LETHBRIDGE COLLEGE

Kodi Cruise is Back!

Kodi Cruise is a great way to have your students from Grade 9 - 11 meet us, have fun, and learn more about Lethbridge College.

Your Lethbridge College reps are ready to set up noon-hour outdoor booths with games, door prizes, music, and snacks on your schools campus. A great opportunity for students to be engaged, have fun, learn about Lethbridge College, all outside of class time!

Contact us at futurestudent@lethbridgecollege.ca to book your schools Kodi Cruise today!



Student Awards and Scholarships Applications Are Still Open!

By filling out just one online application, students can apply for all the awards and scholarships that they qualify for at Lethbridge College. For more information:



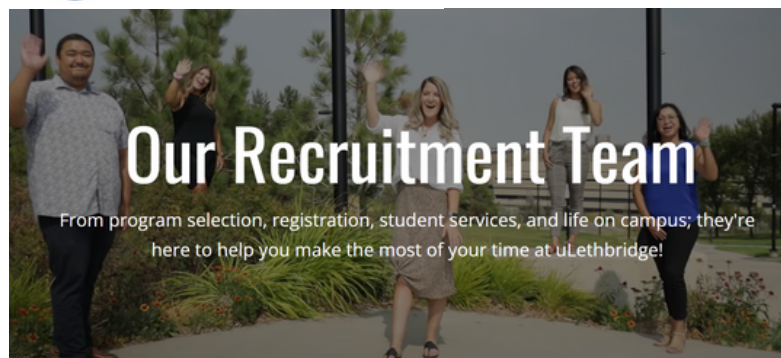
Email
awards@lethbridgecollege.ca
Phone
403-320-3372



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!

POST-SECONDARY EDUCATION FAIR

MAY 5 | 6 p.m. - 8 p.m.

Explore your opportunities in Southern Alberta!

Join representatives from Southern Alberta institutions during our post-secondary fair at Lethbridge Collegiate Institute (LCI). All grade 10 - 12 students, including parents & partners, are welcome to join. Learn about programs, admission requirements, and the advantages of studying in Southern Alberta.

Registration is not required!

FOR QUESTIONS, EMAIL US AT:

futurestudent@lethbridgecollege.ca



LETHBRIDGE COLLEGE HOSTING UNIVERSITY TRANSFER MINI FAIR

Join Us for Our University Transfer Mini Fair

Do you have student's thinking of heading to post-secondary this fall? Now is their chance to learn how starting a university degree at Lethbridge College makes sense – and get a chance to win free tuition for the first year as well.

Lethbridge College will host a University Transfer Mini Fair from **1 – 3 p.m. Friday, Apr. 29**, in the Garden Court Restaurant. All interested future students and families are invited to stop by and learn about university transfer opportunities in the college's General Arts and Science program. Students who apply on the spot for the General Arts and Science program will be entered into a draw to win free tuition for a year.

The two-year program is an ideal choice for students who may be uncertain about a career direction or who are looking for small class sizes, a supportive community and instructors who know their name. About 95 per cent of General Arts and Science courses at Lethbridge College are transferable to colleges and universities across Canada and around the world.

To register for the free event, which will include food prepared by students in the Culinary program, go to www.lethbridgecollege.ca. For questions about the General Arts and Science program, the Mini Fair or other Lethbridge College programs, call 403-320-3322 or email futurestudent@lethbridgecollege.ca.