

# THE LOOP

JUNE 2022



MHCBC Wellbeing Team



*Embrace diversity and inclusion*



**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**
  - 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.

**NEW**



MyHealth.Alberta.ca



Alberta Health Services



## 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 30 [The Building Blocks of Resilience: Strategies to Strengthen Resilience in Children and Adolescents](#) 10AM to noon

June 9 [Juno House presents: Healthy Brains = Healthy Children](#) 10:30AM to noon

June 14 [Calgary Youth Justice Society/Calgary Youth Justice Committees Public Information Session](#)

Recorded Sessions available for a limited time

[Play with Purpose: The Impacts of Play on Development & Incorporating Play into Learning](#) (until July 2022)

[Collaborative Problem Solving Approach for Children, Youth and Families](#) (until March 2023)

[LGBTQ2S+](#): What grandparents need to know and do (until March 2023)

Need Support?

KidsHelpPhone.ca  
1800 668 6868

Kids Help Phone

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

Kids Help Phone  
Jeunesse, J'écoute  
bqc



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**



1-866-332-2322

# FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2022



THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	<b>JULY 5</b> Henderson Lake Park 10 AM-2 PM	<b>JULY 6</b> Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	<b>JULY 12</b> Wilson Middle School 10 AM-2 PM	<b>JULY 13</b> Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	<b>JULY 19</b> Nicholas Sheran School 10 AM-2 PM	<b>JULY 20</b> Nicholas Sheran School 3 PM-7 PM
WEEK 4: NATURE	<b>JULY 26</b> Lakeview Elementary School 10 AM-2 PM	<b>JULY 27</b> Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	<b>AUGUST 2</b> Chinook Lake Park 10 AM-2 PM	<b>AUGUST 3</b> Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	<b>AUGUST 9</b> Coalbanks Elementary School 10 AM-2 PM	<b>AUGUST 10</b> Coalbanks Elementary School 3 PM-7 PM

## EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for **FREE** outdoor play activities. Stay for some outdoor facilitated games then pick up one activity kit per family to take home! while supplies last. **Parent supervision required.** **Weather permitting.** Check online schedule at [buildingbrains.ca/events](http://buildingbrains.ca/events) for updates.

## SAFETY PROTOCOLS:

- All public health measures will be in effect
- Family focused events, parent supervision is required
- One play kit provided for each family
- If you're feeling unwell, we'll see you at our next location

## PARTNER LINKS:

- Building Brains Together - [buildingbrains.ca](http://buildingbrains.ca)
- City of Lethbridge - [lethbridge.ca/events](http://lethbridge.ca/events)
- Community LINKS - [community-links.ca](http://community-links.ca)
- Family Centre Summer Programs - [famcentre.ca](http://famcentre.ca)
- Lethbridge Public Library - [lethlib.ca](http://lethlib.ca)



Holy Spirit Catholic School Division  
Supporting Family Wellness



Lethbridge School Division MHCBS Wellness Team Alberta Health Services

## FAMILY FUN DAY AT NIKKA YUKO JAPANESE GARDEN

Friday July 29, 2022  
Drop-in Between 9AM & 8PM  
PRE-REGISTRATION REQUIRED

Corner of 9th Ave S & Mayor Magrath Dr S

Lethbridge School Division's MHCBS Wellness Team is sponsoring a family fun day at Nikka Yuko Japanese Garden. As our gift to you, we will be offering a **discounted admission rate of \$5.00 per person.**

Follow the QR code to register:

If you have any questions or concerns please email [MHCBSWellnessTeam@gmail.com](mailto:MHCBSWellnessTeam@gmail.com)

Lethbridge School Division MHCBS Wellness Team presents:

# POOL PARTY!

FREE FAMILY SWIM AT THE YMCA  
JUNE 30TH, 2022  
10AM-2PM

PRE-REGISTRATION REQUIRED

Lethbridge School Division's MHCBS Wellness Team is sponsoring a FREE family swim day at YMCA Lethbridge. This event is open to the public. Follow the QR code to register:

Limited Spaces Available  
Anyone over 18 must provide government issued photo id  
140-74 Mauretania Rd w, Lethbridge, ab



JOIN US AT



## *Pride in the Park*

Saturday, June 25

11:00 AM - 6:00 PM

Galt Gardens -601 3rd Avenue S



## *Pride Parade 2022*

Saturday, June 25

Decorating Lethbridge School Division float Civic  
Centre 9:30 AM

Parade starts at the Civic Centre at 11:00 AM



# 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](http://lethbridgecollege.ca/summercamps)

403.320.3288 • [training@lethbridgecollege.ca](mailto:training@lethbridgecollege.ca)





To register call  
**Alberta Mental Health (AMH)**  
**1-888-594-0211** **NEW**

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.



**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 403-320-4232

Big Chef Little Chef  
 June 28 10 am Ages 3-6  
 Call 403-320-4232

**Family Centre Downtown**  
 #225, 200 - 4 Avenue South  
 403-320-4232

Drop In play, no registration required

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

Come Build With Us: Fridays 1:30-3pm

Me & My Dad  
 Saturdays  
 10-11:30am

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

Drop In play, no registration required  
 Nature Play: Mondays & Fridays 9:30-11am  
 Parent Café: Tuesdays  
 9:30-11am

L-Skip (Lethbridge Senior & kids intergenerational program) June 22 3:15-4:15pm  
 Nord-Bridge Seniors Centre 1904-13 Ave. N.  
[Register online](#)

Triple P Child Group  
 Thursdays June 2-30 6-8pm, child care available.  
[Register online](#)



Saturday  
June 11, 2022  
12:00 PM 4:00 PM

Nicholas Sheran  
School



BUILDING  
BRAINS  
TOGETHER



**Part ONE** BUILDING BRAINS TOGETHER

### Building Brains Education Series

Register today for our FREE online Education Series. Topics include: Nurturing relationships, positive experiences, play, executive function, and stress. Watch these five 20-minute presentations at your convenience over a five week period.

**The Importance of Positive Experiences**  
Building a Healthy Foundation

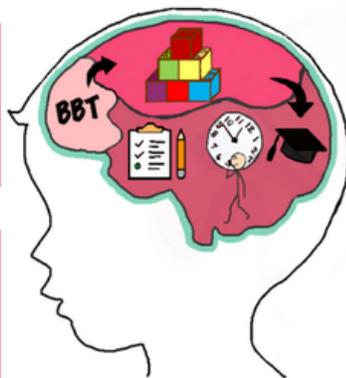
[BUILDINGBRAINS.CA/COURSES](http://BUILDINGBRAINS.CA/COURSES)



University of Lethbridge | **BUILDING BRAINS TOGETHER**

### RECRUITING PARTICIPANTS\*

Help us build kindergarten readiness in Alberta



### Participants Receive:

A Building Brains Game Bag with curriculum activities and all the supplies to play the games at home (\$30 value).

### Long Term Benefits:

Children will develop executive function skills that will improve their performance in school and daily tasks.

\*Recruiting children to participate in a series of playful activities (1hr)

### Eligibility

All children ages 3 - 5 are welcome to participate.

**Part TWO** BUILDING BRAINS TOGETHER

### Building Brains Education Series

Complete our FREE online Education Series and receive a complimentary Indigenous Game Card set. Topics include: Resilience, Protective Factors, Outdoor Play, Executive Function Games, and Boys VS Girls Brain Development. Watch these five 20-minute presentations at your convenience over a five week period.

[REGISTER TODAY AT BUILDINGBRAINS.CA/COURSES](http://BUILDINGBRAINS.CA/COURSES)

**MORE INFORMATION:** [buildingbrains.ca](http://buildingbrains.ca)  
**REGISTER:** [buildingbrains.ca/research-study](http://buildingbrains.ca/research-study)  
**EMAIL:** [buildingbrainstogether@gmail.com](mailto:buildingbrainstogether@gmail.com)



# Outreach and Education Supports for our adult community

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



*Summer Series Part 1*

## WHAT ARE GENDER ROLES?

Online Presentation

Friday June 3, 2022  
3:00pm - 4:00pm

This presentation will examine gender norms in society and how they impact mental health.

*Summer Series Part 2*

## CONNECTING TO RESOURCES

Online Presentation

Friday June 24, 2022  
3:00pm - 4:00pm

This presentation will include information about help seeking, community resources, and define short-term and long-term resources.

*Summer Series Part 3*

## ANGER AWARENESS

Online Presentation

Friday July 8, 2022  
3:00pm - 4:00pm

This presentation will examine the facts about human emotions and how they impact everyday life.

*Summer Series Part 4*

## EFFECTIVE COMMUNICATION

Online Presentation

Friday July 22, 2022  
3:00pm - 4:00pm

This presentation will examine healthy and unhealthy relationship dynamics, communication styles and healthy boundaries.

*Summer Series Part 5*

## UNDERSTANDING EMOTIONS

Online Presentation

Friday August 12, 2022  
3:00pm - 4:00pm

This presentation will examine the facts about human emotions and how they impact everyday life.

*Summer Series Part 6*

## BUILDING RESILIENCE

Online Presentation

Friday August 19, 2022  
3:00pm - 4:00pm

This presentation will examine the inner resources we are all born with.

## Centre for Sexuality



**We teach  
We train  
We advocate**

[Click to access LGBTQ supports](#)

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY



Lethbridge Family Services would like to welcome Tracy Rocca to the Counselling, Outreach and Education Department. Tracy will serve as The Community Domestic Response Lead.

The Community Domestic Violence Response Lead collaborates with local and provincial agencies as they strive to provide coordinated prevention and early intervention response to domestic violence.

Please connect with Tracy for educational services, such as presentations, workshops or training.

**Tracy Rocca**  
587-370-3058  
trocca@lfsfamily.ca



**DVAT** Domestic Violence Action Team

### 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.

HOSTED BY THE COR VAN RAAY YMCA, PRESENTS:

# ART BREAK

Let's take a break- and do some art!

Through this group you will have the opportunity to spend time with people your age, complete fun art projects, and have a chance to let your creativity flow in a safe and relaxing environment. No previous skill or experience necessary. This is an open group, individuals can register at any time during the session and attend as often as you are able.

Where: Child Minding Room @ Cor Van Raay YMCA  
74 Mauretania Road West  
Time: 4:00 -6:00 pm (once a month per age group)

**Age 8-14** May 24, June 21 (no group July, Aug.)  
Sept. 20, Oct. 18, Nov. 22, Dec. 13

**Age 15-18** May 31, June 28 (no group July, Aug.)  
Sept. 27, Oct. 25, Nov. 29, Dec. 20

Cost: \$10.00 Registration Fee (per session)  
Deadline to Register: 4 pm on Friday prior to group

Randi at 403-332-3424 or r.gammackefamilyties.ca  
Darcy at 403-320-8888 or d.nalder@familyties.ca



**ADVENTURERS WANTED**

Want to learn to play Dungeons and Dragons but don't know where to start? Join our party as we battle through dungeons and Jungles in a fun and safe environment. We will provide you with pre-built characters and dice.

This current group is for youth aged 11-18.  
Registration required with \$5.00 fee.  
Where? Family Ties Association - Gathering Space  
(909 3 Ave N. Lethbridge, AB)  
When? Every Friday in April Until late- June from  
5:00 PM to 9:00 PM



## 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](http://www.familyties.ca) or to book an appointment call **403.320.8888**





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

The Big Brothers mentoring program provides boys and young men 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 on how to sign up a child please call 403-328-9355 or visit our website [www.BeBig.ca](http://www.BeBig.ca)

#ignitepotential



Join a peer led support group for families affected by their loved ones substance use. Holding Hope provides support and education to family members who are supporting loved ones with substance use challenges and in recovery. These peer-to-peer sessions create a safe and confidential space for family members to share their experiences and receive support. It is an opportunity to learn about resources in your community and feel less isolated by meeting with others who understand your journey. Inquires and registration information please email below.



Lethbridge Alberta  
[HoldingHopeLethbridge@gmail.com](mailto:HoldingHopeLethbridge@gmail.com)



**MOMS STOP  
THE HARM**  
STRONGER TOGETHER CANADA



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



**In person Prenatal and Postnatal Classes**

**CLICK HERE to register**

**Cost: \$40**

**Subsidy available by calling 403-388-6668**



**bgc** Lethbridge  
**YOUTH DROP-IN!**

<b>MONDAY</b> AGES: 11-14 6:30pm-9:00pm	<b>TUESDAY</b> AGES: 14-18 6:30pm-9:00pm
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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!



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.



CHINOOK CHILD AND YOUTH  
ADVOCACY CENTRE

Reveal Your  
Teal!  
Scan  
to  
Give



## Understanding Loss and Supporting Individuals Through Grief - Tuesday, June 21 - 9:00-12:00 FREE SESSION

Loss and grief are some of the only universal human experiences, but even though everyone will experience them none of us will go through them in the same way. In this session participants will focus on identifying the various forms of loss we can experience and the variability of grief responses we use to cope. Through self-reflection, stories and discussion we will gain a broader understanding of loss and grief as well as learn strategies for supporting individuals through grief and towards healing.

## QPR: Suicide Prevention - Thursday, June 9 and Wednesday, June 29 - 9:00-12:00 FREE SESSION

QPR teaches the warning signs of a suicide crisis, how to offer hope through positive action and ultimately, how to assist in saving a life. The three basic steps for this training workshop include:

- Question - the individual's desire or intent regarding suicide;
- Persuade - the person to seek and accept help and support;
- Refer - the person to the appropriate resources.

This initiative was created to talk openly about suicide and to reduce the stigma that is attached. The plan is to provide better awareness and knowledge to service providers, front-line workers and others so that they are trained to detect signs of suicidality and equipped to refer the appropriate assistance and supports.

Registration for sessions can be found at: [www.imagineinstitute.ca/bookings](http://www.imagineinstitute.ca/bookings)

## Shoes for Kids YQL

Shoes for Kids YQL believes every child deserves to go back to school with a brand-new pair of runners. New shoes allow the children to go to school with dignity and joy preparing them to learn, play and thrive. New shoes can change a child's life. Attendance, self-esteem and behaviour will improve, physical activity increases, and smiles return.

**Saturday August 27, 2022**  
**Enmax Parking Lot**  
**9 am -12 pm**

**Collecting new runners and cash donations.**

Partnering with Lethbridge Police Services - Pikani RCMP - Kainai Police

Monica Cove 403-795-2655

volunteer  
lethbridge  
non-profit leadership centre

Volunteer Lethbridge is the best place to find unique and interesting volunteer opportunities.

Connect with us to learn more:  
[www.volunteerlethbridge.com](http://www.volunteerlethbridge.com) or 403-332-4320

Follow us on social media!  
@volunteerlethbridge

## MNS Tutoring

Math  
and  
Science

Grade  
6-12

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](http://MNSTUTORING.COM)



# Local Community Supports



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

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. Call 403-317-1777 or visit our website [www.woodshomes.ca](http://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](mailto: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



### June 2022 Locations

**June 3rd** - YMCA (#140, 74  
Mauretania Rd W)

**June 7th** - Seventh Day Adventist  
(2606 16th Ave S)

**June 14th** - University Drive Alliance  
Church (55 Colombia Blvd W)

**June 20th at 5pm**- Lethbridge Senior  
Citizens Organization (500 11St. S)

**June 28th** - Park Meadows Baptist  
Church (2011 15th Ave N)

**July 9th** - YMCA (#140, 74  
Mauretania Rd W)

**July 15th** - Westminster  
School (411 16th St N)

**July 18th** - Nord Bridge  
(1904 13th Ave N)

**August 2nd** - Seventh Day  
Adventist (2606 16th Ave S)

**August 13th** - Westside  
Community Church (480  
McMaster Blvd W)

**August 22nd** -  
LSCO (500 11 St. S)

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

[macayla.ternes@mcmansouth.ca](mailto: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](http://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.

# Supports for high school students



Career Exploration Sessions invite professionals from an occupational area to discuss their profession and educational background to a large group of students. The professionals give real-world insight into the reality of their job.

[CLICK HERE](#) for the most recent sessions.

All Career Exploration Sessions will be run virtually, following a specific lesson plan template. Career Transitions is working closely with hosts to create an experience that is as engaging and interactive as possible. Video footage shot on location is added whenever possible so that more visuals are shared with students.

All sessions are recorded and posted on the website within 5 days of the session under "Career Exploration Session Options".

[CLICK HERE](#) to access the recorded sessions.

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

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!

### CAREERS careersnextgen.ca

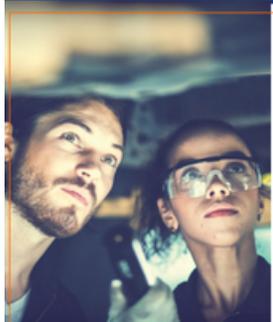
#### VIRTUAL CAREER SHOWCASES & MENTORSHIP SERIES



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

### Hire Standard<sup>™</sup>

Staffing & Background Screening

## JOB OPPORTUNITIES FOR STUDENTS

We work with companies from a variety of of industries that have temporary, casual and seasonal jobs. 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 the various opportunities.

A few examples include, but are not limited to:

- General Labour on Construction Sites
- Manufacturing Plants
- Agriculture Field Work
- Office/Reception Coverage

We are looking for motivated, hard working, and reliable individuals to fill these high demand roles.

Apply at [hire-standard.com/job-seekers](http://hire-standard.com/job-seekers)