# THE LOOP

DECEMBER 2020

Lethbridge SCHOOL DIVISION

MHCB Wellness Team




## Hello, Lethbridge School Division staff and families!

Welcome to the December issue of THE LOOP! As 2020 comes to a close, we hope THE LOOP connects you with the community supports and services you may require during these unprecedented times. We are in this together; lean in to one another and seek connections in new and creative ways.

### Stay Connected!

**SCHOOLGUIDE**
Download the latest reminders, news, events and emergency alerts for your child's school.

**Community LINKS**
Your source of community , health, social and government services and programs in Southern Alberta.

**MHCB WELLNESS TEAM**
Mental Health Capacity Building

Connect to find mental health resources and activities for home and school.
www.mhcblethsd.com
@suportingfamilywellness

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college LETHBRIDGE
www.recoverycollegelethbridge.ca

FREE

For anyone aged 16+ who is looking for support or who wants to explore their own wellness. Those who are supporting a family member or friend, as well as people working in the mental health or substance use field are welcome to attend the free classes.

### Community Partner Support Highlights

**Big Brothers Big Sisters OF LETHBRIDGE AND DISTRICT**
See how you can make a difference. Donate, volunteer and support youth.

**Boys & Girls Club of Lethbridge & District**
BGC has new. Need free tutoring for middle and high school? Check out Raise the Grade.

**FAMILY CENTRE**
Dec 7 or 14 Creative Expressions (art studio)
Dec 9, 17 or 19 Discover Together
Dec 12- Super Dad Events

**YOUTHONE**
Youth One has several programs and events for youth ages 11-18.
Call 403-380-4426

**HELEN SCHULER NATURE CENTRE** Discover it here!
Check out the Christmas Crafts Kits
$25 for 4-5 people.

Need Support?

**KidsHelpPhone.ca 1800 668 6868** Kids Help Phone

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

**24hr free Mental Health HELPLINE 1-877-303-2642**

**Text4Hope 393939**

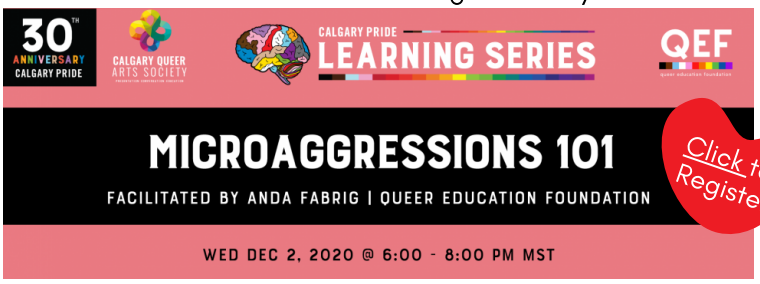
**24hr free ONLINE support for Albertans** togetherall.com

**ADDICTION HELPLINE** 1-866-332-2322

# CAREER TRANSITIONS

Visit CAREER TRANSITIONS for information about our VIRTUAL CAREER EXPLORATION sessions. The occupation of data scientist will be showcased on Wednesday, January 27th. If you enjoy math and coding, and if you are interested in exploring future career opportunities in the Tech sector, this session is for you.

Watch for a virtual session on welding in January!







Centre for Sexuality

Click to access LGBTQ supports and services

## Planning for your future?

Keep up to date with post-secondary, scholarship and career information on our LethSD Career Services Page. Questions? Career Practitioners are no longer a part of high school counselling teams; your school counsellor can help you.

Lethbridge SCHOOL DIVISION
CLICK HERE

University of Lethbridge

**Virtual Information Session**
**December 9th 5:30-7:30**

https://uleth.zoom.us/j/9556547558
Drop in and chat with a uLethbridge rep to learn more about scholarship opportunities, program requirements, deadline information and application help! Students of any age can use this opportunity to have some questions answered about post secondary. Parents and Guardians welcome!

## jack.org

Canada's only charity training empowering young leaders to revolutionize mental health across Canada.
Check out this hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.

Community Education Services

Alberta Health Services

**Education for Parents and Caregivers December 1 @ 6:30**
Join expert panelists to discuss coping skills, balance and resiliency which can serve us and our children well through the COVID-19 pandemic.
CLICK HERE to register.

Do you have a child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.

Alberta Health Services
Child Youth and Family Addiction and Mental Health

**Fearless Feathers** is a 4 session virtual group designed to address anxiety in children aged 5 to 8. You will need access to a device able to run the Zoom application.

**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.

Lethbridge Family Services

Cultivating Strength
Online Personal Growth Group

December 7, 14
January 4, 11, 18, 25
1:30-3:00 pm

Community Helpers Training

2 sessions
12:30-3:30

Part 1: Dec 3
Part 2: Dec 10

Two afternoons of virtual discussion. The goal for this training is to support adult helpers enhance their skills and comfort to support youth with topics such as:

-Helping as a Process
-Healthy Relationships
-Mental Health Awareness
-Stress and Coping

To register: call intake at 403-327-5724

## KidsGrief.ca

Talking with kids and teens about serious illness, dying and death.




**Christmashope.ca Joining Forces for the Holidays.**
Christmas Hope is a 5 agency collaboration serving our community at Christmas including: Lethbridge Food Bank, Interfaith Food Bank, the Salvation Army, Lethbridge Family Services Angel Tree and My City Care Shop of Wonders. The Christmas Hope partnership ensures that families that may be struggling get everything they need for Christmas.

**Kids Call for Artwork!**

Entries will be accepted in early December

Enter to win a $50 Smudge Gift Card by creating a work of art based on the theme "Imagine" and submitting for display in the Kids' Art Show Gala. Submit at the Lethbridge Public Library Children's Services Desk.

Food for Fines
December 1–13
Bring in food for the local food banks to pay off your Library fines!
Visit lethlib.ca for more details.



Interfaith Food Bank

