



NEWSLETTER

March 2022

Phone 403.328.9965 EMAIL meadows@lethsd.ab.ca WEBSITE pm.lethsd.ab.ca

Happy March Parents and Guardians,

What a great Month we are heading into. Spring is around the corner; the weather is warming up and students are excited to play in the sunshine. As you may have already been aware, the Alberta Government has lifted health measures in schools, with cohorting and masking being the most significant.

On March 1st, we announced to students that they no longer had to play in cohorted groups outside during recess. For many of our younger students, this was the first time they have been allowed to play with other students from different grades. For this transition, we increased outside supervision and took time to remind students about playground safety. In addition, staff and students are no longer required to wear masks at school, however we will continue to respect all family's decisions regarding mask-wearing.

As we move forward, staff will continue to plan and organize rich and meaningful learning opportunities for students. Some of these opportunities may involve field trips, collaboration and working with students from other classes. We continue to prioritize the well-being and safety of the students and we ask parents to continue using the [Alberta Daily Checklist](#)

Thank you for trusting and working alongside us throughout this process! We are excited to continue along this journey with you.

As always, reach out to us if you need.

-Sharon Willms-Laing



We invite all parents/guardians to join us in person or online for our next **School Council meeting on Tuesday, March 15 at 6:30 pm**. Please use this link to join the meeting if you wish to join us online.

[March 2022 School Council Meeting](#)

For more information, contact your school council at pmsc.leth@gmail.com

Registration:

It is that time of year again when we start looking at the next school year. For students currently in Kindergarten through Grade 4, you should have received a re-registration link through parent's email. Please look over the information carefully to ensure it is all up to date, making changes as necessary. Please complete the re-registration and submit it before **March 11, 2022**. If you have questions, please do not hesitate to contact the office at (403)328-9965 for assistance.





Kindergarten Registration:

Kindergarten registration for the 2022/2023 school year has begun. Your child must be 5 years old on or before December 31, 2022 to be eligible to register. We require a copy of your child's birth certificate at the time of registration. Registration forms are available on our website now and can be brought to the school or emailed to meadows@lethsd.ab.ca This year our classes will be full days Mon/Wed or Tues/Thurs and each student will attend some Fridays each month.

Upcoming Events

- Monday Mar. 7 – District School Council meeting
- Friday Mar. 11 – Report Card #2 available for parents in PowerSchool
- Sunday Mar. 13 – Daylight Savings Time starts (Turn clocks ahead!)
- Tuesday Mar. 15 – School Council Meeting
- Wednesday Mar. 16 – Kindergarten Parent Teacher Interviews (No KG classes)
- Thursday Mar. 17 - Kindergarten Parent Teacher Interviews (No KG classes)
- Thursday Mar. 17 - Grade 1 - 5 Parent Teacher Interviews in the afternoon and evening (No school for students in afternoon, 11:45 am dismissal)
- Friday Mar. 18 – Professional Learning Day, No School for students

- Friday Apr. 15 - Friday Apr. 22 — Easter Break. No School for Students
- Monday Apr. 25 — Professional Learning Day. No School for Students

Attachments

Check this out...

- ◆ **Glee Class Opportunity**
- ◆ **March Elementary Newsletter**
- ◆ **Cubs to Kodiaks Easter Camp**
- ◆ **The March 2022 Loop**

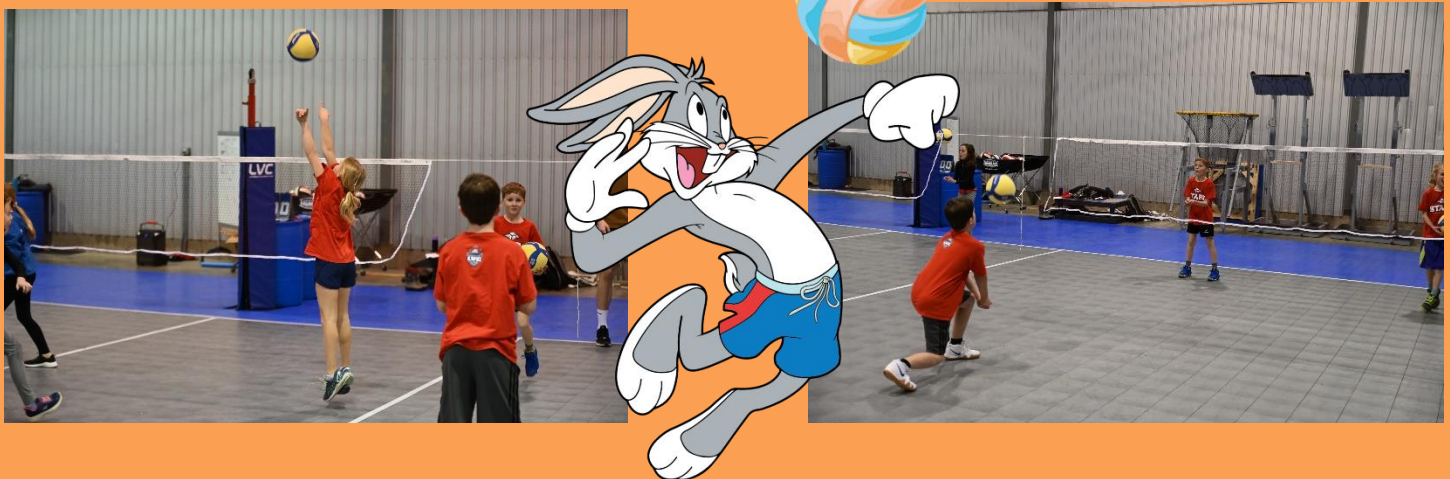
Cubs to Kodiaks

Easter Camp
April 18-22
9U & 12U INTRODUCTION TO VOLLEYBALL
REGISTER AT LETHBRIDGEVOLLEYBALLCLUB.COM



CUBS TO KODIAKS EASTER CAMP

Looking for a fun and educational experience for your child during Easter break? Here it is! Lethbridge Volleyball Club and STARS Volleyball are putting on an Easter camp for U9 and U12 age groups (birth dates falling between Jan 1, 2010 and Dec. 31, 2015). This is a great opportunity for your young athlete to learn the basic volleyball skills and movements and have fun doing it! 1-6 coach to athlete ratio!



REGISTER AT LETHBRIDGEVOLLEYBALLCLUB.COM



FREE Glee Club Class

**Little Jammerz will be running a free online Glee Club Class for students that love to sing and perform in Grades 1-5
Students will learn to sing & perform pop songs with cool dance moves.
We focus on pitch, breathing, and performing techniques
The class will be taught live online using Zoom. To Sign up please go to littlejammerz.com/mar8th or scan the qr code at the bottom with your phone**

**DATE: Tuesday March 8th, 2022
TIME: 5PM-5:30PM**

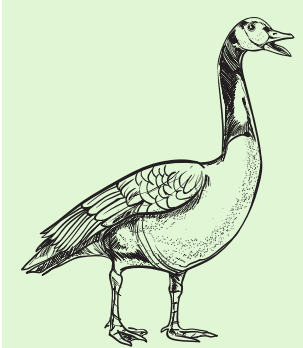
**To Sign Up: Go Online to
LittleJammerz.com/mar8th**

or


Scan This QR Code below to open link:



For any questions please contact: info@littlejammerz.com



March; Sa'aiki'somm

)))  [sa-ay-gee-soum]

According to the Blackfoot, March is known as the Duck Moon. Trevor Kii Tokii said his grandfather Allen Prairie chicken (kii'tokii) shared with him "March is Duck Moon, when the ducks returned," he also stated that "all animals helped humans decipher the weather, returning of Ducks was a good sign spring has arrived".

[Teacher's Convention]

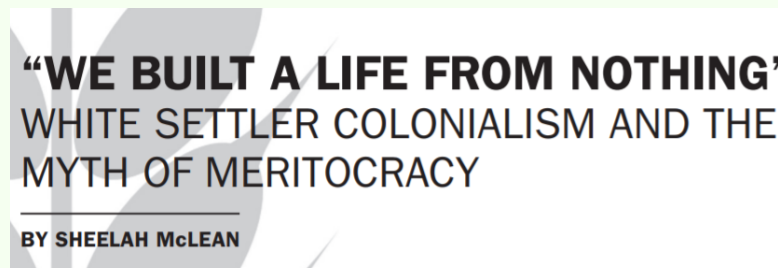
Patricia Makokis is a well known Indigenous servant leaders, a consultant and expert.



This film follows a group of elders as they go on a journey.



Great read!

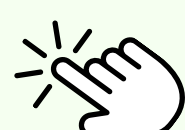


Callysto is a free, online learning tool that focus on math and science. Fish traps, Indigenous history, math, and science!



Fish Traps with Data

Dr. Tiffany Prete is a member of the Blood Tribe and has done important work in the field of Indigenous Education.



A GREAT video about teachers learning about Indigenous Ways of Knowing.



[CRC Kits]

We have been hard at work in the Curriculum Resource Centre updating and creating Indigenous Education Kits. If you're interested in borrowing a kit, all you have to do is send kathy.knelsen@lethsd.ab.ca an e-mail requesting it :)

Available Kits:

- Pita (Eagle) Kit
- Sspopii (Turtle) Kit
- Kai'skààhpa (Porcupine) Kit
- Traditional Plants
- Tipi
- Traditional Foods
- Ribbon Skirts
- Moccasins

Click [HERE](#) for a more detailed descriptions and photos of the above kits.

[Save the Date]



March 6 Blackfoot Patterns @ the Galt Museum 1-2pm

March 14

March 15

March 16

Indigenous Education Conference in Edmonton
No Announcements the week of March 14-18

March 18 PL day

[Highlights]

Synonyms for Compassion

Kímmapiiyipitssini
Empathy

iKímmapiiyipitsi
be compassionate/Kind
person

aKomimm
love

iniiyi'taKi
Feel grateful/be
appreciative/thankful

iiyiKitapiiyi
be brave, fearless



ICES Wolf Willow Bracelets w/
Kindergarten



Park Meadows
Totem Poles w/
Grade. 5

Nicholas Sheran- Traditional Games and Compassion



Lethbridge
2022
International
Peace
Powwow

WOMEN'S MEMORIAL MARCH LETHBRIDGE ART WALK



What? The Women's Memorial March is held every year on the 14th of February, in cities across Canada and the United States. The Women's Memorial March started in 1992 in Vancouver, BC, and continues to honour the lives of missing and murdered women. This event is organized and led by women...because women - especially Indigenous women, girls, two spirit and trans people - face physical, mental, emotional, and spiritual violence on a daily basis. The February 14th Women's Memorial March is an opportunity to come together to grieve the loss of our beloved sisters, remember the women who are still missing, and to dedicate ourselves to justice.

When? The art walk begins on February 14th and will run into the month of March.

Where? Coal Banks Trail. You can start the walk from either end. The North entry is situated at the parking lot beside the highway 8 parking lot. The south entry is in front of the Helen Schuler Nature Centre.



Lethbridge
2022
Memorial
Women's
March Art
Walk

THE LOOP



MHCBC Wellbeing Team

MARCH 2022



Hello, Lethbridge School Division students, staff, families and community partners.

Welcome to the March issue of THE LOOP! For some of us, lifted restrictions can bring mixed feelings of both hope and fear. As we continue to move through the pandemic, please continue to utilize and advocate for services providing wellness supports for children, youth, adults, families and community. We hope THE LOOP connects you with the community supports and services you may require to support and promote positive mental health. ❤️



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)

- Mar 2 [ADHD & Executive Functioning: For in School & At Home Learners](#) 1:00-3:00 PM
- Mar 3 [Mental Wellness in Pregnancy & Beyond](#) 6:30 PM – 8:30 PM
- Mar 7 [Getting Pronouns Right: How to be an ally to the gender diverse community](#) 6:30 PM – 8:00 PM 
- Mar 8 [Friend or Foe? How to create healthy relationships with digital devices in the family](#) 6:30 PM – 8:30 PM
- Mar 9 [Understanding Psycho-educational Assessments = Understanding Your Student](#) 1:00 PM – 3:00 PM
- Mar 9 [Mental health for highly sensitive teens; unique struggles for these emotional feelers](#) 6:30 PM – 8:30 PM
- Mar 15 [Taming Anxiety Gremlins using the Anxiety Compass](#) 6:30 PM – 8:30 PM
- Mar 16 [Managing Stress in the Family: Recognizing Triggers](#) 6:30 PM – 8:30 PM
- Mar 17 [Navigating Technology with our Youth](#) 10:30 AM-Noon
- Mar 25 [Earth Play: The Benefits of Outdoor Exploration](#) 1:00-2:30 PM
- Mar 29 [LGBTQ2S+: What grandparents need to know and do](#) 6:30 PM – 8:30 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


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



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




1-866-332-2322



Outreach and Education

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

Lethbridge Family Services 
Since 1910

Understanding Suicide

ONLINE PRESENTATION
March 2, 2022
2:00-4:00 pm

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

Please note: This presentation is intended to offer fundamental information about the issue of suicide. It will not address suicide intervention strategies or techniques.


BECAUSE WE Care

An Online Personal Growth Group for Helping Professionals

Wednesdays
March 9 to 30, 2022
2:00pm to 3:30pm

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

Lethbridge Family Services 
Since 1910

New Direction

Presentation Series
Fridays 10:00am to 11:30am

These educational presentations are meant to support participants with the ups and downs of the past two years.

- MARCH 4 Responding to Stress
- MARCH 11 Understanding Grief & Loss
- MARCH 18 Anxiety Awareness
- MARCH 25 Self-Care as a Practice

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


HEART

HUMANITY = EMPATHY AND RESPECT TOGETHER

Online Personal Growth Group

UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH.

Thursdays
March 3 - 24, 2022
2:00pm to 3:30pm

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



Lethbridge Family Services 
Since 1910

Spring Series


One hour virtual presentations
Fridays starting at 3pm

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

For questions or to register email Outreach@LFSfamily.ca

Supports for our adult community




Alberta family wellness initiative

BRAINS
Journey to Resilience

0:08 / 7:44

In a world where human brains inch across snowy landscapes, where perils lurk in every shadow, one community will rally behind a struggling brain—and just might change the world in the process. Learn about the resilience scale in this scientifically rigorous (and cinematically epic) video created by the Alberta Family Wellness Initiative in consultation with the FrameWorks Institute and the Harvard Center on the Developing Child.

Unlock the Potential of Food

Ingredients for a Healthier Tomorrow




MARCH IS NUTRITION MONTH

NUTRITIONMONTH2022.CA


Alberta Health Services

Nutrition Times

South Zone Healthy Eating E-Newsletter


[Click Here](#)



Nutrition Month MARCH 2022

Sharing Sunday	Mealless Monday	Try It Tuesday	Wellness Wednesday	30 Min or Less Thursday	Fun Fact Friday	Swap It Saturday
1. Share your favorite recipe with a friend.	1. Try a new vegetable.	1. Try a new fruit.	1. Try a new snack.	1. Try a new drink.	1. Try a new meal.	1. Try a new dessert.

Contact us at publichealth@albertahealthservices.ca
Alberta Health Services

 [CLICK](#) to Download the March Calendar!

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)

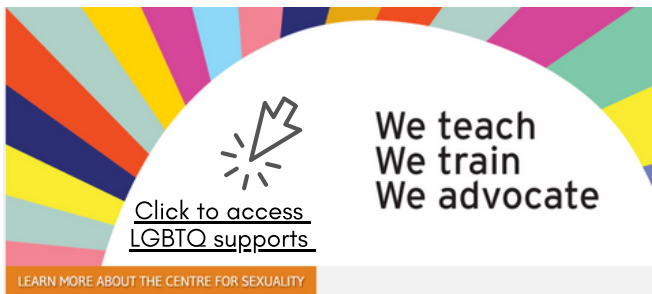
Sessions are open format so you can choose the number of sessions to attend.

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.

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.



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.

QPR (Question, Persuade, Refer) Suicide Prevention Wednesday March 9, 2022 9:00-12:00 No cost

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. 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.

Intergenerational Wisdom Thursday Friday March 10-11, 2022 9:00-4:00 No cost

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. 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.



To register please contact Darcy
403-320-8888 or email d.nalder@familyties.ca

ART BREAK

An Art Oriented Breather

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.

Where: Family Ties Association Gathering Space
911 3rd Avenue North

When: Ages 8-13 from 9:00 am- 12:00 pm
Ages 14-18 from 1:00 pm- 4:00 pm

Dates: January 28
February 25
March 18



Cost: \$10.00 Registration Fee (per session)



Chef & Share for Teens

WE are now taking registrations for youths 12-15 years old for this hands-on in-person cooking class.

Where: Interfaith Food Bank

1103 3 Ave N, Lethbridge, AB

When: March 1, 15 and 29 from 4:15 PM to 6:15 PM

There is no charge and you will even be able to take home food that you make and share it with your family.



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 forests in a fun and safe environment. We will provide you with pre-built characters and dice.

Registration required with \$5.00 fee.

Where? Family Ties Association - Gathering Space (909 3 Ave N. Lethbridge, AB)

Y11-13 yrs March 11 & 25 5:00 PM until 9:00 PM

Y14-18 yrs March 4 & 18 5:00 PM until 9:00 PM



Grandparents Raising Grandchildren

A Community Group for Grandparents & Kinship Families

Through this group you will have the opportunity to talk with other caregivers, professionals, learn new parenting techniques, self-care, connect to community resources, as well as build lasting friendships and supports.

This is an open group, individuals can register at any time during the year and attend as often as you are able.

Where: Family Ties
When: 10:30 am -12:30 pm
Dates: March 8 and 22

Tea, coffee and snacks will be provided



Small Changes... Big Differences for Teens

Triple P: The Positive Parenting Program is talking about Teens.

Three seminars available:



Raising Responsible Teenagers

Wednesday March 16 6-8pm

Learn about how to encourage your teen to take part in family decisions and activities; choose to be respectful and considerate; and develop healthy habits.

Raising Competent Teenagers

Wednesday March 23 6-8pm

Learn how to help your teen develop self discipline; become a good problem solver; get involved at home and school; and have supportive friendships.



Getting Teenagers Connected

Wednesday March 30 6-8pm

You can help your teen become more confident; build social connections; keep their commitments to you and others; and help them navigate their world.



Book your spot online

www.famcentre.ca/programs

Register for one or all three sessions.
In person and zoom options available.

Family Centre
Suite 225, 200 - 4 Avenue
South
Melcor Centre
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre
Instagram: @familycentreyq
LinkedIn: @Family Centre Society of Southern Alberta
Helpseeker: Family Centre



FAMILY CENTRE

Family Centre Downtown

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

Drop in play programs

Play Zone:

Tuesdays 3:30-5pm

Wednesdays & Fridays 9:30-11am

Come Build With Us

Fridays 1:30-3pm

Me & My Dad 10-11:30 am

geared for families with children under 12

Family Centre West

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

Drop in play programs

Nature Play:

Mondays & Fridays 9:30-11am

Play Zone:

Fridays 1:30-3pm

geared for families with children under 12

Discover Together:

Saturday March 12 10-11:30am

geared for families with children under 12

Drop in Parent Café Tuesdays 9:30-11am

Family Centre North

1103 - 3 Avenue North
403-320-8138

Interfaith Chinook Country Kitchen offers in person and Zoom cooking programs for adults, children and youth. Call 403-320-8138 for more information.

Triple P Group for parents with children under 12



Parenting doesn't come with a manual but we can help!
Thursdays March 3-31, 6-8pm at Family Centre Downtown.
Childcare available for in person group. Virtual option.

All Programs - Family Centre (famcentre.ca)
or call 403-320-4232

NO. MORE. BARRIERS. bgc

 bgc Lethbridge

YOUTH CAMPUS

227 12B Street North

For youth/young adults 11-21.

Monday- Friday 9:00-3:00

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

For program options and to register, contact Taylor at:



Call or text 403-715-0853



youthcampus@bgclethbridge.com



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



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!

Every Wednesday 7-9 PM



2SLGBTQ+ Hangout is a space for youth identifying in the 2SLGBTQ+ community to build confidence, make new friendships, and place where they can be their authentic selves!



Big Brothers
Big Sisters
OF LETHBRIDGE AND DISTRICT



Looking for ways to keep your child engaged?

We are looking for Littles to join our Programs!!

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

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



Quash

Quash is a judgement-free app to help you quit smoking or vaping – the way you want!

Powered by
LUNG HEALTH FOUNDATION



Volunteer Celebration Nominations are OPEN!

Nominate a volunteer or good neighbour for an award!

Volunteer Lethbridge is inviting all community members to nominate a volunteer for the Volunteer Celebration Gala. This year's categories are Leaders of Tomorrow (5-24 years old), Community Leaders (25+ years old), Good Neighbour & Acts of Kindness, Community Inclusion, Lifetime Service (30+ years of service) and Volunteerism in Business. The Gala will be held on April 28th at the Sandman Signature Lethbridge lodge and catered by Prime Catering.

Visit www.VolunteerLethbridge.com for the nomination form and more details.



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

Grade 6-12



- | | |
|--------------------|----------------------|
| COMPUTER REPAIR | ELECTRONIC RECYCLING |
| COMPUTER RECYCLING | USED ELECTRONICS |
| REFURBISHED PCs | COMPUTER PARTS |
| LINUX PCs | DBAN DATA WIPING |

1625 29 STREET NORTH
LETHBRIDGE, ALBERTA
403 - 715 - 3326

AbleComputerRecycling.com



We donate 1 out of 10 PCs sold from the store to a family or student in partnership with the Lethbridge School District and Lethbridge Family Service



HORNS RECREATION

SPRING & SUMMER 2022 PROGRAM REGISTRATION

Opens Tuesday, March 15 at 7:00am
VIEW & REGISTER ONLINE: GO.ULETH.CA/SPORTREC



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



March 2022 Locations

- March 1st**- Seventh Day Adventist Church (2606 16 Ave S)
 - March 11th**- Senator Buchanan School (1101 7Ave N)
 - March 15th**- University Drive Alliance Church (55 Columbia Blvd W)
 - March 25th**- Westminster School (402 18 st N)
 - March 31st**- Mike Mountain Horse School (155 Jerry Potts Blvd W)
- Begins at 4pm**

[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!



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
Staffing & Background Screening

JOB OPPORTUNITIES FOR STUDENTS

APPLY
HERE

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.



hire-standard.com



ScholarTree

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

CLICK on Scholarship for application information



March Scholarship Deadlines

Stacey Levitt Award \$4000 (March 1)
John Hasselfield Endowment Foundation
\$400 (Mar 1)
Pathways to Medicine Scholarship
\$27000 (Mar 1)
Quest for Excellence \$1000 (Mar 13)
Calgary Stampede Grade 12 Western Art
\$2000 (Mar 17)
Ray Jolliffe Memorial Scholarship
\$2000 (Mar 31)

Indigenous Scholarship Opportunities

Indspire Scholarships and Bursaries (Feb 1/Aug 1)
Award for Indigenous Student High School
Achievement
RBC Aboriginal Student Award Program
\$4000 (Feb 28)
Belcourt Brosseau Métis Awards
\$1000-10000 (Mar 31)

Supports for high school students



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



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 futuresstudent@lethbridgecollege.ca

OPEN HOUSE

MARCH 5

WE'RE READY TO SHOW YOU THE BEST OF LETHBRIDGE COLLEGE - WHEREVER YOU ARE!

JOIN US ON MARCH 5 - EITHER IN-PERSON OR ONLINE - TO MEET WITH EXPERT INSTRUCTORS, FIND OUT MORE ABOUT YOUR FUTURE CAREER AND EXPERIENCE OUR FRIENDLY AND SUPPORTIVE ENVIRONMENT.

Take a tour of campus, chat with our instructors and academic advisors, and apply on the spot. Whether you're on campus or in your living room, you'll experience the Lethbridge College community and all we have to offer.

We're ready to help you get started taking the next step.

VISIT

lethbridgecollege.ca/openhouse

CONNECTING TO COLLEGE

INDIGENOUS SERVICES

MARCH 2 | 11:00 am

An invitation to career practitioners, guidance counselors, indigenous service coordinators and educators.

Join us March 2 at 11 a.m. for Connecting to College: Indigenous Services, an hour of insightful online discussion on our Circle of Services, Cultural Support Program, and our Indigenous Career Pathways.

Presented by Brittany Lee, Career and Academic Advisor - Indigenous Focus, you'll learn more about:

- Our Niitsitapi Gathering Place-
- Indigenous Student Welcome-
- How Lethbridge College can continue to support our educators-

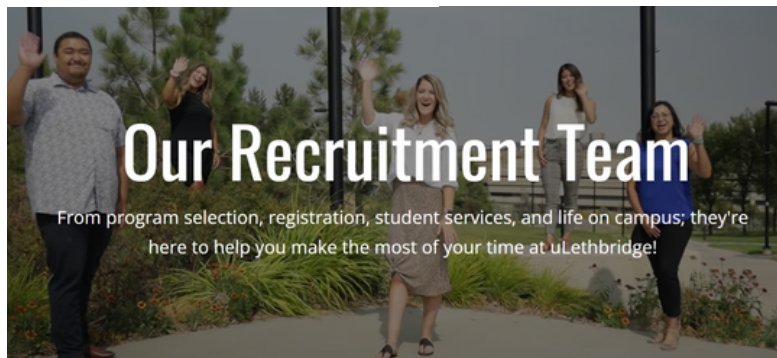
For more information or if you require assistance with registering contact chelsea.tolton@lethbridgecollege.ca.



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!