

THE LOOP

NOVEMBER 2020




MHCBS Wellbeing Team

Focus on Connections. Seek help.

Hello, Lethbridge School Division staff and families!

Welcome to the November edition of THE LOOP! We hope THE LOOP connects you with community supports and services. THE LOOP will provide you with snapshots of mental health supports, professional development opportunities, community partner updates, child and youth community activities, career connections, post-secondary and scholarship information. We hope THE LOOP helps you to stay connected and informed.

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.

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 [in-person and virtual programs](#) running. Ask about free transportation.



MHCBS WELLNESS TEAM
Mental Health Capacity Building

Connect to find mental health resources and activities for home and school.

 www.mhcblesd.com
[@supportingfamilywellness](https://www.facebook.com/supportingfamilywellness)



FAMILY CENTRE

Nov 5 [Communicating with kids about divorce and separation](#)
[Youth, adults, couples and family counselling \(FREE\)](#)

Mental Health Training for Community and Human Service Practitioners

Training Sessions

Science of Hope-Brain Science & Resilience

Understanding Loss & Grief

Mental Health 101

Trauma-Informed Care

To register for November 7 [CLICK HERE](#)

To register for November 19 [CLICK HERE](#)



YOUTH ONE

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 '[Get Outside 101](#)' program and enjoy the benefits of being outside!

Need Support?

KidsHelpPhone.ca
1 800 668 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 office@careersteps.ca

Scholarship & Financial Aid Presentation

Learn how to finance your post-secondary education. University of Lethbridge and Lethbridge College will be on hand to answer specific questions.

To register for November 3 or 5 (7:00 pm) [CLICK HERE](#)

November/ December Scholarship Deadlines

[EF Canadian Youth Ambassadors \\$5000+](#) (Nov 5)
[TD Scholarships for Community Leadership](#) (mid Nov)
[U of L Board of Governors Award \\$1500](#) (Dec 15)
[U of L High School Entrance Awards \\$4000](#) (Dec 15)
[French for the Future National Essay Contest](#) (Dec 18)
[Duke of Edinburgh's International Award](#)



Do you have extra time to volunteer?
 Do you want to build your skill set through volunteerism?

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



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.

FAMILY VIOLENCE PREVENTION MONTH



LIVE INFORMATION EVENTS 6:00-7:00PM

November 3: How to Listen (when a friend needs you)
 November 10: About Family Violence
 November 17: Healthy Relationships
 November 24: Caring For Yourself

GENERAL BEREAVEMENT online Counselling Group

November 18- January 20 5:30-7:30pm

THE MINDFUL SELF online Personal Growth Group

Fridays 9:30-11 am

Please call intake at 403-327-5724



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.



Virtual Post-Secondary Presentations

[Ambrose University](#) (Nov 2 6:30 pm)
[University of Alberta & Augustana Campus](#) (Nov 4 6:00 pm)
[MacEwan University](#) (Nov 7 10 am)
[St Mary's University](#) (Nov 12 5:00 pm)
[NAIT](#) (Nov 16 4:00 pm)
[Red Deer College](#) (Nov 16 5:00 pm)
[Bow Valley College](#) (Nov 16 6:30 pm)
[Medicine Hat College](#) (Nov 17 4:30 pm)
[Alberta University of the Arts](#) (Nov 18 5:00 pm)
[SAIT](#) (Nov 18 6:30 pm) passcode for Zoom Meeting: 438260
[Mount Royal University](#) (Nov 23 4:00 pm)
[Olds College](#) (Nov 24 6:00 pm)
[University of Calgary](#) (Nov 25 4:00 pm)

For information on future out-of-province post-secondary fairs, please contact albertaoope@gmail.com or [CLICK HERE to download information packages](#).



Confidential Support for Survivors of Sexual Violence

YWCA 24-hour Crisis Line

(403) 320-1881 Toll Free 1866-296-0447

Chinook Sexual Assault Centre (403) 694-1094

Immediate Resources:

Distress Line of SW Alberta (403) 327-7905
 LPS Victim Services Lethbridge (403) 330-5176
 LPS After Hours (403) 327-2210
 Lethbridge Emergency Shelter (403) 327-1031
 Emergency Youth Shelter (403) 317-1777

If you are in immediate danger call 911



Angel Tree Campaign

To register to receive Angel Tree gifts [CLICK HERE](#). [CLICK HERE](#) to find out more information on how you can donate.

