

# THE LOOP



MHCBC Wellness 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**



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



  
NUTRITIONMONTH2022.CA



## Nutrition Times

South Zone Healthy Eating E-Newsletter

[Click Here](#)



**Nutrition Month** MARCH 2022



Access online calendar at: [publichealthnutrition.albertahealthservices.ca](#)

Contact us at: [publichealthnutrition@albertahealthservices.ca](#)

 [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)

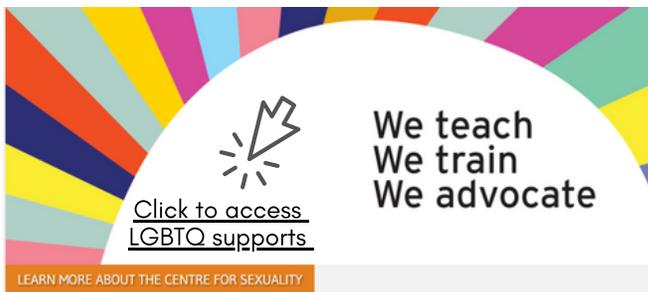
Sessions are open format so you can choose the number of sessions to attend.

**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/](https://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](mailto: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 3<sup>rd</sup> 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](http://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](http://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](http://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](mailto:youthcampus@bgclethbridge.com)



[www.bgclethbride.com](http://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](http://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](http://MNSTUTORING.COM)

Grade 6-12



COMPUTER REPAIR  
COMPUTER RECYCLING  
REFURBISHED PCs  
LINUX PCs

ELECTRONIC RECYCLING  
USED ELECTRONICS  
COMPUTER PARTS  
DBAN DATA WIPING

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

[AbleComputerRecycling.com](http://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](http://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](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



### 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](mailto: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](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.

## 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](http://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!

**Hire Standard**  
Staffing & Background Screening

## JOB OPPORTUNITIES FOR STUDENTS

APPLY  
HERE



[hire-standard.com](http://hire-standard.com)

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.



**ScholarTree**

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



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

## 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](http://alberta.ca/green-certificate-program.aspx)  
Contact your green certificate regional co-ordinator:  
Marina Grant - South Coordinator, Lethbridge College  
[marina.grant@lethbridgecollege.ca](mailto: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 [futuresudent@lethbridgecollege.ca](mailto:futuresudent@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](http://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-

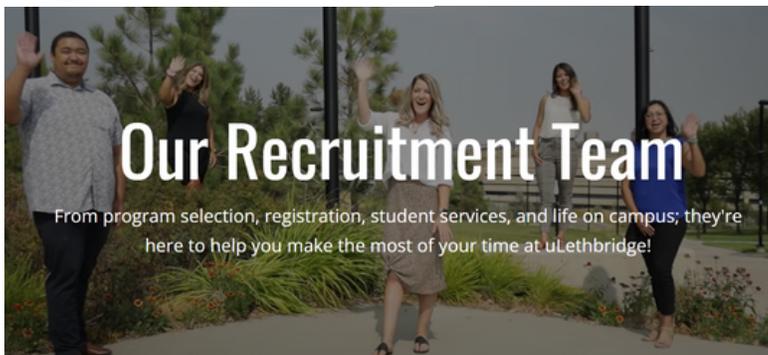
For more information or if you require assistance with registering contact [chelsea.tolton@lethbridgecollege.ca](mailto:chelsea.tolton@lethbridgecollege.ca).



## 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!