



Digital Detours

Digital balance, mental clarity

Digitally Thriving

Empowering individuals to thrive in a digital age.

Our team is dedicated to supporting individuals to thrive digitally by prioritizing well-being and growth around eight key concepts. Presently, our team is actively developing innovative methods and resources to incorporate these core concepts into educators' pedagogy. This effort aims to foster creativity, innovation, and interpersonal skills, while also prioritizing and nurturing individuals' well-being.



Powered Up Partnerships

Digital Wellness Team collaborative opportunities:

Collaborative Teaching



Family Support Worker (D.W.)

Professional Learning



Generative Dialogue





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Tech Titans

Bite sized tech insights

Libby: Meet the app- Libby, your digital gateway to a world of literacy and knowledge. Partnering seamlessly with our local library, Libby brings ready-to-read books and captivating audiobooks right to your fingertips. Explore favorite topics and expand your horizons, all in the palm of your hand. Best of all, Libby is completely FREE with your Lethbridge Public Library membership card – making learning and leisure more accessible than ever.

Wellness Building Pathways

- Building Communication Skills with our Children/Teens: Presented by AHS-Thursday, October 5th, 6:00 pm- Register for free by Calling 1-888-594-0211
- Digital Skills for Students: Presentation by Darren Maltais- Tuesday, October 10, 2023, 4:00 PM

*Titles are clickable links to register in sessions.

The Truth About Youth

Join us on November 15th, 7-8 pm at Lethbridge's Yates Theatre for an electrifying parent engagement event! "The Truth About Youth" features a dynamic panel including Lethbridge Police Services, a registered psychologist, , parent(s) perspective, and an Alberta Health Services representative. Individuals can submit their question(s) to be considered by our panel using the QR Code (Right). Get ready to cultivate your skills to guide students to thrive in a digital age.

Save The Date



"Elevate Your Digital Wellness"

