

# GENERAL STEWART NEWSLETTER

April 2022



## School Council

Our next meeting is  
April 26 at 7:00 p.m.  
via Teams.



## Bell Times

### Kindergarten

Monday - Thursday  
8:05 a.m. - 11:13 a.m.  
Friday (see webpage  
for Friday schedule)  
8:05 a.m. - 11:50 a.m.

### Grade 1 - 5

Monday - Thursday  
8:05 a.m. - 11:50 a.m.  
12:50 p.m. - 3:10 p.m.

### Friday

8:05 a.m. - 11:50 a.m.

## Principal's Message

Hello everyone and I hope that you are enjoying Spring so far! The

weather has certainly been trying to figure out which way to go but is getting warmer and more pleasant. We are looking forward to some

exciting activities between now and the end of the school year. We will be sharing out more information about special activities for Community Engagement, National Aboriginal Day and other school activities in the near future. We are extremely excited to be able to connect with our community again and it was great having the opportunity to have parents join us for our grade 3 and 4 Quebec Celebration of Learning. Thank you to Mrs. McDonald and the students for their hard work and

enthusiasm! It was great to see all the bright, smiling faces on the

students and in the crowd! We would also like to let everyone know that our Grade 5 Farewell will be taking place on June 17<sup>th</sup> and our

Kindergarten Graduation will take place on June 23<sup>rd</sup>. Both events will take place outside and we are looking forward to seeing you there. Have a great April and I hope to see you soon!

**Chris Harris**

**Principal**

**General Stewart School**

## GRIZZ'S CORNER

### HOT LUNCH

**April 6**

**Boston Pizza**

### SPECIAL DAYS

**April 7—Logan Boulet  
Effect Green Shirt Day**

**April 13—Walking  
Wednesday**

### NO SCHOOL

**April 15—Good Friday**

**April 15– 22 Easter  
Break**

**April 25—PL Day**



# ATTENTION

Dear Gr. 5 Parents/Guardians,

We are preparing to welcome future Tigers to Gilbert Paterson Middle School! The purpose of this letter is to explain the registration and orientation process and timeline for grade 5 students who will be attending GPMS in 2022-23. The registration process will begin on **Friday March 25<sup>th</sup>**.

- **Friday March 25<sup>th</sup>** – All families with current grade 5 students designated for GPMS for the fall will be emailed a registration form to submit electronically by **Friday April 8<sup>th</sup>**. If you have any issues with this process, please contact our office at 403-329-0125. This is only the registration form stage – see below for option course selection and other information. Please complete all areas of information on the registration form so our records are complete.
- **April 27-29<sup>th</sup>** – We will be emailing out a video and option course selection information to families. The selection of option preferences will take place electronically later.
- **Late April** – Our Band teacher, Ms. Lewis, will be visiting schools and introducing instrument and her program so students and parents can make informed choices in May.
- **May 2<sup>nd</sup> week** – We will be meeting on Teams by school with all of the classes of grade 5 students at our five feeder schools to answer general questions about middle school, option the selection process and welcome them to Paterson.
- **May 2<sup>nd</sup>-13<sup>th</sup>** – Students will be indicating their option preferences electronically through PowerSchool with their grade 5 teachers using the option form that they have worked through with their parents. This is not a first come, first serve process so do not worry if you are not on day one.
- **May 25/26<sup>th</sup>** – Gilbert Paterson Open House – We will be having an open house on these evenings for students and parents to come and see our school and meet us. English stream students – Wed. May 25<sup>th</sup>; French Immersion students – Thurs May 26<sup>th</sup>. Both evenings are 6:30-7:30PM.
- **Late June TBD** – Grade 5 students will come over to Paterson for orientation visits with their class during the school day for another chance to see our school and meet our staff.

**Week before first day of school** – Prior to the start of school on Sept. 6<sup>th</sup>, we will host an Open House to have gr. 6 students receive their locks, acclimate to our school and get ready for the new year. More details will be sent out at the end of this school year.

You will continue to hear from us throughout the spring prior to all these dates with reminders and further details as we move along the process. We are also just a call or email away if you have questions. We look forward to meeting our new students and families over the course of the spring!

Sincerely,

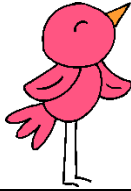



Darryl Christiansen – Principal

Catherine Thorsen – Vice Principal

Matt Brunner - Vice Principal



# General Stewart School Calendar

April 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Kindergarten	2
3	4 Division School Council Meeting 6:00 pm	5	6 Boston Pizza Hot Lunch	7 The Logan Boulet Effect – Green Shirt Day	8 Kindergarten	9
10	11	12	13 Walking Wednesday 1:00 PM	14	15 No School – Good Friday	16
17 	18 Easter Break	19 Easter Break	20 Easter Break	21 Easter Break	22 Easter Break	23 
24/31	25 No School – PL Day	26 School Council Meeting 7:00pm	27	28	29 No Kindergarten	30

[Click here to visit our webpage Calendar](#)

# THE LOOP

APRIL 2022



MHCBC Wellbeing Team



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

Welcome to the April issue of THE LOOP!

As we move into the spring season, there is a new energy that comes with packing away the heavy winter coats, and trading them in for short sleeves and sunshine. We are fortunate to live in a community with organizations and partnerships that continue working to support us.

It's time to engage, get outside and enjoy the sun. ❤️



**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



Alberta Health Services

Alberta Government

## 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)

Apr 5 Part Two: Building Resiliency in the Family Unit 10:00 AM - Noon

Apr 6 Helping your Child Foster a Positive Relationship with Food 6:00-8:00 PM

Apr 11 ADHD & Executive Functioning: For Children & Youth 6:00-8:00 PM

Apr 12 Circle of Security Parenting- Building Secure Attachment 1:00-2:30 PM

Apr 21 Earth Play: The Benefits of Outdoor Exploration 6:00-7:30 PM

May 4 Promoting Resilience and Self-Regulation (2-7 Years) 6:30-8:30 PM

May 5 From Finsta to FOMO: Understanding Social Media Use in Teens 6:30-8:30 PM

May 9 Brain Science: Sciences of Hope and Resilience 6:30-8:30 PM

May 10 Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids 1:00-3 PM

May 17 Easier Than You Think -Workshops for Parents and Natural Supports: Talking to teens about sex, sexuality, and sexual health 1:00-3 PM

May 24 Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members 1:00-3 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  
b3c



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

**ADDICTION HELPLINE**



**1-866-332-2322**

**Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

**TOLL FREE**  
**1-833-294-8650**





## Outreach and Education

To Register: Call 403-327-5724  
[counsellingintake@LFSFamily.ca](mailto:counsellingintake@LFSFamily.ca)

Supports for our adult community

Age  
18+

Lethbridge Family Services   
Since 1910

### GRIEF & LOSS FOUNDATIONS

ONLINE PERSONAL GROWTH GROUP

This group is for individuals who have experienced loss and would like to learn more about grief.

Wednesdays  
April 13 to May 4, 2022  
2:00pm to 3:30pm

Contact Outreach for more information: 403-327-5724 or [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca)

  
**BECAUSE WE Care**

An Online Personal Growth Group for Helping Professionals

Thursdays  
April 14 to 28, 2022  
2:00pm to 3:30pm

Contact Outreach and Education to register: [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca) or 403-327-5724

  
HUMANITY = EMPATHY AND RESPECT TOGETHER

Presentation Series  
Thursdays 2:00pm to 3:30pm

Gender Boxes	May 19
Gender Roles in Relationship	May 26
Gender Roles and Mental Health	June 2
Changing the Conversation	June 9

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



Lethbridge Family Services   
Since 1910

### MAN UP

ONLINE PERSONAL GROWTH GROUP

Deconstructing messages of masculinity.

May 13, 20, & 27, 2022  
Fridays, 10:00am to 11:30am

Contact Outreach and Education for more information: 403-327-5724 or [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca)

Lethbridge Family Services   
Since 1910

### Spring Series

One hour virtual presentations  
Fridays starting at 3pm

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

For questions or to register email [Outreach@LFSfamily.ca](mailto:Outreach@LFSfamily.ca)

### EMPOWERING WOMEN IN RELATIONSHIPS

May 5 to July 7, 2022  
8-Weeks  
Every Thursday at Casa  
9:30 AM - 12:00 PM

Open to:

- Ages 18+
- Identify as Female
- No fee to participate

This counselling group is for women who have experienced relationship imbalance, disempowerment or abuse.

We will explore healthy relationship skills such as how to set boundaries, communicate assertively and learn to trust oneself and others.

This group invites women into a safe, supportive and caring environment to nourish and empower oneself and one another.

  
**Nutrition Times**  
South Zone Healthy Eating E-Newsletter

[Click Here](#)



Unlock the Potential of Food

### Ingredients for a Healthier Tomorrow

  
NUTRITIONMONTH2022.CA



### Centre for Sexuality



We teach  
We train  
We advocate

[Click to access LGBTQ supports](#)

LEARN MORE ABOUT THE 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.

### IDENTITIES & WAYS OF BEING



 **Free workshop on discord**  
April 7th 4:30 pm  
Open to GSA students & Teachers

This session is free and open to GSA students and teachers. The workshop will be led by staff at the Calgary Centre for Sexuality. The workshop will take place Thursday April 7th at 4:30 pm on discord. It will take place on the same discord server as the GSA Conference. If you haven't used discord before, please go to [discord.com](https://discord.com) to create a free profile.

Students and teachers can sign up for our workshop [here](#). Questions, comments, concerns? Let us know at this email [fyreflyseualberta.ca](mailto:fyreflyseualberta.ca)

**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.

*Come Celebrate*  
**Mental Health Week**  
#GETREAL ABOUT MENTAL HEALTH!

*Free Activity Day*  
*@YMCA*

**MAY 5, 2022**

**COME FOR ONE OR ALL ACTIVITIES:**

12PM-2PM: **FREE SWIM**

3PM-5PM: **BOUNCY CASTLE/FREE PLAY**  
HEIGHT RESTRICTIONS 34"-60"


6PM-8PM: **YOUTH REC ROOM/INDOOR PLAY**  
**ACCESS**


*Stop by the MHCB booth for your Entry Bracelets!*


LIMITED SPACES AVAILABLE  
18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID  
140-74 MAURETANIA RD W, LETHBRIDGE, AB

MHCB Wellness Team  
LETHBRIDGE SCHOOL DIVISION



 MyHealth.Alberta.ca

 Alberta Health Services

 Alberta Government

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.





### Family Centre Downtown

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

Drop In play, no registration required

Play Zone: Tuesdays 3:30-5pm  
Wednesdays & Fridays 9:30-11am

Come Build With Us: Fridays 1:30-3pm  
Me & My Dad: Saturdays 10-11:30am

Registered Play  
PACT: \$45 one child/\$75 family Mondays  
April 4 – Jun 27 9:30-11am

Baby PACT: child 0-12months Mondays  
April 4 – Jun 27 1:30-3pm

Baby Sign: \$45 child 4-16 months Tuesdays  
April 5 – May 10 9:30-11am

Triple P Seminars: Power of Positive Parenting  
April 21 – 6-8pm

Raising Confident Competent Children  
April 28 6-8pm

### Family Centre West

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

Drop In play, no registration required

Nature Play: Mondays & Fridays 9:30-11am

Discover Together: Saturday Apr 9 10-11:30am

Registered Play  
SPLAT: \$45 one child/\$75 family Thursdays  
April 7 – Jun 23 9:30-11am

Rhymes & Riddles: Ages 3-18 months  
Wednesdays April 13-Jun 15 1:30-3pm

RAP (Radom Acts of Play): \$25 per child ages  
6-12 Thursdays Apr 21 – June 23 3:30-5pm

Parent Café: Tuesdays Apr 5 – Jun 28  
9:30-11am

Kids Have Stress Too -Preschoolers: Wednesday  
April 20 6-8pm

Kids Have Stress Too – Grades 1-3: Wednesday  
April 27 6-8pm

### Family Centre North

1103 – 3 Avenue North  
403-320-8138

Adult Cooking Classes:

Mondays 1-3pm  
Tuesdays 9:30-11:30am  
Thursdays 1-2:30pm (Zoom Class)  
Fridays 9:30-11:30am  
Call 403-320-8138

Big Chef Little Chef  
ages 3-6 Tuesdays Apr 5 10-11:30am

Plants to Plates ages 8-11  
Thursdays Apr 14 – 28 4:15-6:15pm

Kids in the Kitchen ages 7-10  
Fridays Apr 22 – May 13 1:30-3:30pm

Food Explores ages 9-12  
Fridays May 20 – Jun 24 1:30-3:30pm



## Library Giving Day April 6

April 6 is #LibraryGivingDay! This one-day online fundraising event will help us strengthen our community and transform lives.

Visit [lethlib.ca](http://lethlib.ca) and click "Donate" to support your Lethbridge Public Library!

**Want to know what's happening at the library for teens in grades 7-12?**

**Visit [lethlib.ca/teen](http://lethlib.ca/teen) to see our program schedule, featured booklists, and more.**

### happening



MR. OINKS PUPPET SHOW  
PAGE 15  
GENERAL 12 CHILDREN 12+ ADULT 12+ TEEN 12+

## Bookmobile Schedule

DAY/COMMUNITY	ADDRESS	TIME
<b>Mondays</b> SunRidge	Mt. Sundance Rd. W.	5:30 – 7:30 p.m.
<b>Tuesdays</b> Lakeview Park Dr. Robert Plaxton Elementary School Tudor Estates	Lakeridge Blvd. S. and Lakeshore Rd. S. 4510 Fairmont Gate S. Tudor Blvd. and College Dr. S.	1 – 2:15 p.m. 2:30 – 4 p.m. 5 – 7:20 p.m.
<b>Wednesdays</b> Father Leonard Van Tighem School Nicholas Sheran School St. Patrick's School	25 Stoney Cres. W. 380 Laval Blvd. W. 80 Rivergreen Rd. W.	1 – 2:15 p.m. 2:30 – 4:15 p.m. 5:00 – 7:30 p.m.
<b>Thursdays</b> Senator Buchanan School Park Meadows School Elizabeth McKillop Park	1101 7 Ave. N. 50 Meadowlark Blvd. N. Mildred Dobbs Blvd. N.	1 – 2:15 p.m. 2:30 – 4:30 p.m. 5:15 – 7:20 p.m.
<b>Alternate Fridays</b> Coalhurst Elementary School Jan. 7, 21, Feb. 4, 18	510 51 Ave. Coalhurst	12 – 5 p.m.
<b>Saturdays</b> Henderson Lake Park Chinook Park	Parkside Dr. S. Bluefox Blvd. N.E.	9:45 a.m. – 12 p.m. 1:15 – 3:40 p.m.

For more information call:

403-320-4230 (Recorded Schedule) | 403-320-4037 (Customer Services)  
403-330-4775 (answered during operational hours only)  
Twitter: @LPLBookmobile | Closed: April 15 & 18  
Visit [lethlib.ca](http://lethlib.ca) for more information.

NO. MORE. BARRIERS.  bgc

# \$tudent \$cholar\$hip\$

 Lethbridge

Join us at the BGCL Youth Centre to gain knowledge and resources to apply for post-secondary scholarships.

**Friday, April 8  
1:00–4:00pm  
BGCL Youth Centre  
227 12B St. N**

Call or Text  
Youth Campus  
(403) 715 0853  
to sign up



## WHERE CAN I GET MY TAXES DONE?



### Interfaith Food Bank

- Simple tax returns only
- Income threshold: singles \$35,000/Couples \$45,000
- Information will be collected at time of drop-off

Call 403-320-8779 to book your appointment or email [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca) for more information

1103 3 Avenue North

### Opokaa'sin Community Tax Clinic

- Current year and last year returns only
- Appointments required
- For indigenous clientele

Call 403-380-2569 to book an appointment.

241 Stafford Drive North



### Nord-Bridge Seniors Centre

- No appointments needed
  - Drop off Monday–Friday 8:30am–3:30pm
  - Income threshold: singles \$35,000/Couples \$45,000
  - Available for anyone who meets income threshold
- Drop off your tax documents in an envelope at the front main doors with:
- name,
  - date of birth,
  - address,
  - phone number and
  - marital status.

1904 13 Ave North

### Lethbridge Seniors Citizens Organization

- Simple tax returns
- Income threshold: singles \$35,000/Couples \$45,000
- Available for anyone who meets income threshold.

Call 403-320-2222 ext 30 for more information

500 11 Street South



### Streets Alive

- Current year returns only
- For social assistance recipients
- By Appointment, Drop-off or Walk-in

Call 403-320-1159 for more information

323 4 Street South



 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.



For more information please call 403.328.9355 or visit our website [www.BeBig.ca](http://www.BeBig.ca)



 Imagine  
INSTITUTE FOR  
LEARNING

**Sciences of Hope** April 4, 2022 1:00–4:00 No cost

This three-hour session exists to support communities with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact individuals and organizations within a community. The interactive session uses a common language and includes content related to brain structure, unconscious responses of fight, flight, freeze and fawn and roles of different parts of the brain. In addition, we explore the role adverse childhood experiences and the COVID-19 pandemic as they relate to brain development in partnership with the tools of resilience.

**Value of Play in Adult Mental Health** April 6, 2022 9:00–12:00 00 No cost

If the past months have not been a true example of this nothing will be. Sometimes life can become more about surviving than thriving, and in this training, we take a closer look at the role play has in managing stress and challenges. As a group, we will explore the brain science connected to the value of adults of using play as a tool at work and home. The fact that play promotes brain organization as well as can help people rebound from disappointment is critical during the demands of our current world circumstances. The session is based on the research of Dr. Stuart Brown, the founder of the National Institute for Play.

Registration for sessions can be found at:  
[www.imagineinstitute.ca/bookings](http://www.imagineinstitute.ca/bookings)

## 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).

**Grade  
6-12**

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)



## 2022 Volunteer Celebration Gala

Presented by Volunteer Lethbridge  
Thursday April 28, 2022  
Cocktails, Dinner, Entertainment, Celebration

For tickets &  
more details visit  
[VolunteerLethbridge.com](http://VolunteerLethbridge.com)

volunteer  
lethbridge  
community leadership award

The annual Volunteer Celebration Gala nomination form is live! Do you know a youth aged 5-24 who has demonstrated volunteer acts of leadership or initiative? Or an individual who has demonstrated informal or unorganized acts of kindness? Consider nominating them for the Volunteer Celebration. They will be invited to attend the Gala where they will be recognized with their peers and enjoy dinner, entertainment, and a certificate.



### We continue to serve Alberta

Are you experiencing a financial barrier due to COVID-19?



### Apply online

[covidreddeer@indigenouscongress.com](mailto:covidreddeer@indigenouscongress.com)  
780.699.8215  
[indigenouscongress.com](http://indigenouscongress.com)



### [www.strongmindsstrongkids.org](http://www.strongmindsstrongkids.org)

Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada. We are dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.

**It is with great excitement that we introduce RunWild to you-  
coming soon to your community on May 15, 2022...**

**Here is the exciting news:**

**1. Across Alberta and beyond, RunWild.ca can be joined virtually, leaving the route, timing and health precautions to your preference. This makes it accessible for those outside of St. Albert to get involved and help support the child advocacy centres in both Grande Prairie and Lethbridge. THIS MEANS YOU!**

**2. RunWild.ca will resume in person on Sunday May 15, 2022 in St. Albert with all four events following all AHS health guidelines, : the WildOnes Marafun 1.2 km event which we will explain more about below, the 5 km, 10 km, and 1/2 marathon walk and run! The RunWild in person event is growing - we are introducing two new locations for the Marafun event: Sherwood Park and Spruce Grove on Saturday May 14, 2022, with satellite events for the 1.2 km WildOnes Marafun race for 4-12 year olds.**



## **RunWild.ca**





# 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.



**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.



## 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!](#)



**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 working 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 INTERSHIP OPPORTUNITIES:

- Skilled Trades
- Agriculture
- ICT
- Health



### FUNDING AVAILABLE FOR EMPLOYERS TO HIRE INTERNS

CAREERS INTERSHIP  
OPPORTUNITIES



CAREERS  
take on the future

## CLICK on Scholarship for application information

### Spring Scholarship Deadlines

[Northern Alberta Development Council Bursary](#) (Apr 30)  
[Woodman White Olsen & Co. LLP](#) (May 1)  
[Lethbridge College Awards](#) (May 1)  
[Dr. Ernest & Minnie Mehl Scholarships](#) (May 1)  
[Keyera Energy - Peter J. Renton Memorial Scholarship](#) (May 1)  
[Mildred Rowe Weston](#) (May 1)  
[Rotary Club Scholarship Rotary Global Grants](#) (May 12)  
[Global Citizen Scholarship Education First: Educational Tours](#) (May 16)  
[Learning Matters Education Charity Bursaries](#) (May 30)  
[MADD Canada Bursary](#) (May 31)  
[Ray Joliffe Memorial Scholarship](#) (May 31)  
[Fraser Institute Essay Contest](#) (June 1)

# Supports for high school students



CLICK IMAGE FOR  
MORE DETAILS

The logo consists of two overlapping speech bubbles, one containing the word 'ONE' and the other 'ON ONE'.

Disc: pass step: to ac

The Lethbridge College logo, featuring a stylized green and blue wave above the text 'Lethbridge College'.

A photograph of a group of people sitting on a couch, engaged in conversation. The background is a green wall with some plants.

**STUDENT SUPPORT FAIR**  
MARCH 24 | 11 A.M. - 1 P.M | CENTRE CORE

Be ready to build your support system. Join us in Centre Core to learn about services dedicated to supporting your mental, physical and holistic health.

[lethbridgecollege.ca/support-fair](http://lethbridgecollege.ca/support-fair)



The University of Lethbridge logo, featuring a shield with a sun and the motto 'FIAT LUX'.

University of  
**Lethbridge**

Request info

Book a tour

A photograph of five people, three men and two women, standing outdoors and waving.

**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!

**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

The Lethbridge College logo.The GPRC logo.The Olds College logo.The Lakeland College logo.The Alberta logo.