

GENERAL STEWART NEWSLETTER

June 2022



School Council

Thank you to our School Council who has done a wonderful job again this year!



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! Welcome to June! It is hard to believe that we have reached the end of the school year. For some, it has been their first experience and for others it is their last year with us. Hopefully it has been a great experience for all! We have certainly appreciated the opportunities we have had to bring back several of the exciting, fun activities that we have hosted at the school. Performances, celebrations and great opportunities to engage our students and families are some of the best parts of school and we have very much enjoyed being a part of them with you. Please take a look at the calendar on the website as it is always the most up-to-date information for activities and events. June is a very busy month with many exciting events that we hope you will be able to attend. Enjoy the last month of school, have a great summer and we are very excited to see everyone back next fall for another fantastic, exciting school year!

Chris Harris

Principal

General Stewart School



GRIZZ'S CORNER

HOT LUNCH

June 14 (Tuesday)

M&M's BBQ

SPECIAL DAYS

June 2—Community Engagement (6pm)

June 14—Sports Day

June 17—Grade 5 Farewell

June 23—Kindergarten Graduation

June 27 _ Report Cards available on PowerSchool

June 28—Last day of School





General Stewart School Calendar

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Community Building Event 6pm	3 Kindergarten	4
5	6 Go-Girl Division School Council 6:00pm	7	8	9	10 No Kindergarten	11
12	13 Go- Girl	14 Sports Day Hot Lunch M&M Meats	15	16	17 Kindergarten Grade 5 Farewell	18
19	20	21 National Indigenous Peoples Day	22	23 Kindergarten Graduation	24 No Kindergarten	25
26	27 Report Cards Available Online	28 	29	30		

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

THE LOOP

JUNE 2022



MHCBC Wellness Team

Embrace diversity and inclusion



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**
 - 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.

NEW



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)**

May 30 The Building Blocks of Resilience: Strategies to Strengthen Resilience in Children and Adolescents
10AM to noon

June 9 Juno House presents: Healthy Brains = Healthy Children 10:30AM to noon

June 14 Calgary Youth Justice Society/Calgary Youth Justice Committees Public Information Session

Recorded Sessions available for a limited time

Play with Purpose: The Impacts of Play on Development & Incorporating Play into Learning (until July 2022)

Collaborative Problem Solving Approach for Children, Youth and Families (until March 2023)

LGBTQ2S+: What grandparents need to know and do (until March 2023)

Need
Support?

KidsHelpPhone.ca
1800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT

686868

AND BE CONNECTED TO TRAINED HELPERS

Kids Help Phone
Jeunesse, J'écoute
bqc



**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

FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2022



THEME TUESDAY WEDNESDAY

WEEK 1: CONNECTION	JULY 5 Henderson Lake Park 10 AM-2 PM	JULY 6 Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	JULY 12 Wilson Middle School 10 AM-2 PM	JULY 13 Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	JULY 19 Nicholas Sheran School 10 AM-2 PM	JULY 20 Nicholas Sheran School 3 PM-7 PM
WEEK 4: NATURE	JULY 26 Lakeview Elementary School 10 AM-2 PM	JULY 27 Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	AUGUST 2 Chinook Lake Park 10 AM-2 PM	AUGUST 3 Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	AUGUST 9 Coalbanks Elementary School 10 AM-2 PM	AUGUST 10 Coalbanks Elementary School 3 PM-7 PM

EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for **FREE** outdoor play activities. Stay for some outdoor facilitated games then pick up one activity kit per family to take home! while supplies last. **Parent supervision required.** Weather permitting. Check online schedule at buildingbrains.ca/events for updates.

SAFETY PROTOCOLS:

- All public health measures will be in effect
- Family focused events, parent supervision is required
- One play kit provided for each family
- If you're feeling unwell, we'll see you at our next location

PARTNER LINKS:

Building Brains Together - buildingbrains.ca
City of Lethbridge - lethbridge.ca/events
Community LINKS - community-links.ca
Family Centre Summer Programs - famcentre.ca
Lethbridge Public Library - lethlib.ca



Holy Spirit Catholic School Division
SupportingFamilyWellness



FAMILY FUN DAY AT NIKKA YUKO JAPANESE GARDEN

Friday July 29, 2022
Drop-in Between 9AM & 8PM
PRE-REGISTRATION REQUIRED

Corner of 9th Ave S & Mayor Magrath Dr S

Lethbridge School Division's MHCBS Wellness Team is sponsoring a family fun day at Nikka Yuko Japanese Garden. As our gift to you, we will be offering a **discounted admission rate of \$5.00 per person.**

If you have any questions or concerns please email MHCBSWellnessTeam@gmail.com

Follow the QR code to register:

Lethbridge School Division MHCBS Wellness Team presents:

POOL PARTY!

FREE FAMILY SWIM AT THE YMCA

JUNE 30TH, 2022

10AM-2PM

PRE-REGISTRATION REQUIRED

Lethbridge School Division's MHCBS Wellness Team is sponsoring a FREE family swim day at YMCA Lethbridge. This event is open to the public. Follow the QR code to register:

Limited Spaces Available
Anyone over 18 must provide government issued photo id
140-74 Mauretania Rd w, Lethbridge, ab



JOIN US AT



Pride in the Park

Saturday, June 25

11:00 AM – 6:00 PM

Galt Gardens – 601 3rd Avenue S



Pride Parade 2022

Saturday, June 25

Decorating Lethbridge School Division float Civic
Centre 9:30 AM

Parade starts at the Civic Centre at 11:00 AM



SUMMER CAMPS ARE BACK!

Hot days. Cool pools. Backyard BBQs. Summer camps.
The best parts of summer are about making memories. Give your kids a summer they'll remember. We have a summer camp for everyone – challenging, creative and confidence-building experiences for youth of all ages.



SUMMER CAMPS

Elementary Ecosystem Explorers

• Ages 9 – 11 • July 11 to 15 • 9 a.m. to noon

Be a Builder

• Ages 12 – 15 • July 11 to 15 • 9 a.m. to 3 p.m.

Culinary Creations Boot Camp

• Ages 12 – 17 • July 11 to 15 • 9 a.m. to 4 p.m.

Dance Fusion

• Ages 11 – 14 • July 18 to 21 • 1 to 4 p.m.

Totally Dance Fusion

• Ages 6 – 10 • July 18 to 21 • 9 a.m. to noon

Let Sparks Fly Welding Camp

• Ages 12 – 16 • July 18 to 22 • noon to 4 p.m.

Forensic Explorers • Ages 11 – 14

• Session 1: July 18 to 22 • 9 a.m. to noon
• Session 2: July 25 to 29 • 9 a.m. to noon

Culinary Creations Tastes of the World

• Ages 12 – 17 • July 25 to 29 • 9 a.m. to 4 p.m.

Junior Ecosystem Explorers

• Ages 12 – 14 • July 25 to 29 • 9 a.m. to noon

Senior Ecosystem Explorers

• Ages 15 – 17 • Aug 8 to 12 • 9 a.m. to noon

Tiny Tots Mountain Bike Camp

• Ages 4 – 5 • Aug 9 to 12 • 8:30 to 9:15 a.m.

Junior Jumpers Mountain Bike Camp

• Ages 6 – 8 • Aug 9 to 12 • 9:20 to 10:20 a.m.

Sweet Shredders Mountain Bike Camp

• Ages 9 – 10 • Aug 9 to 12 • 10:30 to 11:45 p.m.

Youth Rippers Mountain Bike Camp

• Ages 11 – 14 • Aug 9 to 12 • 11:45 a.m. to 1 p.m.

KODIAKS CAMPS

Basketball • Ages 9 – 14

• Session 1: July 25 to 29 • 9 a.m. – 4 p.m.*
• Session 2: Aug 8 to 12 • 9 a.m. – 4 p.m.*
* Friday sessions end at noon

Senior High Basketball

• Ages 14 – 18 • July 25 to 28 • 6 p.m. to 9 p.m.

Volleyball • Ages 11 – 14

• Session 1: Aug 2 to 5 • 9 a.m. to 4 p.m.
• Session 2: Aug 2 to 5 • 6 to 9 p.m.

Female Senior Volleyball

• Ages 14 – 18 • Aug 15 to 19 • 9 a.m. to 4 p.m.

Senior Volleyball

• Ages 14 – 18 • Aug 15 to 19 • 6 to 9 p.m.

LEARN MORE OR REGISTER TODAY AT:

lethbridgecollege.ca/summercamps

403.320.3288 • training@lethbridgecollege.ca





To register call
Alberta Mental Health (AMH)
1-888-594-0211 **NEW**

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 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.



**FAMILY
CENTRE**

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 403-320-4232

Big Chef Little Chef

June 28 10 am Ages 3-6

Call 403-320-4232

Family Centre Downtown
#225, 200 - 4 Avenue South
403-320-4232

Drop In play, no registration required

Play Zone:

Mondays 9:30-11am

Tuesdays 3:30-5pm

Fridays 9:30-11am

Come Build With Us: Fridays 1:30-3pm

Me & My Dad

Saturdays

10-11:30am

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

Drop In play, no registration required

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

Parent Café: Tuesdays

9:30-11am

L-Skip (Lethbridge Senior & kids intergenerational program) June 22 3:15-4:15pm

Nord-Bridge Seniors Centre 1904-13 Ave. N.

[Register online](#)

Triple P Child Group

Thursdays June 2-30 6-8pm, child care available.

[Register online](#)



Saturday
June 11, 2022
12:00 PM 4:00 PM

Nicholas Sheran
School



BUILDING
BRAINS
TOGETHER



University of
Lethbridge

BUILDING BRAINS TOGETHER



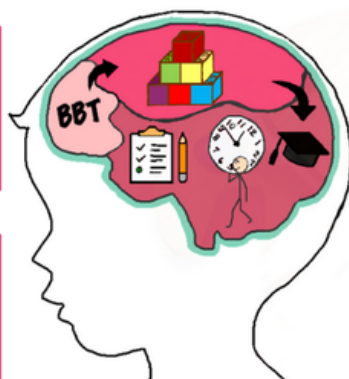
RECRUITING PARTICIPANTS*

Help us build kindergarten readiness in Alberta

*Recruiting children to participate in a series of playful activities (1hr)

Eligibility

All children ages 3 - 5 are welcome to participate.



Participants Receive:

A Building Brains Game Bag with curriculum activities and all the supplies to play the games at home (\$30 value).

Long Term Benefits:

Children will develop executive function skills that will improve their performance in school and daily tasks.

Part ONE



Building Brains Education Series

Register today for our FREE online Education Series. Topics include: Nurturing relationships, positive experiences, play, executive function, and stress. Watch these five 20-minute presentations at your convenience over a five week period.

The Importance of Positive Experiences

Building a Healthy Foundation



BUILDINGBRAINS.CA/COURSES

Part TWO



Building Brains Education Series

Complete our FREE online Education Series and receive a complimentary Indigenous Game Card set. Topics include: Resilience, Protective Factors, Outdoor Play, Executive Function Games, and Boys VS Girls Brain Development. Watch these five 20-minute presentations at your convenience over a five week period.



REGISTER TODAY AT BUILDINGBRAINS.CA/COURSES

MORE INFORMATION: buildingbrains.ca
REGISTER: buildingbrains.ca/research-study
EMAIL: buildingbrainstogether@gmail.com



Outreach and Education

Supports for our adult community

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

**Age
18+**

Summer Series Part 1

WHAT ARE GENDER ROLES?

Online Presentation

Friday June 3, 2022
3:00pm - 4:00pm

This presentation will examine gender norms in society and how they impact mental health.

Summer Series Part 2

CONNECTING TO RESOURCES

Online Presentation

Friday June 24, 2022
3:00pm - 4:00pm

This presentation will include information about help seeking, community resources, and define short-term and long-term resources.

Summer Series Part 3

ANGER AWARENESS

Online Presentation

Friday July 8, 2022
3:00pm - 4:00pm

This presentation will examine the facts about human emotions and how they impact everyday life.

Summer Series Part 4

EFFECTIVE COMMUNICATION

Online Presentation

Friday July 22, 2022
3:00pm - 4:00pm

This presentation will examine healthy and unhealthy relationship dynamics, communication styles and healthy boundaries.

Summer Series Part 5

UNDERSTANDING EMOTIONS

Online Presentation

Friday August 12, 2022
3:00pm - 4:00pm

This presentation will examine the facts about human emotions and how they impact everyday life.

Summer Series Part 6

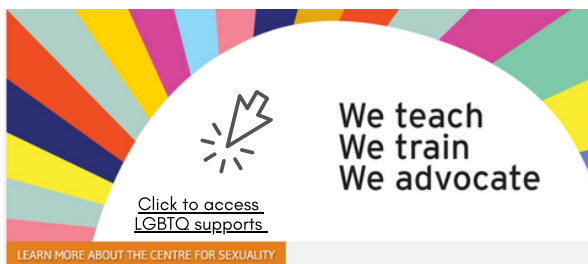
BUILDING RESILIENCE

Online Presentation

Friday August 19, 2022
3:00pm - 4:00pm

This presentation will examine the inner resources we are all born with.

Centre for Sexuality



Lethbridge Family Services would like to welcome Tracy Rocca to the Counselling, Outreach and Education Department. Tracy will serve as The Community Domestic Response Lead.

The Community Domestic Violence Response Lead collaborates with local and provincial agencies as they strive to provide coordinated prevention and early intervention response to domestic violence.

Please connect with Tracy for educational services, such as presentations, workshops or training.

Tracy Rocca
587-370-3058
trocca@lfsfamily.ca



DVAT Domestic Violence Action Team

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.

HOSTED BY THE COR VAN RAAY YMCA, PRESENTS:

ART BREAK

Let's take a break- and do some art!

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. No previous skill or experience necessary. This is an open group, individuals can register at any time during the session and attend as often as you are able.

Where: Child Minding Room @ Cor Van Raay YMCA
74 Mauretania Road West

Time: 4:00 -6:00 pm (once a month per age group)

**Age
8-14**

May 24, June 21 (no group July, Aug.)
Sept. 20, Oct. 18, Nov. 22, Dec. 13

**Age
15-18**

May 31, June 28 (no group July, Aug.)
Sept. 27, Oct. 25, Nov. 29, Dec. 20

Cost: \$10.00 Registration Fee (per session)

Deadline to Register: 4 pm on Friday prior to group

Randi at 403-332-3424 or r.gammackefamilyties.ca

Darcy at 403-320-8888 or d.nalder@familyties.ca



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

This current group is for youth aged 11-18.

Registration required with \$5.00 fee.

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

When? Every Friday in April until late- June from
5:00 PM to 9:00 PM



COUNSELLING SUPPORT & ABILITY SUPPORT

Offering a variety of expertise and backgrounds

- Trauma
- Play therapy rooms
- Art therapy
- Grief and loss
- Mental Health/Anxiety/Depression
- Interpersonal relationships
- Societal/systemic barriers
- Emotional regulation
- Family conflict

*Works with all insurance benefits and subsidies may be available

Family support for children with disabilities

- Behavioural/Development consults and aide
- Hourly respite
- Extraordinary child care
- Community support aide
- Domestic support
- Psychologists

*Must have approved FSCD agreement before accessing services



Empowering families and strengthening Southern Alberta communities.



Visit our website for more information www.familyties.ca or to book an appointment call **403.320.8888**



**Big Brothers
Big Sisters**
OF LETHBRIDGE AND DISTRICT

The Big Brothers mentoring program provides boys and young men 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 on how to sign up a child please call 403-328-9355 or visit our website www.BeBig.ca

#ignitepotential



Join a peer led support group for families affected by their loved ones substance use. Holding Hope provides support and education to family members who are supporting loved ones with substance use challenges and in recovery. These peer-to-peer sessions create a safe and confidential space for family members to share their experiences and receive support. It is an opportunity to learn about resources in your community and feel less isolated by meeting with others who understand your journey. Inquires and registration information please email below.



Lethbridge Alberta
HoldingHopeLethbridge@gmail.com



**MOMS STOP
THE HARM**
STRONGER TOGETHER CANADA



MyHealth Alberta.ca



Alberta Health
Services



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



**Alberta Health
Services**

**In person Prenatal and
Postnatal Classes**

CLICK HERE to register

Cost: \$40

**Subsidy available by
calling 403-388-6668**



bgc Lethbridge

YOUTH DROP-IN!

MONDAY **TUESDAY**
AGES: 11-14 **AGES: 14-18**
6:30pm-9:00pm **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!**



Please support the
**CHINOOK CHILD AND YOUTH
ADVOCACY CENTRE**

RENOVATION PROJECT

Did you Know?

Prevalence rate for
childhood sexual
abuse in Alberta is
estimated at 34%.

That is
1 in 3
children.

Together we can
make a difference!



(AASAS 2020)

Be a champion for abused kids.

By purchasing a **teal heart** you can show your support through a small donation.

Through your support of the Chinook Child and Youth Advocacy Centre, you will be helping us raise funds for our renovation project that will ensure children and youth who have experienced abuse have a safe, and child friendly space to share their story and receive support through the entire investigative, judicial, and healing process.



CHINOOK CHILD AND YOUTH
ADVOCACY CENTRE

Reveal Your
Teal!
Scan
to
Give



Understanding Loss and Supporting Individuals Through Grief - Tuesday, June 21 - 9:00-12:00 FREE SESSION

Loss and grief are some of the only universal human experiences, but even though everyone will experience them none of us will go through them in the same way. In this session participants will focus on identifying the various forms of loss we can experience and the variability of grief responses we use to cope. Through self-reflection, stories and discussion we will gain a broader understanding of loss and grief as well as learn strategies for supporting individuals through grief and towards healing.

QPR: Suicide Prevention - Thursday, June 9 and Wednesday, June 29 - 9:00-12:00 FREE SESSION

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.

This initiative was created to talk openly about suicide and to reduce the stigma that is attached. 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.

Registration for sessions can be found at: www.imagineinstitute.ca/bookings

Shoes for Kids YQL

Shoes for Kids YQL believes every child deserves to go back to school with a brand-new pair of runners. New shoes allow the children to go to school with dignity and joy preparing them to learn, play and thrive. New shoes can change a child's life.

Attendance, self-esteem and behaviour will improve, physical activity increases, and smiles return.

Saturday August 27, 2022
Enmax Parking Lot
9 am -12 pm

Collecting new runners and cash donations.

Partnering with Lethbridge Police Services - Pikani RCMP - Kainai Police

Monica Cove 403-795-2655

volunteer
lethbridge
non-profit leadership centre

Volunteer Lethbridge is the best place to find unique and interesting volunteer opportunities.

Connect with us to learn more:
www.volunteerlethbridge.com or 403-332-4320

Follow us on social media!
@volunteerlethbridge

MNS Tutoring

Math
and
Science

Grade
6-12

Private academic support for students in all **math** and all **science** courses (Grades 6 to 12).

Please see our new website for details:
MNSTUTORING.COM



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.



**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
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@mcmansouth.ca or call
403-715-3202

macayla.ternes@mcmansouth.ca or call
403-308-7463



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



June 2022 Locations

June 3rd - YMCA (#140, 74
Mauretania Rd W)

June 7th - Seventh Day Adventist
(2606 16th Ave S)

June 14th - University Drive Alliance
Church (55 Colombia Blvd W)

June 20th at 5pm- Lethbridge Senior
Citizens Organization (500 11St. S)

June 28th - Park Meadows Baptist
Church (2011 15th Ave N)

July 9th - YMCA (#140, 74
Mauretania Rd W)

July 15th - Westminster
School (411 16th St N)

July 18th - Nord Bridge
(1904 13th Ave N)

August 2nd - Seventh Day
Adventist (2606 16th Ave S)

August 13th - Westside
Community Church (480
McMaster Blvd W)

August 22nd -
LSCO (500 11 St. S)

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.

[CLICK HERE TO DONATE!](#)

Supports for high school students



**CAREER
TRANSITIONS**

www.careersteps.ca

Career Exploration Sessions invite professionals from an occupational area to discuss their profession and educational background to a large group of students. The professionals give real-world insight into the reality of their job.

[CLICK HERE](#) for the most recent sessions.

All Career Exploration Sessions will be run virtually, following a specific lesson plan template. Career Transitions is working closely with hosts to create an experience that is as engaging and interactive as possible. Video footage shot on location is added whenever possible so that more visuals are shared with students.

All sessions are recorded and posted on the website within 5 days of the session under "Career Exploration Session Options".

[CLICK HERE](#) to access the recorded sessions.



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
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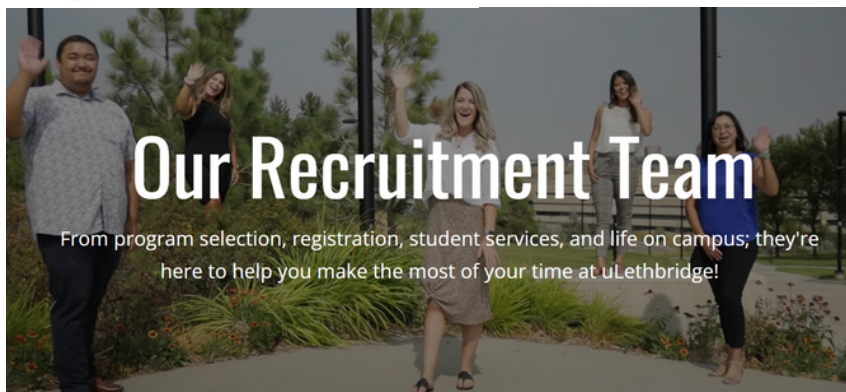
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From program selection, registration, student services, and life on campus; they're here to help you make the most of your time at uLethbridge!

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JOB OPPORTUNITIES FOR



STUDENTS

We work with companies from a variety of industries that have temporary, casual and seasonal jobs. 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 the various opportunities.

A few examples include, but are not limited to:

- General Labour on Construction Sites
- Manufacturing Plants
- Agriculture Field Work
- Office/Reception Coverage

We are looking for
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and reliable individuals to
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