



Upcoming Event Dates:

March 2nd – Ash Wednesday Mass 9am

March 11th – NO SCHOOL – PD Day

March 14th – NO SCHOOL – Spiritual Development Day

March 17th – Rainbow and Gold Day

March 21st – Down Syndrome Awareness Day (wear crazy socks or blue/yellow nail polish)

March 25th – Epilepsy Awareness Day (wear purple)

March 31st – Multiples Day



Principal's Message March, 2022

While I know that the expression, "March in like a lion..." is in relation to the weather, I can't help but think that the start of this month is somehow paralleled to lion's fierce roar. March 1 is Shrove Tuesday and our staff has taken on the challenge of making sure that we can do something for the students to recognize the significance of the day. As had been reported in my Messenger, we will be treating all our students to pancakes and sausages. As this day precedes the official beginning of Lent, a time traditionally associated with abstinence, it only makes sense that we have an indulgent meal.

March 2 is Ash Wednesday, the official beginning of the Lenten season. Lent is a period of 40 days (excluding Sundays) which comes before Easter in the Christian calendars. It is seen as a time for prayer and penance, allowing Christians to remember the sacrifice of Jesus, who withdrew into the wilderness and fasted for 40 days before His crucifixion. Our school will be partaking in a virtual Mass at 9:00 a.m., hosted at Assumption Church, and then all of our classes will have ashes distributed to them.

Elementary students are not of the age that requires them to fast, however, they may choose to recognize the season in a different fashion – is there something they may choose to give up (chocolate, pop, harassing their younger sibling)? Another way that younger children may choose to embrace the season is by looking at things that they may wish to do more (chores, daily prayers, assisting a younger sibling). Finally, all the faithful are asked to observe Lent as a time of penance – there are no age restrictions when it comes to the actions we perform in hopes of making up for our sinful action!

I am also hoping that everyone has been informed of our Wellness challenge for the month – "Eat the Rainbow". This challenge has two parts – one will be done at the school where we are asking that students share with their teacher during their nutrition breaks and/or lunch the variety of colors of fruits and vegetables that they have. For each item, their teacher will give them a 'sticker' that they will be placing on the appropriate color as it appears on our giant rainbow mounted on the garage doors – let's fill that rainbow! The second part of the challenge will be to fill out a sheet at home that recognizes, on a daily basis, the variety of colors of food that they eat. This will be signed by a parent/guardian and then submitted on a weekly basis to make students eligible for a draw for some fantastic prizes.

While we may only be just past the half-way point of this school year, we have already begun the process of planning for next school year. So much of our ability to plan is based upon our enrollment. Our enrollment is determined by the number of students who have officially registered, or re-registered. As a reminder to our current families, please make sure to re-register your children as soon as possible. If you are also aware of families who might be searching for a school for their children, please let them know that we are more than happy to discuss what are able to offer. Families new to our school will have to complete a 'New Student Registration' form. Information regarding registrations can be found on our web site – if assistance is required, please feel free to contact our office, 403 327 3098.

When discussing planning for next year, I am delighted to share with our community that the new principal of Ecole Saint Mary has been announced. Congratulations to Mme Bouchard who has accepted this new role! While my parting is with very mixed emotions, I can share with all that I have no doubt in the competence of my successor and the wonderful job that she will do.

God bless you all as we begin our Lenten journey!
Dan



Message from Mme Bouchard March 2022

Welcome to March! March is month full of promise and hope and spring is just around the corner. March 2nd is the beginning of Lent. It is helpful to look at Lent in the spirit of renewal. It is a journey to prepare our hearts for the magnitude of the Passion of Jesus. It is a time for reflection.

During Lent, we grow closer to Jesus through prayer, fasting and almsgiving. I invite you to explore the deeper meaning of Lent. We will begin our Lenten journey together with Ash Wednesday mass on Wednesday, March 2nd at 9:00 am. The mass will be live streamed from Assumption Parish. Ashes will be delivered to students and staff on site. Please join us virtually if you are able. The link can be found on the All Saints' Parish website or here: <https://www.allsaintslethbridge.org/livestream-all-saints.html>

As we turn our focus to our Lenten journey, we can lean into our Faith theme: Together on the Journey. It is easier to do it together, to journey as a community. The journey leads us to the Passion of Christ, then to the joyful resurrection. Let our hearts grow in love and may our faith be enriched.

This year, each week throughout Lent, a class will share a liturgy virtually with our school community. We will be led by 2GE, Kindergarten, 4CI, 3DI, 4/5GI. On Holy Thursday, April 14th, 5SE will lead us through the Stations of the Cross.

This month during Gospel Time, we will be introducing prayers of meditation and contemplative prayer. We will revisit prayers of intercession and focus on Lent and continuing to explore and learn guided by our Faith Theme. During the month of March, St. Patrick will be our guide as the witness of Fortitude. St. Patrick, please pray for us.

Dear Loving God, during this season of Lent, help us to keep our eyes on your Son, Jesus, and our hearts open to following His example.

What a blessing it is to walk and journey with such an amazing school community.

Mme Bouchard

*"Show me your ways, Lord, teach me your paths."
~Psalm 25:4*



REGISTRATION



Registration forms for the 2022-2023 school are now available on your School Engage account. This can be accessed through your Parent Power school.

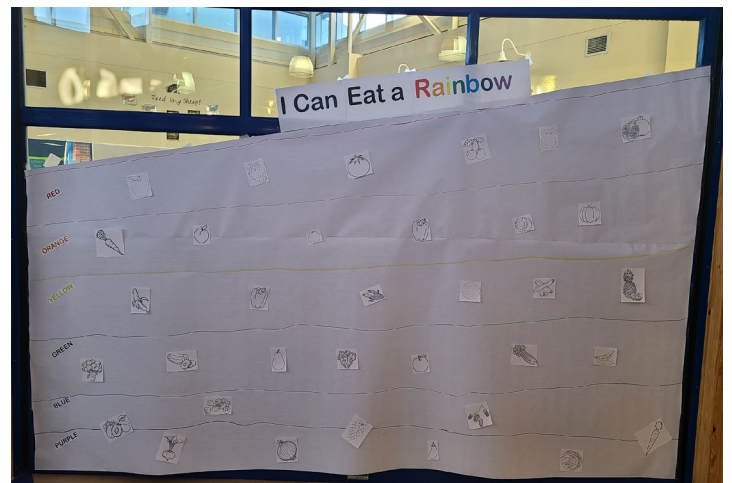
If you forgot your log in or password please call the office and we can assist you.

If you need help or don't have access to a computer, please call the office to set up and appointment and one of the office staff can assist you.



EAT THE RAINBOW

For the month of March, our wellness focus is on Healthy eating. We are encouraging the students to make healthy/healthier choices in what they eat. We have a rainbow in our gathering space that they students will fill when they have a fruit or vegetable. Example: if they have a banana and celery in their lunch they will get a yellow and a green shape to glue onto our currently white rainbow. Our goal is to color in all the white spaces in our rainbow. We have also sent home a tracking sheet for students to track what they eat at home. This can be done as a family to encourage younger siblings as well.



Grade 4 Parents – We need your Help!

As an annual check-up on the education system, the Alberta Education Assurance (AEA) survey provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

Parents/Guardians will receive survey packages mailed from Alberta Education. The survey package includes:

- a copy of the Education Minister's letter to parents/guardians;
- a letter containing a Random Access Code (RAC) for accessing the survey online; and
- instructions for accessing the survey in other languages.

The Assurance Survey uses a set of 16 indicators. Data on these indicators consists of surveys completed by students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning. This year's survey will also provide an opportunity to reflect on the impact of COVID-19.

The survey was scheduled to open the last week of February and **will close on March 25**. Parents of students in grades 4, 7 and 10 should receive a survey from Alberta Education. We are asking that you take the time to please complete this. Alternatively, **if you have not received a survey by March 4, and are wishing to participate, please contact the school.**

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. Again, the survey will close on March 25, 2022.

YOUR VOICE MATTERS!

GRADE 6 FUNDRAISER

A letter will be sent home with students with information about how to help our Grade 6 classes fundraise for their Grade 6 year end activities/gifts. Rumor has it that the first fundraiser is with "Let's Pasta".

REMINDER:

NO PARKING IN THE PARKING LOT. The Parking lot is for staff.

Kids are not to be dropped off or picking up from the staff parking lot. This is to stop kids from running through the parking lot. Thank you for keeping our students safe.

COVID UPDATE:

We all have high hopes that we will soon be at the end of this pandemic. We want to thank you for your patience and ability to adapt daily with the changes made at school and in our community. We still have the policy:

If you are sick- stay home. If a child is "a little sick" please keep them home.

Below is the link for the Alberta Government Webpage with isolation guidelines if your child does test positive for Covid. They are required to isolate. How long they isolate depends on their vaccine status.

<https://www.alberta.ca/isolation.aspx>

MASKS

The wearing of masks is no longer mandated; however, it is still strongly encouraged. We ask that if you choose to allow your child to attend school without a mask, that you also speak to them about the importance of respecting others who may still choose to wear a mask. The same goes for the reversal of roles. We are in a very delicate situation, and we hope that all people's perspectives will be valued.

Samaritan Stars:

Our February winners will be announced at our March assembly.

TRANSPORTATION:

School buses are provided by Southland Transportation.

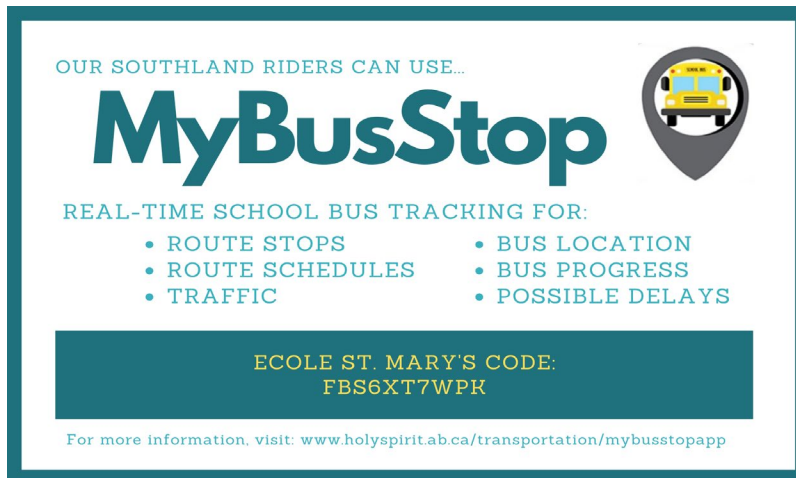
Bus Maps can be found at: <https://www.southland.ca/lethbridge/>

Download the MyBusSchool App.

This is the best way to monitor changes and updates to your child(ren)s bus routes. This is also the best way to check for delays.

For the most up-to-date routes please go to the southland website:

<https://www.southland.ca/lethbridge/>



House Keeping Items:

- ✚ Send a Water Bottle with your student. There are fill stations but no water fountains.
- ✚ If you have moved, please email esmoffice@holyspirit.ab.ca with your address change.
- ✚ Our monthly newsletter is sent out at the beginning of the month and can be found on the website.
- ✚ Closed Campus – We still remain a closed campus and all visitors are required to make an appt or check in at the office.
- ✚ Call the office if your child will be late or absent for any reason. 403-327-3098
- ✚ Complete your registration for next year. – Call the office if you need assistance.

March 2022 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Shrove Tuesday	2 9am Ash Wednesday Mass @ ESM	3	4	5
6 2 nd week of Lent	7	8	9	10	11 NO SCHOOL Div. PD Day	12
13 3 rd week of Lent	14 NO SCHOOL Spiritual Dev. Day	15	16	17 Rainbow and Gold Day St. Patrick's Day	18	19
20 4 th week of Lent	21 Down Syndrome Awareness Day	22	23	24	25 Epilepsy Awareness Day	26
27 5 th week of Lent	28	29	30	31 Multiples Day		

April 2022 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Report Cards	2
3 6 th week of Lent	4	5	6	7	8	9
10 Palm Sunday	11	12	13	14 Holy Thursday	15 Good Friday NO SCHOOL	16
17  Easter Sunday	18	19	20	21	22	23
EASTER BREAK						
24	25 First day back after Easter Break	26	27	28	29	30

March

Together on the Journey

"But you are merciful to all, for you can do all things, and you overlook people's sins, so that they may repent. You spare all things, for they are yours, O Lord, you who love the living."

Wisdom 11:23, 26



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

SPT



ST. PATRICK

St. Patrick was born in Roman Britain. At around fourteen years of age, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family. A few years after returning home, Patrick saw a vision that prompted his studies for the priesthood. He was later ordained a bishop and sent to take the Gospel to Ireland. He converted many people and began building churches across the country. He often used shamrocks to explain the Holy Trinity.

The Three Pillars of Lent - Prayer, Fasting, and Almsgiving

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



Prayer

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, or talking to God while on your way to school are simple ways to integrate prayer into everyday life.

Ideas for prayer include: [Praying the Rosary](#), [Stations of the Cross for Children: Prayers and Colouring Pages](#), Lenten Devotionals.



Fasting

During Lent, we "give things up" not to torture ourselves, but to free ourselves! By sacrificing things we find pleasurable, we are eliminating any stumbling blocks between ourselves and God's love. Our sacrifices should come from love, not a sense of guilt or obligation.

Ideas for fasting include: Limiting shopping; soda; video games; texting; social-media exposure, or ways to quiet our minds and open our hearts to transformation.



Almsgiving

One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

Ideas for almsgiving include: Donating toys and clothing to charity; Money Jar (collecting money during Lent and then giving it to a charity); acts of kindness or words of encouragement.

*"Hear, O Lord,
and be gracious to me!
O Lord, be my helper!"*

- Psalm 30:10

March

Together on the Journey



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

Feast Days and Celebrations March 2022

- 2 Ash Wednesday
- 4 World Day of Prayer
- 6 1st Sunday of Lent
- 13 2nd Sunday of Lent
- 17 Feast of St. Patrick
- 19 Feast of St. Joseph, Spouse of the Blessed Virgin Mary
- 20 3rd Sunday of Lent
- 25 Annunciation of the Lord
- 27 4th Sunday of Lent

As you journey with St. Patrick this month...

WEEK ONE

God doesn't directly cause suffering, but He allows it so He can use it to draw us closer to Himself. St. Patrick himself was kidnapped into slavery as a teenager and spent most of his time alone. Can you think of a time of suffering in your life that God ended up using to bless you? Thank God for that today, and together, say the prayer of St. Patrick.

Christ with me, Christ before me, Christ behind me, Christ within me,
Christ beneath me, Christ above me, Christ at my right, Christ at my left,
Christ when I lie down, Christ when I sit, Christ when I stand,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks to me,
Christ in every eye that sees me, Christ in every ear that hears me.
Amen.

WEEK TWO

Even though Patrick was told by God in a dream to escape his slavery in Ireland and return to Britain, his attempts were met with many obstacles that were impossible for him to overcome alone. Think of difficulties, challenges, or obstacles for which you feel ill-equipped. Choose one of these to take to prayer.

"And this is the boldness we have in him, that if we ask anything according to his will, he hears us." (1 John 5:14)

WEEK FOUR

Thank God for the priest or deacon who baptized you. Say a prayer for him. Then say a second prayer thanking God for the many people who serve us, the Church, by giving glory to God and helping us become saints ourselves.

WEEK THREE

God revealed to Patrick his plans for him in a dream. He told Patrick to go and find the ship that was waiting to return him to Britain so that he could learn to preach the Gospel. When he found the ship, the sailors refused to take him! As Patrick began to return to the forest, praying as he walked, the sailors called him back and decided to take him on board anyway. After three days of sailing, they made land, then wandered through Scotland for 27 days, nearly starving. Realizing that Patrick was close to God, the sailors asked him to pray to God for help. Patrick responded by inviting them to pray to Jesus for help themselves, even though they were not Christians. They did, and on that same day, they found food. God provided sustenance for the rest of their journey. It's important to remember that with God, we are never alone. Who can you encourage to pray or pray with?

Sunday Gospel Readings

March 6th/1st Sunday of Lent
Luke 4:1-13

March 13th/2nd Sunday of Lent
Luke 9:28b-36

March 20th/3rd Sunday of Lent
Luke 13:1-9

March 27th/4th Sunday of Lent
Luke 15:1-3, 11-32

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
[Why we pray, fast and give alms during Lent](#); [What is Lent?](#); [The 3 Pillars of Lent for Families](#)





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney

BEAUTY AND THE BEAST

© Disney

JR



Friday
MARCH

25

7:00 pm

Saturday
MARCH

26

2:00 and 7:00 pm

Sunday
MARCH

27

2:00 pm

Monday
MARCH

28

7:00 pm

Tuesday
MARCH

29

7:00 pm

Tickets \$15 • Available at sfjh.holyspirit.ab.ca

Directed by **Dino Caputo**

Music by **Alan Menken**

Lyrics by **Howard Ashman and Tim Rice**

Disney's Beauty and the Beast JR. is presented through special arrangement with and all authorized materials supplied by

Music Theatre International, 421 West 54th Street, New York, NY USA 10019

Tel. 212-541-4684

www.mtishows.com

Choreography by **Kristen Mazzuca**

Book by **Linda Woolverton**



Building Community Connections



March brings with it the promise of many things, such as gardening, warm(er) weather, sunny days, pie day (3.14), St. Patrick's Day (wearing green), and the elusive Pot of Gold. While we may all think of finding that Pot of Gold at the end of the rainbow, perhaps we have already found it. Maybe that Pot of Gold is our family and friends, our everyday happy moments, and the good each of us has in our lives. At times, we all feel overwhelmed and it's easy to focus on only the struggles but, perhaps by taking a moment each day to be thankful, we can change our mindset and start counting the blessings in our lives.

May you have all the happiness and luck that life can hold and - at the end of your rainbows - may you find your Pot of Gold and have a piece of pie.



If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca

Lethbridge Family Services



Volunteer at [Lethbridge Family Services](#). Help create a more inclusive city by volunteering as a community connector with individuals or families who are new to Canada. Volunteers help newcomers integrate and adjust into life throughout the community through conversation, activities, and socializing. Intake is completed on-line.



saccla

Southern Alberta Community Living Association

[SACLA](#) believes that all persons thrive when they are embedded in their communities. Rather than merely providing programming, SACLA encourages and creates opportunities for individuals to live in their communities through, citizenship, volunteerism and employment, while providing support to ensure success.

UPSIDE DOWNTOWN

CONCERTS + ART at SOUTHMINSTER
FREE TICKETS
ALLIED ARTS COUNCIL & GEOMATIC ATTIC
UPSIDE DOWNTOWN - Winter Edition, Concerts + Art
March 18 & 19, 2022, Southminster United Church.

[Reserve your free ticket\(s\).](#)

Canadian Mental Health Association

Mental health for all

[Bounce Back® | Reclaim your health](#)

Your well-being is worth it. With the right tools and practice, you can bounce back to reclaim your health. Bounce Back® is a free program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress, or worry.

FCSS

FAMILY AND COMMUNITY SUPPORT SERVICES

With support from provincial & municipal governments, all services are available at minimal or no charge to residents of all age groups. What does your local [FCSS](#) have going on?

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

Compassion fatigue can be a natural outcome for helpers who do their job well. Find support, information, and connection as we explore resilience through personal insight and resources. Contact Outreach & Education to register: 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.ca

The boxes surrounding our experience of gender limit our self-perception, help-seeking, and relationships. Join HEART to have conversations that promote the deconstruction of gender norms. Contact Outreach & Education to register: Outreach@LFSfamily.ca

CHINOOK SEXUAL ASSAULT CENTRE
FROM HURTING TO HEALING
A peer support group for individuals who identify as male, and have experienced sexual abuse or sexual violence.
MARCH 15-MAY 3, 2022
TUESDAYS 6-8 PM
ONLINE MEETING PARTICIPANTS:
AGES 18+ MALE IDENTIFYING
Register at:
Admin@CSACleth.ca
Call: 403-694-1094
Cost: Free

MARCH 6TH
International Women's Day CELEBRATION CLASS!

This class is intended for girls, women and non-binary ages 7+ and all levels. The instructors will deliver a fun, taekwon-do class for all levels!

[More information here](#)

Painting Class
with Palak StudioInk
We're bringing back Saturday painting classes, so brush off your easel and gather around the table.
Register Now | 25 Seats Only
www.palakstudioink.com

Palak Studioink is offering [free painting classes](#) on Saturday mornings, so brush off your easels and gather around the table. Class size is limited to 25 people and is open for all ages.

You are welcome to this class as a beginner as well.

Registration is done through [Eventbrite](#)

What's your balance?

[30 Days of Self-Care](#)

If you're trying to find or maintain balance, remembering to do the small things can have a big impact on your mental health and ability to bounce back from adversity. Self-care is about making decisions and taking action in the interest of your health. Try each of these tips over the next 30 days. At the end, reflect on what works best for you and commit to making them part of your regular routine.

HELEN SCHULER NATURE CENTRE
Discover it here!
Monthly Calendar | March 2022
WINTER HOURS Tuesday - Sunday 1PM - 4PM

Book SALE
Coaldale Public Library
Friends of the Coaldale Public Library - Book Sale
When: Saturday Mar 20th 11-4pm
\$5 Bag Sale
Bring your own shopping bag
Line up by 10:30am

Friends of the Coaldale Public Library - Book Sale
March 12th - 11:00am - 4:00pm
\$5.00 / shopping bag.

LETHBRIDGE ICA

The [Integrated Coordinated Access \(ICA\)](#) network will provide streamlined access for residents to receive tailored support by connecting individuals to the appropriate community services through consistent system navigation and referral processes. This occurs through common language, agreed upon pathways for information and referral, and foundational training.

FAMILY CENTRE

Family Centre's Calendar of events:

Cooking Classes (adult & youth), Nature Play, Parent Cafe, plus so much more. [Latest News and Community Events.](#)

YOUTHONE

A [youth outreach organization](#)

focused on providing mentorship based, out of school programs and support services for teens 11-18.

Alberta Health Services

[Mental Health Help Line](#)

1-877-303-2642 (Toll Free)

The Mental Health Line is a 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.



Pincher Creek Women's Shelter- Crisis Line:
1-888-354-4868
Office: 403-627-2114
<https://pcshelter.ca/>

YWCA Harbour House (women, children)
Phone: 403-320-1881
Toll free: 1-866-296-0447
Lethbridge Shelter & Resource Centre
Phone: 403-327-1031
Wood's Homes
Phone: 403-317-1777

Safe Haven
Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Chinook Sexual Assault Centre
Healing starts with Believing
Here for all genders and all ages throughout Southwestern Alberta
403-694-1094 / 1-(844)-576-2512
502-740 4 Ave South
#IBelieveYou #UHaveThePower
Sexual Assault is a Criminal Act
It is NOT Your Fault

Whenever you need to talk, we're open.
Text 688868
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone

Community Education Service



Improving emotional health and well being

Taming Anxiety Gremlins using the Anxiety Compass

Dr. Caroline Buzanko | PhD, Registered Psychologist
Clinical Director | Koru Family Psychology

Anxiety is at epidemic levels among children and is the most common mental health concern they face. Anxiety is not something you outgrow, and early intervention helps minimize later problems with depression and other social, emotional, behavioural, and physical difficulties. Unfortunately, most kids go without effective support until too late, if at all. Since 70% of all mental health problems begin in childhood and adolescence, there is a clear need to support our children and youth.

In this workshop, parents, teachers, and professionals will learn how traditional ways of helping children and teens may unwittingly worsen their anxiety. They will also learn about the anxiety compass, which outlines eight essential steps in helping children and teens manage anxiety effectively.



FREE Webinar

March 15, 2022
6:30pm - 8:30 PM

[Register](#)

<https://community.hmhc.ca>

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Koru Family Psychology.

Community Education Service



Improving emotional health and well being

Promoting Resilience and Self-Regulation

Strong Mind Strong Kids programs by Psychology Canada - Promoting the mental well-being of children and youth in Canada

Susanne Harach-Vatne, Prof Development for Early Learning & Care Professionals, Educator Parenting Programs; Strong Minds Strong Kids PD Ed, ZIT TOT The Growing Brain - Birth to 5, ZIT TOT Critical Competencies for Infant & Toddler Educators, AHS TOT Psychological First Aid, Trauma Informed Care Provider Facilitator, Facilitator Families Matter

Will discuss tools & stress management strategies to help children learn to recognize and manage their stress and emotions. Will also speak to how to help children learn to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation.

Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.

Will focus on children 2-7 years.

Wednesday May 4 2022
6:30-8:30pm

This session will be offered through Zoom

Click here to register
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & Families Matter.

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730

Community Education Service

Improving emotional health and well being

Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Navigating Technology with our Youth

Andrea Halwas, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

March 17, 2022
10:30 AM - 12:00 PM

FREE LEARNING

[Registration Required](#)

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and Juno House.

CES@ahs.ca <http://community.hmhc.ca/>

Community Education Service



Improving emotional health and well being

Friend or Foe? How to create healthy relationships with digital devices in the family

Jezz Stone, M.Sc., Doctoral Student, Provisional Psychologist & Tanya Mudry, PhD, R.Psych
University of Calgary Werkbund School of Education

With the multitude of changes that have occurred in the last year, families are stuck at home and spending a lot of time with their digital devices (e.g., video games, phones, tablets). Parents especially have become concerned about how much time their children and adolescents spend facing a screen, whether it's on TikTok or playing Fortnite. Some parents may be left wondering, "Are my kids addicted? What do I do? How will this affect them?" Learn from our experts, Tanya Mudry and Jezz Stone, on how to manage the increased use of screens/digital devices from a relational and family perspective. In this presentation, they will discuss tips for families to consider when developing healthy relationships with digital devices.

Tuesday Mar 8 2022
6:30-8:30pm

Click here to register
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & University of Calgary Werkbund School of Education.

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730

Community Education Service



Improving emotional health and well being

Managing Stress in the Family: Recognizing Triggers

Dr. Irene Estay, PhD in Rehabilitation and Counseling &
R. Psychologist, carya

This session will discuss the following:

- Understand the physiology of stress
- Understand and identify triggers in the family
- Learn strategies to manage triggers
- Better understand the mind and body connection
- Learn mindfulness as a way of addressing triggers
- Explore strategies to create emotional regulation in the family

March 16 2022
6:30-8:30pm

Click here to
register
FREE
online event



This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **carya**.

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Community Education Service



Improving emotional health and well being

Earth Play: The Benefits of Outdoor Exploration

Ashley Meagher, BA, CYC &
Erin Dawson-Meyers, PHEC (Professional Human Ecologist)

They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of risky play, exploration, and adventure for supporting positive mental health. You will leave this session with practical, age-appropriate ideas to get outside, get moving, and get messy as a family.

April 21 2022
6:00-7:30pm

Click here to
register
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **RVS, MHCB Stepping Stones to Mental Health**.

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730

Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Presented by: Tracy Guillet, MSW, RSW

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

March 9, 2022
6:30 PM - 8:00 PM

[Register](#)

<https://community.hmhc.ca/>

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Quiet Pathways Counseling.

Community Education Service



Improving emotional health and well being

Part Two: Building Resiliency in the Family Unit

Melody Clarke BAH, SSW & Jessica Patterson DA, RT

How to talk to my child about substances & the impact of addiction on the family & self-care & accessing school and community resources.

March 28, 2022
6:30 pm - 8:30 pm

[Click here to
register](#)
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division & MHCB Stepping Stones to Mental Health**.

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Online ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This virtual open group consists of six, one hour, stand-alone sessions on such topics as: what is ADHD, the neurobiology of ADHD, medication and ADHD, ADHD and nutrition, exercise, sleep and self-care, parenting a child/adolescent with ADHD, ADHD and self-regulation, and ADHD and navigating the professional/school system. Participants can choose to attend from 1 to all 6 sessions. The group topic and Zoom link will be sent out each week to registrants.

Upcoming Dates

Tuesdays, January 11- February 15, 2022

1:30 - 2:30 p.m. or 6:30 - 7:30 p.m.

Tuesdays, March 1 – April 5, 2022

1:30 - 2:30 p.m.

Tuesdays, April 12- May 17, 2022

6:30 - 7:30 p.m.

Tuesdays, May 24 – June 28, 2022

1:30 – 2:30 p.m.

To register, call 1-888-594-0211

For more information, email:

Connie.Beninger@ahs.ca or Tammy.Kovacs@ahs.ca



**Alberta Health
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Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Keep Calm and Parent On: Online Parenting Group

This parenting information group is designed to provide support to parents/caregivers who are struggling with high levels of stress/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.

This virtual group will be offered for 6 Tuesday evenings in a row for one hour each (45 minutes of presentation and 15 minutes of discussion). This is an open group, which means those registered can choose to attend from 1 to all 6 stand- alone sessions. The group topic and Zoom link will be sent out each week to registrants.

Upcoming Dates

Tuesdays, March 1 - April 5, 2022

6:30 - 7:30 p.m.

Tuesdays, April 12 - May 17, 2022

1:30 - 2:30 p.m.

Tuesdays, May 24 - June 28, 2022

6:30 - 7:30 p.m.

To register, call 1-888-594-0211

For more information, email:

Connie.Beninger@ahs.ca or Tammy.Kovacs@ahs.ca



LETHBRIDGE ORCAS

Lethbridge Orcas 2022 Registration

*Come and compete with the Lethbridge Orcas Summer Swim Club
from May through August 2022!*

Returning swimmer registration March 1-14 • New swimmer registration starts March 15

2022 Prices

Mini Orcas...\$275 Tier 1.....\$550
Tier II.....\$415 Masters.....\$200

Please check the parent handbook
on our website for swimmer requirements.

For more information please email orcasecretary@gmail.com