

### UPCOMING DATES:

**March 8<sup>th</sup>** – Boys and Girls Basketball Jamboree

**March 11<sup>th</sup>** – PD Day – NO SCHOOL

**March 15<sup>th</sup>** – Green, White and Gold day

**March 20<sup>th</sup>** – Hot lunch – Joey's Only

**March 20<sup>th</sup>** – French Language Awareness

**March 20<sup>th</sup> & 21<sup>st</sup>** – Parent/Teacher/Student Interviews 4-7pm

**March 21<sup>st</sup> & 22<sup>nd</sup>** – Joey's Restaurant Grade 6 fundraiser –  
*go eat at Joey's Only and a % will go to the Grade 6 camp fund!*

**March 21<sup>st</sup>** – Down Syndrome Awareness Day – wear colorful socks or Yellow and Blue nail polish

**March 26<sup>th</sup>** – Pastel Day

**March 28<sup>th</sup>** – Holy Thursday

**March 29<sup>th</sup>** – Good Friday – NO SCHOOL

**April 1<sup>st</sup> – 5<sup>th</sup>** – NO SCHOOL – Easter Break



## Mme Bouchard March Message

Dear ESM Parents and Guardians,

We have made it to the halfway point of the school year! March reminds us of the beauty it brings, signaling the transition from winter's embrace to the promise of warmer days and the vibrant renewal of spring. It is also Lent, a time to grow closer to God through prayer, almsgiving and fasting. It's a time filled with hope, anticipation, and the joyful anticipation of Easter.

Reflecting on February, we can't help but recall the abundance of joy, and camaraderie, that permeated our community. It was a busy month! We celebrated Global Play Day, Shrove Tuesday, Valentine's Day, Ash Wednesday, 100+1 Day, Pink Shirt Day and Leap year! Shrove Tuesday was a wonderful day. Students and staff were treated to pancakes. Thanks to CWL, School Council and Mr. Harper for cooking the pancakes for students. Thank you to CCH East for allowing us to use their kitchen space. The students' smiles were priceless. Thank you to our amazing volunteers.

Ash Wednesday, marked the beginning of Lent. We were blessed to have Father Santiago lead us in a special mass on Wednesday, Feb. 14th. Lent is a special time. Let's remember to journey with reflection and spiritual growth with open hearts, using this as an opportunity for renewal and deepening of our faith through prayer and contemplation.

Our calendar brims with enriching activities and opportunities for our students, from Art Club, Drama Club, Niitsitapi Club, Grade 6 Basketball. Our final basketball jamboree is scheduled for March 8th. We will be celebrating diverse cultures with a special guest to teach us folk songs and dances on March 13th. Additionally, we're excited to attend the St. Francis production on March 14th, an event sure to inspire and captivate.

As we begin planning for the upcoming academic year, we kindly remind you to ensure timely re-registration for your child, securing their place within our school family. For new families considering joining us at Ecole St. Mary, we welcome you and encourage you to complete the New Student Registration form available on our website. Should you require any assistance or have questions, please don't hesitate to reach out to our office at 403-327-3098.

We will be doing a silver collection as a part of almsgiving and our commitment to support Chalice for our Lenten project. We invite you to mark your calendars for our upcoming School Council meeting on Thursday, 14th, where your input and participation are invaluable.

As we journey through Lent together, may the spirit of Easter infuse our hearts with hope, love, and grace. You and your family remain in our prayers, and we're grateful for the opportunity to walk this path of faith alongside you.

Warm regards, Kiera Bouchard

## **March Message from Mr. Harper 2024**

Hello, Ecole St. Mary community! We hope February brought you some time to rejuvenate with a quick break and welcome opportunities to reflect during the Lenten season.

It was a busy time throughout the end of January and February. We concluded the month with our student retreat on January 31st. It was an excellent opportunity for students to learn about the beatitudes with the creation of their bee-attitude art project and enjoy building their faith and our school community with their Gospel buddies.

In February, the staff had an excellent opportunity to deepen our understanding of the Catholic faith with St. Teresa of Calcutta school, St. Francis Junior High, and Father Kevin through Mass in slow motion. It was a fantastic experience to learn with our colleagues from other schools. Afterward, the staff of Ecole St. Mary went back to the school. We worked hard to make and deliver over 150 sandwiches, snacks, and notes of blessings and well wishes to Sage Clan Patrol. Sage Clan Patrol is a community patrol specializing in helping people experiencing homelessness and others struggling. They delivered the food and notes to those in the community who needed them. As a staff, we were delighted to build bridges with our community in Lethbridge and strengthen our faith and community.

We also need to thank the Catholic Women's League, school council, and volunteers for helping us make over 900 pancakes for the staff and students for Shrove Tuesday. We would also like to thank Catholic Central High School for sharing their kitchen with us to have the space required for such a large endeavor. We could never have done this without our amazing volunteers and colleagues. Thank you for helping us create a wonderful opportunity for the staff and students at Ecole St. Mary.

We celebrated Ash Wednesday Mass with Father Santiago in February as well! Not only was it my first Ash Wednesday Mass at Ecole St. Mary, but it was Father Santiago's as well! Mass was marvelous and helped the school community begin our Lenten journey.

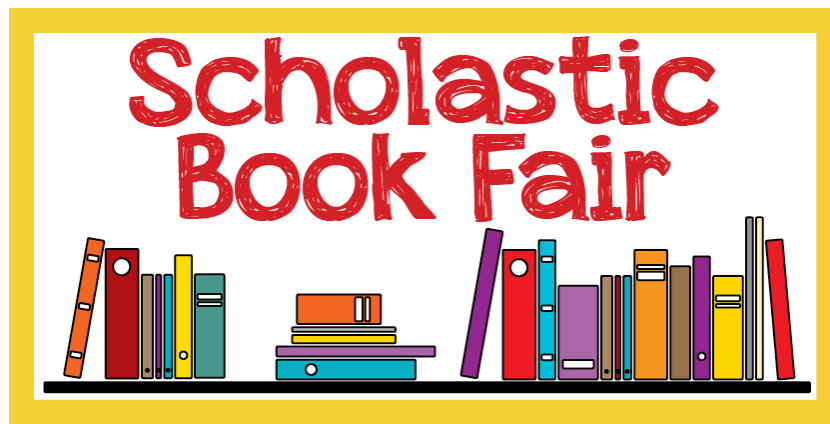
Thank you, Father Santiago, Mme. Heidee, Mme. Jacqui, our music ministry classes, and our grade 4/5SE class!

Another noteworthy initiative to be aware of is our fundraiser in support of the Holy Spirit School Division's Chalice project. This year, we aim to contribute to St. Odilia School for the Visually Impaired. We are beginning our fundraising efforts at the school quite soon. However, if you would also like to donate, please follow [this link](#). As a school division, we are trying to raise enough money to build a block of classrooms for St. Odilia. This is an excellent opportunity to commit to one of the pillars of Lent: almsgiving.

Our journey through the Lenten season will continue with our 3ME class hosting our second Lenten celebration on Friday, March 8th, in the gymnasium at 11:30 AM. Please join us if you are able. We will continue to share information through SPACES and school messenger about our other Lenten celebrations this season and our school fundraiser for the students. On Holy Thursday, March 28th, at 2:00 PM, our 4/5SE class will organize a play for the Stations of the Cross. Please join us if you are able! We enjoy it when our school community can gather.

We wish the Ecole St. Mary community a March and Lenten season full of opportunities to pray, reflect, and learn. Blessings to all as we continue this season of spiritual journeying!

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" - Isaiah 58:6*



Scholastic Book Fair is coming to our school! What better way to promote reading to our students than by supporting this important literary event. We invite your entire family to participate by purchasing the latest and greatest in children's books. Your support of this event is vital in helping us obtain new books and resources for our school library and classrooms.

You'll find hundreds of quality books at our Book Fair with a wide assortment for all reading levels. Watch for a Book Fair Flyer that provides a preview of only a FEW of the many books available to purchase at our Fair. The Flyer also contains a special Family Event Draw ballot that parents can deposit during our event. You could win \$50 in books - \$25 for your family PLUS \$25 for your child's classroom.

Don't forget to mark the Book Fair dates on your Calendar! We look forward to seeing you during our Scholastic Book Fair and Thank you, in advance, for supporting this great literary fundraiser. Mostly, Thank you for believing in books and the importance of reading has on your child's future.

Book Fair Dates: Wednesday, March 20<sup>th</sup>, 3:00 – 7:00 p.m.  
Thursday, March 21<sup>st</sup>, 3:00 – 7:00 p.m.

### **Volunteers, Volunteers Needed**

Book Fair Volunteers are always welcome to support our Literacy Fundraiser. If you have some free time on Wednesday, March 20, from 3 to 7 p.m. or on Thursday, March 21st from 10 a.m. to 7:00 p.m. Students will be able to purchase items from the book fair during their library classes and during lunch recess. Please call the office or email Mrs. Bugg [buggb@holyspirit.ab.ca](mailto:buggb@holyspirit.ab.ca)



## SHOUT OUT!

Thank you to Save On Foods for donating to our Grade 6 camp by supplying hot dogs, bus, chips, and juice boxes for our Hot dog lunch we have on February 28<sup>th</sup>.



### Grade 6 Fundraiser

Hungry? – On March 21<sup>st</sup> and 22<sup>nd</sup> go out for supper at Joey's Restaurant to support our Grade 6's. a Percentage of the evenings earnings will be donated to ESM for current and future grade 6 activities.

## HOUSE TEAMS

The students are assigned a house team (colour team) so be a part of for the year. This encourages the kids to interact with kids in other grades. Our leadership team comes up with special days and activities for students to earn points to go towards their house team.

For the Month of January, the winning house team is: ***The White Wolves!***

## SAMARITAN STARS

As the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in the "Samaritan Stars" jar. From here we draw names to win a cheque for \$25.00 which is graciously donated by Ward Bros.

Construction. Thank you, Ward Bros., for your continued generosity to our school!

**For the month of January our winners were: Aurorah 4/5GI and Shane 3PSI**

## STUDENT DROP OFF/ PICK UP

Students can be dropped off no earlier than 7:45am. There will be no supervision before 7:45am if you choose to leave your child unattended at the school this is your parent responsibility.

**Parking lot is for STAFF ONLY.** You may park on the east side of the street. The west side, by the field, is for school buses only. In the morning the sidewalk between the flag pole and the parking lot is a drop off zone. Hug and Go. Please do not park there for long periods of time.

## WATER BOTTLES

We have water bottle fill stations and have not re-installed the drinking fountains for students. Please be sure to send water bottles with your child(ren) every day.

## SICK KIDS

If your child(ren) is sick – KEEP THEM HOME. Help stop the spread of germs. Call or email the office to excuse their absence.

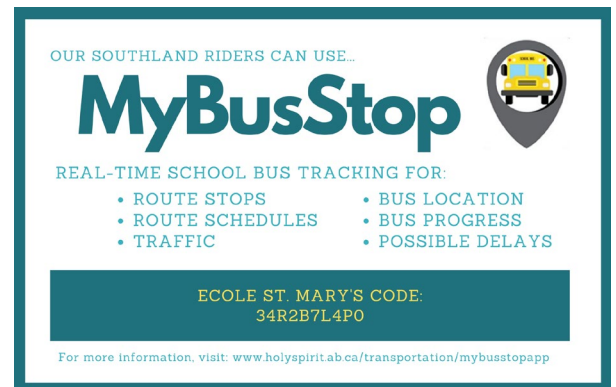
## ATTENDANCE

Children thrive and succeed when they attend school regularly. We understand things come up, appointments made during school hours, emergencies, sickness etc. Please call the office to let us know if your child(ren) will not be at school on any given day. You can call 403-327-3098 or email [esmoffice@holyspirit.ab.ca](mailto:esmoffice@holyspirit.ab.ca)

## SCHOOL BUS

Drivers will be checking for passes. Please download the MyBusStop app for the most up to date information and for route changes and updates. You can also visit the Southland website

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



## BREAKFAST AND LUNCH PROGRAM

We are blessed to have a Nutrition grant this year to provide breakfast for those who need it. We also welcome back Mindful Munchies from the Lethbridge food bank who provide us with lunches for our students who forget or would otherwise go without.

*\*We ask that as parents you have the conversations with your child about those who might not have enough food. Also, that if they eat their whole lunch they are welcome to an extra afternoon snack.*

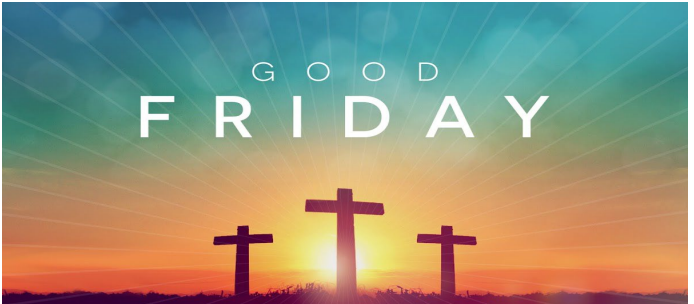
## PARENT VOLUNTEERS WELCOME!!

Parents and community members are welcome at the school. You are still required to check in at the office and sign in if you are coming into the school for any school event. We will keep the distractions in the class to a minimum. If you are dropping something off for your child the office staff will deliver it for you. We are happy to accept volunteers this year! You can call the office and let them know if you are available with and what you would like to help with. Volunteers are asked to fill out the volunteer form found on our website:

<https://esm.holyspirit.ab.ca/>

This form is good for the school year.

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Basketball Jamboree Boys and Girls	9
10	11 DIV PD DAY NO SCHOOL	12	13	14	15 Green, White and Gold Day	16
17 St. Patrick's Day	18	19 Parent Café 9am- 10:30am	20 Book Fair	21 Book Fair Joey's Only Fundraiser	22 Joey's Only Fundraiser	23
24	25	26 Pastel Day	27 Div. Board meeting	28 HOLY THURSDAY celebration at 2pm in gym	29 GOOD FRIDAY NO SCHOOL	30

Evening Interviews K-6  
Celebration of Learning



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Easter Holidays					
7 Green Shirt day	8 Return after Holidays	9	10	11	12	13
14	15	16 Gr 6 Retreat	17 Bake Sale	18	19	20
21	22	23	24 Div. Board Meeting	25	26	27
28	29	30				





ECOLE ST. MARY SCHOOL HAS TEAMED UP WITH JOEY'S FISH SHACK LETHBRIDGE. JOEY'S HAVE GRACIOUSLY OFFERED TO DONATE 25% OF THEIR SALES ON MARCH 21 & MARCH 22, 2024. THE PROCEEDS WILL GO TOWARDS GRADE 6 CAMP. HEAD OVER FOR LUNCH OR SUPPER AND SUPPORT OUR GRADE 6'S AND JOEY'S FISH SHACK LETHBRIDGE.

THANKS FOR YOUR SUPPORT!

DINE IN AND SEE  
THEIR NEWLY  
RENOVATED SPACE

905 – 1st Ave South





Help us **Build** a Classroom for  
St. Odilia School for the  
Visually Impaired



LEARN MORE



DONATIONS



*"Out of our common todays and yesterdays we are building for eternity.  
No thought, no work of ours ever dies. We shall meet them all again,  
and in the world to come shall find our gathered harvest."*

- St. Katharine Drexel

## St. Katharine Drexel 1858-1955 (Feast Day: March 3)

Katharine Drexel was born into a wealthy American family, and despite some personal hardship, grew up in relative comfort, with private tutors and the ability to travel widely. Her family was also very dedicated to prayer and service; they supported the poor and needy of their community from their abundant wealth. During a family trip to the western states, Katharine saw the plight of the Indigenous peoples of the west, met the Sioux leader Red Cloud, and began to send financial support to western missionaries.

In a later visit to Europe, Katharine met Pope Leo XIII and, after describing what she had seen and experienced in the western United States, asked him to send more missionaries to that area. She was surprised when the Pope suggested that she become a missionary! After prayer and spiritual direction, Katharine indeed joined a religious order, later founding another order known today as the Sisters of the Blessed Sacrament. She used her wealth to finance the establishment of over 60 schools and missions across the United States that served the various First Nations and African-American communities, never hesitating to speak out against racial injustice and discrimination. Katharine passed away in 1955 at the age of 96. When Katharine was canonized, Pope John Paul II made specific mention of her courage and initiative in addressing social inequality, her perspective on the unity of all peoples, and her love of the Eucharist.



## Build! Pilgrims of Hope

### "Building" In Our Schools

Building in our schools and in our communities! On Tuesday, February 13th, students and staff at Children of St. Martha spread love and kindness to the community by hosting a "Take What You Need" event. The students created "heart art", which was placed on the fence in the bus loop. The community was invited to stop by and take whatever they wanted. Whether picking something up, or simply driving by, the art is a creative demonstration that we are all loved by God.



## Corporal Works of Mercy — Clothe the Naked —

Living in southern Alberta in the wintertime is a clear reminder of our basic human need for clothing! When we think of Clothing the Naked, we often think of that literal level which is very important - but so also is the wider work of mercy that can be applied. This is outlined by Philip Kosloski in [this article](#) from the National Catholic Register. In it, he notes:

*"When we search out the 'naked' of our local community, we shouldn't only be looking for those without clothes. We should also look for those who are rejected, alone, and forgotten. They too are 'naked,' without friends or family, stripped of all meaningful human relationships. They are like the man in the parable of the 'Good Samaritan.' He was not only stripped of his clothes, beaten and left for dead, but also completely alone. Numerous people passed him by and no one extended a hand. He was treated like he was invisible."*

Consider one of the following suggestions from the McGrath Institute at Notre Dame:

- Give up a particular item that you might normally spend money on and donate the funds to an organization that might be in need.
- Donate clothing (new or in good condition)
- Hold a baby shower for a mom in need.
- Consider reaching out to organizations that help children who might be in foster care or living in a shelter.

### Pope's Prayer Intentions - For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

For more Information: [Works of Mercy](#)

## Catholic Social Teaching — Economic Justice —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

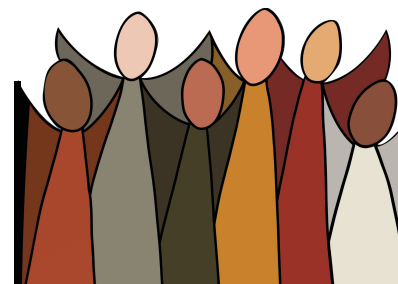
Last month, we looked at solidarity as the need to recognize our interdependence, to see ourselves in others and to seek to secure their good. One area in which we can see this specifically is economic justice. Many papal encyclicals that are now part of the magisterium of the church speak to economic justice. In 1891, with the release of the encyclical *Rerum Novarum*, Pope Leo XIII responded to the conditions of the Industrial Revolution by highlighting both the need for private property as well as the rights of workers to fair wages and unions. More recently, we have seen Pope Francis write encyclicals such as *Laudato Si* and *Fratelli Tutti*, in which he is critical of our 'throwaway culture' and speaks of a need for integral ecology in which to balance economic development with the environment. Throughout all of these encyclicals, we see the Church advocating for just economic systems that are rooted in the need to address both individual human dignity and the common good.

Learn more about economic justice with one of these resources:

[Rerum Novarum](#)

[Laudato Si](#)

[Fratelli Tutti](#)



# Gospel Readings

March 3 2024

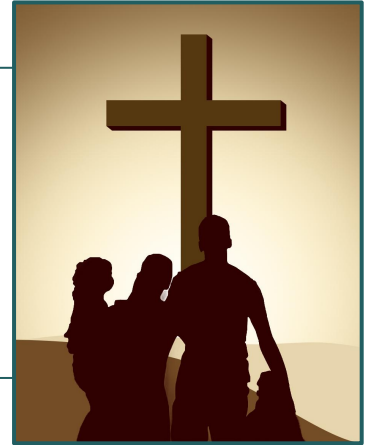
3rd Sunday in Lent

## Gospel Reading: John 2:13-25

"Take these out of here, and stop making my Father's house a marketplace." — John 2:16

Today in the Gospel we see that Jesus was angry with the way people viewed his Father's house. It makes me think about how we view God's house today. Would Jesus be happy with the way we act in church? Do we rush in and out because we have better things planned for our day, or do we take a few extra minutes to speak privately with Jesus? Do we prepare ourselves by the way we dress and quiet ourselves before we enter into the church knowing that Jesus is truly present there in the Eucharist? Do we genuflect out of respect? When we do these things we show God how much we love him.

What are some ways your family prepares for Mass? What could you change to prepare better?"



### Prayer:

*Dear Lord, we want to honor and worship you when we spend time in your house. Please give us the grace to fight off temptations of distraction so we may love and glorify you by our presence in church.*

March 10, 2024

4th Sunday in Lent

## Gospel Reading: John 3:14-21

"For God did not send his Son into the world to condemn the world, but that the world might be saved through him." — John 3:17

Some people think God is like an angry judge. They forget that he is a loving parent. He loves each one of us as his own children. Ask your parents how much they love you. It may be hard for them to express all the love they have for you in their hearts. But parents love their children a lot, wanting the best for them. God wants that for us, too. He saw that we needed to know his love, and the best way to show us was to send his Son. But he didn't stop there. He allowed his Son to show us God's love all the way to the cross. Jesus laid down his life for us, and then rose from the dead to love us even more. Our God really loves us a lot!

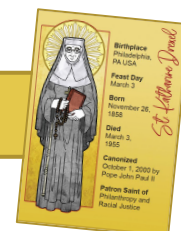
How do you view God? As an angry judge or a loving parent? Are you afraid of him or do you run into God's arms for love?



### Prayer:

*Dear Lord, thank you for being a Father who is willing to go to any length to show us, your children, that you love us.*

Download this month's [Saint Prayer Card](#) - St. Katharine Drexel



[Home Page](#)



# Gospel Readings

## Gospel Reading: John 12:20-33

“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.” — John 12:25

Today’s scripture from the Gospel sounds kind of confusing. Most of us like our lives. It is hard to understand why we would lose it just because we like it. But I think that Jesus is looking deeper than what meets the eye. In different words, “whoever loves his life more than God will lose it and whoever puts God first will gain eternal life.” If we live our lives only to please ourselves, we lose out in the end. But if we learn to put God first in our lives, we take steps closer to being with him forever in heaven.

What are ways I put myself ahead of God? How can I make a change to start putting God before myself?



### Prayer:

Dear Lord, help me to put you first, even before all the things I want. Teach me to seek you in all I do.

## Gospel Reading: Mark 14:1-15:47

“...every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” — Philippians 2:11

Today we reflect on Christ’s passion and death. In the midst of the story it is hard to believe that “every tongue will confess that Jesus Christ is Lord.” Most voices at this moment are condemning him. There are only a few people that are standing by him, suffering with him. There are times in life when we have the choice to be a person who stands for God, even it’s really difficult, or to be a person of anger, betrayal, and abandonment.

Which voice will you have in this week before Easter? Which side will you be on, Christ’s or the world’s?

### Prayer:

Lord, you suffered because of your great love for us. Give me a voice to tell people how important you are to me!



## Gospel Reading: John 20:1-18

“...he saw and believed.” — John 20:8

Those who went to the tomb to see that Jesus was not there—that he had risen—were indeed blessed. But Jesus said, “Blessed are those who believe without seeing.” That’s us! We believe because of the stories we have been told, the traditions that have been passed down to us, the experiences we have had through Holy Week and Easter. We are blessed to have the gift of faith to hear and believe that: Jesus Christ is Risen today! Alleluia!!!

What does God want to bring to life in you today?

### Prayer:

Dear Lord, we praise you and thank for this Easter Sunday that reminds us of your gift of salvation. We are forever grateful for such a gift!



# Division Parishes

*“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”*

Hebrews 10:25

 <p><b>Assumption Church Lethbridge</b></p> <p>Father Kevin Tumback Father Santiago Torres</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</b></p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p><b>St. Basil's Church Lethbridge</b></p> <p>Father Kevin Tumback Father Santiago Torres</p> <p><b>Mass (Saturday): 7:00 pm</b> <b>Mass (Sunday): 7:30 am   11:00 am</b></p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p><b>St. Martha's Parish Lethbridge</b></p> <p>Father William Monis</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am   11:00 am</b></p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p><b>Ss. Peter &amp; Paul Parish Lethbridge</b></p> <p>Father Gary Sedgwick</p> <p><b>Mass (Saturday): 8:30 am</b> <b>Mass (Sunday): 10:00 am</b></p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p><b>St. Ambrose Parish Coaldale</b></p> <p>Father Ian Gagne</p> <p><b>Mass (Sunday): 9:00 am   4:00 pm</b></p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p><b>St. Catherine Parish Picture Butte</b></p> <p>Father Ian Gagne</p> <p><b>Mass (Sunday): 11:00 am</b></p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433</p>
 <p><b>St. Augustine Parish Taber</b></p> <p>Father Philip Van Tinh Le</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am</b></p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p><b>St. Michael's Parish Bow Island</b></p> <p>Father Wojciech Jarzecki</p> <p><b>Mass: 9:00 am</b></p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p><b>St. Michael's Parish Pincher Creek</b></p> <p>Father Myles Gaffney</p> <p><b>Mass: 10:00 am</b></p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



Parent Cafe

# Mindful Parenting

March 19, 2024

Effective Correction



With :

Childrens Mental Health

Location:

ECOLE ST. MARY, THE GARAGE

9AM-10:30AM

Refreshments & Light Snacks Provided

RSVP:

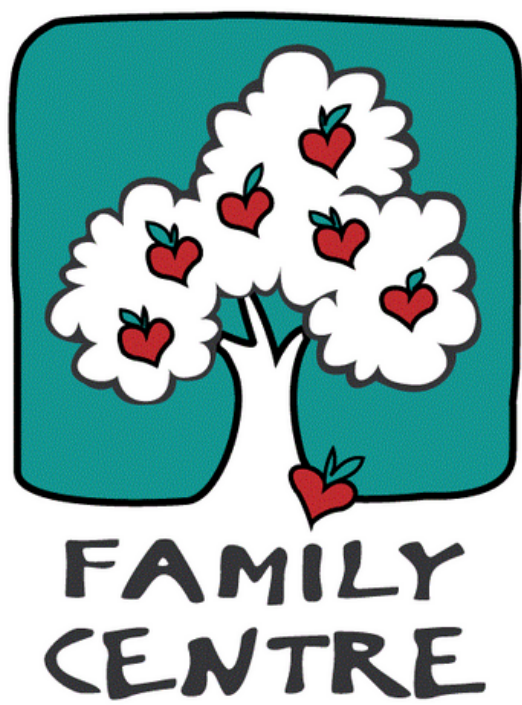


Tanya Koopmans

403-634-2712

[koopmanst@holyspirit.ab.ca](mailto:koopmanst@holyspirit.ab.ca)





## Support Group for Children ages 8-10!

- Helps children cope with grief and loss.
- Safe space to talk about their experiences and feelings.
- Activity-based learning.
- Workbook provided.



**Wednesdays April 10 - June 5**  
**1:00pm-2:00pm**  
**Ecole St. Mary**



**Register with Tanya Koopmans**  
**Family First Facilitator**  
**[koopmanst@holyspirit.ab.ca](mailto:koopmanst@holyspirit.ab.ca)**  
**403-634-2712**



Family Centre  
Suite 225, 200 - 4 Ave. S.  
Lethbridge, AB T1J 4C9  
403-320-4232

Website: [www.famcentre.ca](http://www.famcentre.ca)  
Facebook: @lethbridgefamilycentre  
Instagram: @familycentreyql  
LinkedIn: @Family Centre Society of Southern Alberta



CUBS  
TODIAKS



COACH PARKER



STARS  
Volleyball

# EASTER CAMP

APRIL 1-5

9U 10-NOON 12U 1-4 PM

LIMITED SPOTS!

Register at [Lethbridgevolleyballclub.com](http://Lethbridgevolleyballclub.com)



**SUPERSTARS**

**6**

**SPOTS  
LEFT**



COACH ARD

**13U DOUBLES LEAGUE**

**8 Friday sessions**

**Starting March 22**

**LIMITED SPOTS!**

Register at [Lethbridgevolleyballclub.com](http://Lethbridgevolleyballclub.com)



(I)SWAG Presents:

# ADHD – UNDERSTANDING THE DIAGNOSIS AND TREATMENT STRATEGIES

Ft. Aleigha from True Balance Counselling

5:30pm to 8pm March 20th, 2024

Join us as Registered Psychologists Aleigha and Ashley from True Balance Counselling presents on ADHD while we enjoy a complimentary dinner and the chance to win some door prizes at a fun night of learning.

Please RSVP @



<https://www.surveymonkey.com/r/7R9L8CC>

## Location:

### THE ESSIE'S BALLROOM

Sandman Signature,  
320 Scenic Drive S,  
Lethbridge AB



Emily Williston



**SWAG**

Student Wellness Access Guide  
Holy Spirit Catholic School Division  
willistone@holyspirit.ab.ca  
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Billy Woitte



**ISWAG**

Indigenous Student Wellness Access Guide  
Holy Spirit Catholic School Division  
woitteb@holyspirit.ab.ca  
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# ALEIGHA ARKSEY

## True Balance Counselling

Aleigha is a Registered Psychologist who specializes in working with youth, anxiety, and grief and loss, but does work with individuals of all ages. Working with an open heart and open mind, Aleigha draws from a variety of approaches including Cognitive-Behavioural Therapy, Mindfulness, Play Therapy, Person-centered Therapy, Strength-based, and Solution focused.

This is a **FREE** event  
Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus

drivers, parishoner's

**Please RSVP @**

<https://www.surveymonkey.com/r/7R9L8CC>

