

Building Community Connections



As the new year begins, many of us find ourselves taking stock of where we have come from in order to chart the course for 2022. While we find ourselves facing disruptions again, perhaps we find solace in the fact that 'we have been here before' and are well equipped to continue moving forward through the discomfort to see it through. We know that challenges can be difficult and hope that through our Community Connections Newsletter you are able to find the connecting threads that tie everything together, providing you with an awareness of what is available to access in our communities and surrounding area. If you would like to submit information for

Building Community Connections, please email hssupportservices@holyspirit.ab.ca



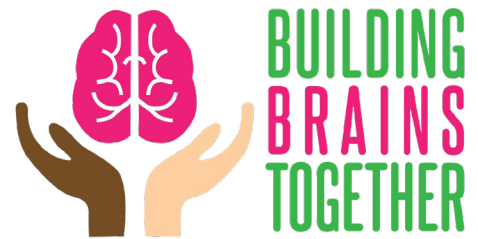
Come discover the [wild side of Lethbridge!](#) Open year-round, the Nature Centre is a unique urban escape within minutes of downtown. Check out their Kid's Programs, Exhibits, Parks & Trails and Volunteering opportunities.



The [Lethbridge Public Library](#) is excited to announce that the library will continue to offer Library memberships at no fee throughout 2022.



[ABC Life Literacy Canada](#) is a non-profit organization that aims to strengthen organizations that promote adult learning.



[Building Brains Together](#) (BBT) builds adult capabilities to improve brain development and executive functions in children through research and education.

Community LINKS

Your Information and Referral Source
With governments and social agencies merging, sometimes it is confusing to find where to go to access services, events or information about Southwestern Alberta. [Community LINKS](#) is operated by the Canadian Mental Health Association, Alberta South Region and is located at the Lethbridge Public Library downtown branch with staff on site during peak library hours.



[Winter Program Guide](#)
The Family Centre Winter 2022 Program Guide is now ready and registrations will open beginning December 6th. You can check out the program calendar and filter the calendar by location by choosing Family Centre Downtown, Family Centre North or Family Centre West.



[Roving Gyms](#) are free, inclusive, play spaces for children five and under and their parents or caregivers. The Roving Gyms program nurtures physical literacy, the love of movement, and provides an environment for families to connect. Come and enjoy free play with a purpose.

MONDAY AGES: 11-14
6:30pm-9:00pm

TUESDAY AGES: 14-18
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!



[Henderson Lake Park Run](#)
A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate, it's up to you! Every Saturday @ 9:00am.



Shake off the winter blues
[YQL WinterFest 2022!](#)
January 14-19, 2022. Bundle up the family and head downtown.

Recreation and Culture Fee Assistance Program

The [City of Lethbridge](#) offers a Fee Assistance program for residents who face financial barriers to participating in recreational and cultural opportunities.



The [Lethbridge Food Bank's](#) goal is to ensure healthy food is provided to children and youth to enhance their future as well as their emotional and physical well-being. More information found [here](#).



24-Hour Crisis Line: 1-866-296-0447
The donated second-hand items we receive are shared between our clients, our residents, and community members in need who access our services through [YWCA Outreach programs](#).
Second-hand donations fill in the gaps!



[Interfaith Food Bank](#) caters to those in a variety of situations ranging from single-parenthood, to seniors on fixed incomes, to the unemployed, or to those with other social or economic barriers.

PROMOTING ACTIVE LIVING IN LETHBRIDGE
The [Active Lethbridge](#) initiative is a product of the efforts of the Healthy Communities Association of Lethbridge and Area (HCALA).



[Mental Health Help Line](#)
1-877-303-2642 (Toll free)
The Mental Help Line is a 24/7 confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.



Community supports available in your local area such as Counseling, Family Resources Network and Indigenous Services. Check out your local [FCSS](#) to see what is being offered.



[Community and Social Services](#) provides supports for families and communities, and helps Albertans access disability services, financial supports, services for the homeless, and other social-based programs.



Many people are affected by mental health issues such as depression or panic disorders. But you're not alone. Talking with others who suffer from these issues may help.
[Get the information you need](#)

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

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 686868
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone