

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



Since 1910

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 SOUTHMINTER
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@CSAClath.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](#)

FOR AGE 10+ AND ADULTS
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
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 688688
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone