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 <u>hssupportservices@holyspirit.ab.ca</u>

Lethbridge Family Services

Volunteer at Lethbridge Family Services. Help create a more inclusive city by volunteering as a community connector with help newcomers integrate and adjust into life throughout the community though conversation, activities, and socializing. Intake is completed on-line.



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 - 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.



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?



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



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





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!



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

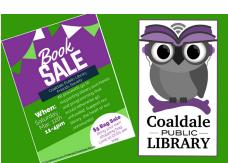


30 Days of Self-Care

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.



Monthly Calendar | March 2022 WINTER HOURS Tuesday - Sunday 1PM - 4PM



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's Calendar of events

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

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



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

Taber, AB Crisis Line: (403) 223-0483 Reach out, Connect, Let us help You

Chinook Sexual Assault Centre Safe Haven Women's Emergency Shelter #IBelieveYou #UHavethePower

Healing starts with Believeing Here for all genders and all ages throughout 403-694-1094 / 1-(844)-576-2512

Sexual Assault is a Criminal Act

It is NOT Your Fault

Text 686868

Whenever you

need to talk,



& Call 1-800-668-6868

Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone Kids Help Phone 🙂