

Building Community Connections



In our Catholic faith, the time of Easter is all about having faith in new beginnings and believing in the promise that we can all rise up! The coming weeks provide an opportunity for each of us to create a positive outlook, trying something new and leaving the things that drag us down in the past and behind us. The season of Spring provides an opportunity for growth and it is really a chance to see infinite potential in ourselves and the world around us!

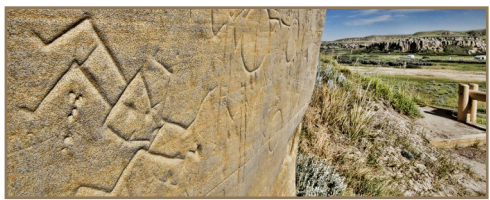
We hope that through our Building Community Connections Publication you are able to find the many ways and opportunities to rest, be still and really better understand why you are here and why you do what you do. We also hope that you find inspiration to rise and set your intentions to begin anew.

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



[Carbondale - Sartoris Backroads | Alberta, Canada](#)

Sartoris Road from Crownsnest Pass south to the Carbondale River affords an intimate view of this landscape rejuvenated by wildfire.



[Writing-on-Stone Park](#) contains the greatest concentration of rock art on the North American Great Plains. Writing On Stone is a World Unesco Heritage Site.

ACTION FOR HAPPINESS

Let's take action to be **Happier and Kinder, Together**

Take Action

Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging, and commit to personal action to create more happiness for ourselves and others. [Join the movement.](#)

DOMESTICATED DIVAS EVENTS PRESENT

Mother's Day Gift Expo

EXHIBITION PARK MAIN PAVALION
SATURDAY, MAY 7, 2022
8 - 2 PM
FREE TO ATTEND

Please be advised we will be following any current AHS guidelines at the time

PRESCRIPTION TO GET ACTIVE

It's exactly like it sounds...

[A prescription for you to engage in physical activity.](#)

This uniquely designed prescription gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.



All ladies need a coffee break from time to time.

[Westside Community Church.](#)

Tuesday, May 10, 2022 / 7:00 - 8:30 PM

Chat, share, encourage, fellowship. Bring your own beverage!

Join us! Let's get to know each other better!

The Southern Alberta Ethnic Association presents

Asian Heritage Festival 2022

Saturday May 28, 2022
Multicultural Centre - 4216 Ave South
11:00am-3:00pm

A time to celebrate and learn about Asian communities and culture in southern Alberta!

- FOOD VENDORS
- PERFORMERS
- COMMERCIAL OR HANDMADE EXHIBITORS
- CULTURAL DISPLAYS
- GAMES
- CHILDREN'S ENTERTAINMENT

Please contact us 403-320-1577 | info@saea.ca for more information or to sign up

The Asian Heritage Festival is back in-person. Saturday, May 28 at 11:00am at the Multicultural Centre. There will be a fun-filled day of delicious Asian foods for purchase, entertainment, cultural displays, games and children's entertainment! Admission is free. For questions or to sign up: 403-320-1577 / info@saea.ca or www.saea.ca

Dance for Ukraine ~ Benefit Concert ~

Sunday May 15, 1:30pm
Yates Memorial Theatre
presented by
Troyanda Ukrainian Dance Club

"Dance for Ukraine" a special benefit concert for Ukraine will be taking place at the Yates Memorial Theatre on Sunday, May 15 at 1:30pm. Guests can choose the amount they wish to donate to humanitarian aid for Ukraine, as tickets will be by donation.



Many struggle with being able to afford access to health services not covered by the government in Canada. This can range from mental health care to wellness services such as accessing a Naturopath or a personal trainer. [Wellness Association](#) is a Canadian Membership Organization that provides information access and funding for health services that are not covered by the government.

Wellness Association on [Facebook](#)

Promoting Mental Health and Wellness

true balance COUNSELLING

FREE LEARNING SERIES SPRING 2022

- April 27** Worries, Anxiety and Our Children - Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety
Presented by: Aleigha Arksey, Provisional Psychologist
- May 4** Keys to Healthy Communication • Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection
Presented by: Kelly Weitz, Provisional Psychologist
- May 11** Building Self-Compassion • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity
Presented by: Damaris Malpica, Provisional Psychologist
- May 18** Strengthening the Brain's Emotional Control Center • Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions
Presented by: Aleigha Arksey, Provisional Psychologist
- May 25** What is Grief?: Understanding My Loss • Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times
Presented by: Kelly Weitz, Provisional Psychologist
- June 1** Thankful for My Body: Healthy Body Image for Teens • Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating
Presented by: Sarah Henderson, Provisional Psychologist

In-Person 6:30-7:30 PM
Online 8:00-9:00 PM
Limited In-Person Registrations

For More Information or To Register For A Presentation: 403-327-2333
truebalancecounseling@gmail.com
www.truebalancecounseling.ca

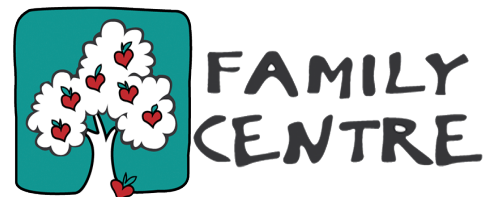
June 20 - 26, 2022

Pollinator WEEK

www.pollinator.org

Take Part in Pollinator Week Canada - June 20-26!

Pollinator Week is an annual celebration in support of pollinator health that was initiated and is managed by Pollinator Partnership. It is a time to raise awareness for pollinators and spread the word about what we can do to protect them. The great thing about Pollinator Week is that you can celebrate and get involved any way you like! Help save the pollinators!



[Family Centre - Dealing With Disobedience](#)

Why do my children not listen to me? Why do I feel like I'm always repeating myself? This Triple P discussion group will help you plan how to deal with disobedience. You'll learn strategies on how to prevent problems and teach your children to follow instructions, cooperate, and contribute to your family. Discover that you are not alone! Child care provided for in-person group. Virtual option available Thursday, May 26 at 6:00pm - 8:00pm / Cost: Free



[Family Centre - Come Build With Us](#)

What can you do with a paper roll tube? How can we use this Lego block? As children use self-expression, creativity, and design they will be introduced to concepts in construction including gravity, patterns, cause and effect, stability, balance, and shape. [Register here](#) for this free program which is open to families with children 0-12 years.

ANIME SATURDAYS

Every Saturday is Anime Saturday at [Nikka Yuko](#). Watch your favourite anime shows inside the Bunka Centre every Saturday.



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