

Building Community Connections



Summer is a great time of year and for many, there may be highly anticipated events coming up for your loved ones, including graduations and school year end activities, or the eagerly awaited family events where undoubtedly fun memories will be created. Whether a vacation or "staycation" is in your future for this summer, we hope it is joyful and memorable. We hope that through our Building Community Connections Publication you are able to find many ways and opportunities to relax, find joy and be inspired to try something new. There are so many activities and events happening in our local and surrounding communities that are geared towards a variety of ages and interests that we encourage you to see what is possible. If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca

Holy Spirit Catholic Schools
1st Annual Division
Family Gathering
Iitowaahkomstii'oppi
"Where We All Gather to Play Games"

Thursday, June 23, 2022
Prayer 5:00pm
Meal 5:15pm - 5:45pm
Indigenous Games 6:00pm - 8:00pm

Catholic Central High School
Taatsikoyis
East Campus (field)
405 - 18th St. South

"Siksikaitapi Families" Welcome!
The event will be held outdoors so please bring your own chair or blanket to sit on. (In case of inclement weather, the event will be moved indoors to the CCH East Gym.)

For more information contact
Shelley Kirkvold (403) 327-9555

nature play day
At Henderson Lake
June 11 2022
12pm - 4pm

FEATURES:
NATURE SCAVENGER HUNT
LOOSE PARTS PLAYGROUND
DRAGON BOATING
OUTDOOR GAMES
FOOD TRUCKS
HAMMOCKS
PARK RUN
KAYAKING
CRAFTS
YOGA
& MORE!

HELEN SCHULER
NATURE CENTRE
Discover it here!

or more information: 403-320-3064 | nature@lethbridge.ca

DOWNTOWN
LETHBRIDGE

Find the best events that are happening in [Downtown Lethbridge](#).



Come celebrate
National Indigenous Peoples Day
with a variety of activities including a mini powwow. Enjoy a sample of traditional Blackfoot berry soup and hot mint tea. All ages, children to attend with adults. Registration not required and admission is free.
June 21, 2022 from 1-4pm.

Town of COALDALE

Coaldale Summer Fest
August 5 & 6, 2022 is a celebration of and for our community with the theme of "Thank-you Front Line Workers" for 2022. The event kicks-off with a Movie in the Park on Friday evening and festivities will continue into Saturday starting with a pancake breakfast fundraiser. There's something for everyone of all ages.

The Southern Alberta Ethnic Association presents

LATIN FEST 2021

Saturday July 17, 2021
12:00pm - 7:00pm

FOOD | DANCE | MUSIC
PERFORMERS | FAMILY FUN |
BEER GARDENS

Multicultural Centre - Admission is FREE!
West Parking Lot - Food & beverages available for purchase
4216 Ave South
403-320-1577 | info@saea.ca
www.saea.ca



Spray parks are a great way to beat the summer heat in your neighbourhood.

CITY OF Lethbridge

Historically centered around the Coal Banks Trail, regional pathways connect neighbourhoods, parks and nature reserves throughout Lethbridge. Natural pathways are located in a variety of city parks as well and are a great way to explore the river valley parks. The City of Lethbridge's pathway network contains over 177 km of paved pathways and approximately 57 km of natural or gravel trails. [Pathways Maps](#).

Find out what is going on in your neighborhood via the City of Lethbridge [Calendar of events](#).



Borrow one of the NEW StoryWalk from the Lethbridge Public Library. Kits include a copy of the book, activity sheets, suggested map locations, and adventure supplies. Kit not available? [Click here to try our online activities!](#)
[Click here to download the activity map!](#)

Henderson Park | June 24 - 26, 2022

ATB Financial Lethbridge Rotary DRAGON BOAT FESTIVAL

Register your team at www.lethbridgedragonfest.ca/registration

ATB | Rotary



Lethbridge Folk Club Roots Music Festival
Multiple musical performance areas, vendors, food trucks and children's activities will all be part of this year's festival. August 20, 2022 from 12:00pm - 7:30pm.
Where: Legacy Park / Cost: Free
lethfolk@gmail.com / Ph: 403-892-8934

EVENT DESCRIPTION:
All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Stay for some outdoor facilitated games then pick up one activity kit per family to take home while supplies last. **Parent supervision required.** **Weather permitting. Check the on-line schedule at buildingbrains.ca/events for updates.**

SAFETY PROTOCOLS:
-All public health measures will be in effect
-Family focused events, parent supervision is required
-One play kit provided for each family
-If you're feeling unwell, we'll see you at our next location

Partner Links
[Building Brains Together - buildingbrains.ca](#)
[City of Lethbridge - lethbridge.ca/events](#)
[Community LINKS - community-links.ca](#)
[Family Centre Summer Programs - famcentre.ca](#)
[Lethbridge Public Library - lethlib.ca](#)

Holy Spirit Catholic School Division
Supporting Family Wellness

THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	JULY 5 Henderson Lake Park 10 AM-2 PM	JULY 6 Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	JULY 12 Wilson Middle School 10 AM-2 PM	JULY 13 Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	JULY 19 Nicholas Sheran School 10 AM-2 PM	JULY 20 Nicholas Sheran School 3 PM-7 PM
WEEK 4: NATURE	JULY 26 Lakeview Elementary School 10 AM-2 PM	JULY 27 Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	AUGUST 2 Chinook Lake Park 10 AM-2 PM	AUGUST 3 Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	AUGUST 9 Coalbanks Elementary School 10 AM-2 PM	AUGUST 10 Coalbanks Elementary School 3 PM-7 PM

POP UP
Promoting culture, health & wellness!
Pop Up Yoga born from the heart for the heart of the Lethbridge community; when we create positive changes in our selves we rise not only our energy but the one of all those around us

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

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.

Safe Haven Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Whenever you need to talk, we're open.

Text 688868
KidsHelpPhone.ca
Call 1-800-969-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone