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





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.



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.





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

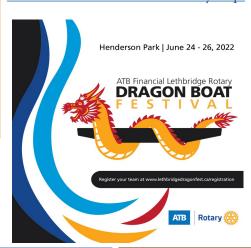
Lethbridge

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 <u>Calendar of events</u>.



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!





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



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



Safe Haven Women's Emergency Shelter Taber, AB Crisis Line: (403) 223-0483 The Mental Health Line is a 24/7 Reach out, Connect, Let us help You onfidential service that provides support, information and referrals to Albertans experiencing mental health concerns.





📮 KidsHelpPhone.ca Call 1-800-668-6868 Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

Kids Help Phone 🙂