



Principal's Message

Before we move on and talk about January 2022, I want to briefly reflect upon September to December 2021... and, my goodness, was it a tough one as we endeavored to "return to normal." All "things" affiliated with school - routines, in person learning, athletics, fine arts, service work, etc. - resumed... kind of. It felt like we were making changes/ adjustments on a weekly basis; what was "the rule" one day, changed the next and then was something completely different the following week. Frustration, uncertainty, and exhaustion certainly came with all the adjustments. Interestingly enough, during the Christmas break, I had a chance to catch up on my reading and I came across a quote in a book that resonated with me. It reads:

According to Darwin's Origin of Species, it is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself."

- Leon C. Megginson

We certainly adapted and, even today, continue to adjust. Further, I would add to this statement that we are a "species" that is also capable of doing hard things because of our ability to lean into and rely upon each other. I truly believe that we have much to be grateful for here at CCH, as we have a community that works together to do what is best for our students.

One such group that always has our students at the center of the decisions they make and the discussions they have is the School (Parent) Council. They have been actively trying to find ways to engage more parents and guardians in our community. Their hope is that through fulfillment of their vision statement, (which is to support the needs of the CCH school community and to enhance an environment where every child can and will succeed), they can work toward positive change wherein parents/ guardians, teachers, administration, and students work in collaboration. If you have not ever considered attending, please consider this an open invitation to attend future events and meetings! As the saying goes, "it takes a village to raise a child" and we certainly need your support now more than ever.

Now onto the business of 2022.... Happy New Year! January is a month of huge transition for us as we begin preparations for Graduation Ceremonies 2022 (watch for a new grad link on our home page and a



letter with important information that will be mailed home... plus, I will be popping into grade 12 classes to speak to the graduates) *while* planning for incoming grade 9 “visits” and the next school year. Additionally, January marks the end of quarter 2 (first half of the year completed) and the start of quarter 3 (onto the second half). Please be sure to check the calendar for upcoming dates.

And just like that, 2022 is well on its way! It is my sincere hope that God will make this New Year a truly glorious one as there is so much to look forward to.... And, I am sure, many more things for us to adapt to.

Blessings,
Mrs. Polec

Important Dates and INFORMATION

January 10 - Classes Resume
January 11 - Blessing of the Rooms throughout the school by classes
January 11 - School Council Virtual Meet at 7:00 p.m.
January 18 - Grade 12 French Immersion Celebration (in class)
January 25 - NEW Last Day of Quarter 2 classes
January 26, 27, 28 - No classes (quarter 2 “exam break”)
January 31 - First day of Q3 classes



Our next School Council Meeting will be held TODAY, Tuesday, January 11 at 7:00 p.m. Please contact talbota@holyspirit.ab.ca if you would like to join us. We will be using “Google Meet”; 15 minutes before the meeting, all people who have requested to be invited will receive an email asking them to join. If you joined us for the last School Council Meeting, there is no need to send us an email.



This year’s school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line. If you have any questions or issues, please contact Mrs. Tamara Wilson at the school office.



Thank you to all of the following for their generous donations of time, talents, and treasure towards the successful completion of the 2021 Santa's Anonymous: Blitzen Edition II project.

Nuyt Family
BASF Canada
Graham Family
Larsen Family
Costco
CUPE Local 1825
St. Martha's CWL

Wright Family
Spiess Family
Dower Family
Save-On Foods North
Staff & Students of:
St. Francis Junior High and
Catholic Central High School

Reminder for Students: Please make Quarter 3 and 4 timetable changes and arrange for a locker (East and West) if you require one.

The last month of 2021 saw both the Basketball and Curling programs come 'flying out of the gates'. CCH students showed their incredible presence and passion as they attended competitions far and away. The basketball gyms and curling rinks were fully lit with fans' excitement who wanted to show their unrelenting support, cheering as loud and long as possible to help their Cougars on to victory.

The Curling teams faced some rural teams in the first half of team to beat, CCH teams some heads with some invigorated squads welcomed challenging some of Southern coming months. The future looks they better themselves daily through ruthless strategy and skill development.



friendly competition against local and December. Vying to see who was the showed their prominence and turned dominating victories. The newly some new faces and look forward to Alberta's finest curling groups in the bright for this persistent program as

All Basketball teams saw a ton of action in December! Our Cougars showed Southern Alberta competition that they are ready for the season and possess the attitude to win it all. Home games came to light in front of exuberant crowds cheering as loud as they could and supporting after every made bucket. Three-pointers, picks and brave drives to the rim were commonplace for all of our athletes. They showed a level of courage, passion, and perseverance that CCH Basketball teams have not seen for quite some time. All teams look forward to what the coming months will bring and they can't wait to resume play next week against the Chinook and Medicine Hat sides.

Best Wishes Greg!



“Epic” “Legend” “Chill” “Hilarious” are just a few of the words used to describe Greg “Wik” Wikenheiser. Wik embodies the true meaning of education. His students enter his classroom to learn Biology and leave, not only as masters of Biology, but as better human beings. His dry wit is tempered by an underlying seriousness about what education needs to be: a lesson in humanity. His passion to make kids “good people” is what drives Wik and what keeps students coming back for more year after year. His ability to reach beyond the curriculum, the exams and the percentages and shape students into kind, empathetic, socially and globally aware citizens, is what truly makes Greg a master teacher. Wik keeps it real, and anyone who has the honour of chatting with him, leaves feeling humbled, hopeful and motivated to make the world a better place. Greg, we will miss you at Catholic Central, but as you embark on a new position as an online educator, we know that your influence, humour and intelligence will no longer be enclosed within four walls, but rather impact a wide array of students beyond the walls of a classroom. We wish you all the best Greg – remember your family next door and visit often!

We welcome Samantha Tinworth as she steps back into the Science Department here at CCH. We first met Samantha when she came to us as a U of L Intern in 2020-21. She has a biology degree and is excited to share her love and passion for science with her future students. She is a busy Mom, but if she finds any spare time she enjoys being out in nature, reading, highland dancing, theatre, and spending time with her dog!.



welcome back!
WELCOME BACK!



January 10, 2022

Dear Parents/Guardians of Grade 12 Catholic Central students:

As we enter into the second half of the school year, it becomes time to make plans for Graduation 2022. Updates on graduation will be posted on the homepage of our website: www.holyspirit.ab.ca/cch under "School" tab/ "Graduation Information." Continued updates will be uploaded here as we navigate through these ever-fluctuating times. It is important to note that while we are hopeful that events will go as planned, we must be prepared to make adjustments should directives from AHS, the Enmax Centre, or the school board suddenly change. Also note that when planning an event of this magnitude, that decisions are time-sensitive and must be made with the most recent guidelines in mind.

Please note that ALL Grade 12 students/parents are receiving this information letter. This does not necessarily mean that the student is on the Grad 2022 list. The guidance counselors will be contacting Grade 12 students who do not currently meet graduation requirements. A graduation list will also be posted at each campus, and updated regularly. If you have questions about your child's graduation status, please contact the school and speak with an administrator or guidance counselor.

Graduation Parent meetings (only choose to attend ONE) – Tuesday, February 1 at 7:00 p.m. in the Campus West Gymnasium and Wednesday, February 2 at 7:00 p.m. in the Campus East Gymnasium. Information provided at this session will also be posted on the CCH website. All parents or guardians planning on attending must provide a QR code for proof of vaccination or have a negative PCR result within the past 72 hours, along with a valid photo ID. Additionally, masks must be worn for the entirety of the presentation. We ask that only parents/ guardians attend at this time as the administrative and guidance counseling team at Catholic Central will be visiting grade 12 classes and providing constant updates through the Grade 2022 Google Classroom. This request is so that we are able to accommodate as many parents and guardians as possible while adhering to our $\frac{1}{3}$ gym capacity for indoor gatherings. While we do not anticipate either gym filling to capacity, please plan to arrive early on either of the evenings to ensure that there is room.

Grad Photographs: Our photographer this year is Lifetouch Canada. Pictures are taken on these dates and times:

- February 14 - 25 9:00 a.m. – 5:00 p.m.
- More spots will open in early March should the dates in February be filled.

Grads can book these sessions online at

<https://local.prestigeportraits.ca/ab/lethbridge/1021-3rd-ave-s.html>

Select a School, Catholic Central High School, and then select day and time to book. The online booking system will open on January 12, 2022. All portrait sittings take place at the Lethbridge

Studio 1021 - 3 Avenue South, Lethbridge. (See insert from LifeTouch Studios included).
Should you have any questions regarding booking an appointment or what to expect, please contact LifeTouch Lethbridge office at: 403-327-2658.

Dates and Details

Under the current Restrictions Exemption Program, all graduates of Catholic Central are invited to attend as an “activity-based/ recreation group” which allows students to participate without proof of vaccination or a negative PCR. However, this means that with any part of the graduation weekend, students must be separate from spectators. As such, grade 12s will have their own designated entrance and procedures to follow.

This will be different from spectators (which includes all parents, guardians, family, and guests). To access the information for spectators, please visit the Enmax Centre Covid-19 Protocols: <http://enmaxcentre.ca/visitors/covid-protocols>

It is because of this adherence to protocols that we are moving forward (at this time) with three scheduled events for Grad 2022 (times are tentative):

- 1. Grad Mass, Friday, May 13, 7:00 p.m. – 9:00 p.m, Enmax Centre**
- 2. Grad Convocation Ceremonies, Saturday, May 14, 10:00 a.m. – 12:30 p.m, Enmax Centre**
- 3. Grad Grand March, Saturday, May 14, 5:30 p.m.**

Please note:

- We are unable to schedule a banquet/ meal and dance at this time given the restrictions.
- We are committed to monitoring the current context and will endeavour to provide the best possible graduation experience we can. However, should further restrictions be placed on indoor gatherings, we will have a backup date later in June for an outdoor drive-in graduation (as the weather is typically better).

Grad Fees – are \$150. Fees are due March 14. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashionline.com/>
For your convenience, we will be able to accept payment at the grad parent meeting (we can only take cash or cheque; NOT credit or debit). If you require assistance with this, please contact Tamara Wilson at the school. Please note that all SCHOOL FEES must be paid with or before GRAD FEES can be paid.

Graduation information will be updated regularly on our website, Facebook page, Twitter, and Instagram. Thank you for your time and assistance with this important event in the lives of our students.

Blessings,
Joanne Polec, Principal



A Year to Remember

Get excited. Get inspired.
Get ready for grad pictures.

Prestige
Photography by Lifetouch

BOOK YOUR APPOINTMENT:

Catholic Central High School

Portrait Sittings: Feb 14th – Feb 25th
and Mar 7th – 11th, 2022

Location: 1021-3rd Ave South,
Lifetouch studio.

Notes: Please come to your
appointment 5 minutes prior to start.

www.prestigeportraits.ca

Covid-19 Precautions

In order to ensure your safety and that of our staff we have made a few adjustments to our operations:

If you are experiencing any symptoms related to Covid-19, as outlined by Alberta Health Services, please do not come to your appointment, we will be happy to reschedule you at a later date.

Please arrive for your appointment 5 minutes prior to your scheduled time. We will not be able to accommodate you if you are late for your appointment. Only the graduate will be allowed into the photography area.

At this time we will not be including pets, friends or family members in portrait sittings.

We will only be accepting debit and credit for payment of sitting fees.

The use of props provided by Lifetouch is voluntary, we have implemented safety protocols for sanitizing props or will provide one time use props for each sitting. Graduates may bring appropriate props to be included in their sitting.

We will not have shirts and ties for graduates to use and our staff are not able to tie ties so please ensure you can tie your own or have it pre tied.

Plan & prepare for your session at
PRESTIGEPORTTRAITS.CA

If you have any questions regarding booking an appointment or what to expect please contact us:
Calgary: 403-255-5440 Lethbridge: 403-327-2658 Red Deer: 403-356-9410 Medicine Hat: 403-487-5256

Oki/Hello Parents & Guardians of CCHS students

As your Family School Liaison Counsellor one of my roles is to act as a community liaison for families. This includes providing information about local resources in the community of Lethbridge and surrounding areas. Below is contact and service information for the Family Centre.

I invite you to directly reach out to me at kristjansonm@holyspirit.ab.ca, or by phone at 403-327-4596 should you need any support getting connecting to services or have inquiries regarding community supports and available programming.

God bless each of you

Sincerely,

Mallory Kristjanson
Family School Liaison Counsellor
CCHS



Family Centre, based in Lethbridge, is a non-profit organization providing a comprehensive range of services to children, youth and families in Southwestern Alberta.

Mission: Family Centre empowers children and families through programs, resources and connections.

Programs offered by Family Centre are:

- Information and Referrals;
- Early Childhood play programming & developmental screening;
- Parent Education;
- Resources;
- Family Support Services including counselling & discussion groups; AND
- Family Success Coaching and the Interfaith Chinook Country Kitchen programs.

To connect directly with the Family Centre, please contact 403-320-4232.

OFF-CAMPUS NEWS

HAPPY
NEW YEAR

DUAL
CREDIT

Dual Credit Program

We are excited about new Dual Credit opportunities being offered in the Winter semester by our post-secondary partners, Lethbridge College and Olds College. Students can choose from a variety of courses that will earn them five 30-level high school credits and three credits from the post-secondary institution.

Course Offerings Winter Semester 2022 (February - May)

Lethbridge College



- **Agriculture Finance** - online, asynchronous
- **Introduction to Psychology** - online, asynchronous
- **Marketing Fundamentals for Media** - online, asynchronous
- **Physical Geology** - online, asynchronous, with some on-campus labs
- **Principles of Animation** - online, asynchronous

Olds College



- **Applied Ecology** - online, asynchronous
- **Global and Sustainable Tourism** - online, asynchronous
- **Intro to Sports Management** - online, asynchronous
- **Producing Horticulture Crops** - online, asynchronous
- **Solving Technology Problems (Agriculture Based)** - online, asynchronous
- **Veterinary Practice: The Team Connection** - online, asynchronous



For more information about the Dual Credit program, please contact Mrs. McAdam at mcadamw@holyspirit.ab.ca

U of A Get Away Weekend

Any grade 11 students who are interested in applying to the U of A for their free Get Away Weekend in May need to apply by January 28th.

Students will stay in residence, check out the facilities and see what campus life will be like.

Register at: ualberta.ca/admissions/undergraduate/tours-and-events/uofa-getaway

Lethbridge College

The Lethbridge College is planning to be on Campus East on January 17th and on Campus West on January 18th at Flex. They will set up a table in the Cafeteria and Gathering Area to talk about the programs they offer and to answer any questions students have.

Stop by and see them.

December Hours

All RAP and Work Experience students please remember to hand in or send your December time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



Lethbridge College Junior and Senior High School Appreciation Night

On January 29th from 5 to 10pm the Lethbridge College is inviting senior and junior high school students to attend a Kodiak Basketball game for free. There will also be food and prizes.

Register at: tfaforms.com/4952903

Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

Wendy McAdam - Dual Credit Liaison— 403-327-4596 Ext 313 or Email: mcadamw@holyspirit.ab.ca



Looking forward to a new year with ...

Holy Spirit Catholic School Division

2022/2023 REGISTRATION

Re-Registration Starts January 17, 2022

Families who already have students in our system should expect an email during the week of January 17-21, 2022 asking that the online "Registration Update Form" be completed for each child who will be attending during the 2022/2023 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.

New Student Registration Starts February 1, 2022

Students new to the division who wish to enroll for the 2022/2023 school year are invited to register online starting on February 1, 2022.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Our **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2022.

For information about our Early Learning and Kindergarten Programs, or to discuss your child's specialized programming requirements, contact our Early Learning Coordinator at 403-381-8495 or earlylearning@holyspirit.ab.ca.

For More Information

If you need assistance with the online registration process, or have any questions, contact your child's school or visit the school division's website at www.holyspirit.ab.ca.

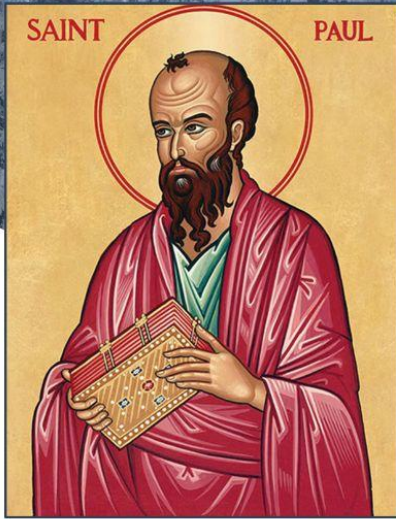


Holy Spirit Catholic School Division

...where students are cherished and achieve their potential.

January

Together on the Journey

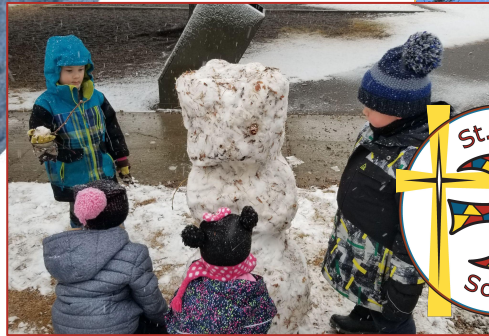


St. Paul

School: St. Paul

“My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.”

1 Corinthians 2:4-5




ST. PAUL

St. Paul is one of the most influential of all the saints. Many of his writings are contained in the Bible and have influenced the growth and development of the Church since the first century. St. Paul was originally known as Saul. He was a Roman citizen and a Jewish Pharisee who believed in the strict observance of God’s Law. He persecuted the early Christians and was present at the martyrdom of St. Stephen. While on the road to Damascus, Saul had an encounter with the risen Christ. His encounter convinced him that Christ had come for all and the observances of Jewish Law were not necessary for those who believed in Christ. He was subsequently baptized and took the name of Paul.

Paul spent his life travelling and preaching, primarily to the Gentiles. In 67 AD, Paul was arrested in Rome and was beheaded under Emperor Nero. Throughout his life, he established churches and remained in communication with the faithful, often writing letters to answer questions and resolve disputes. The letters that have survived have become part of the Bible.

Evangelization is the Work of God



7 TIPS FOR YOUR CONVERSION PROCESS

- 1 The people in your life didn’t change, you did**
The only difference is that you walk with the Lord now.
- 2 You can’t be holy overnight**
Holiness is a lifetime process. Keep going!
- 3 You may feel tempted to give up**
Don’t get discouraged and don’t try to silence your conscience.
- 4 Remember that faith is not a feeling**
Let your goal be to love God at all times, even when it gets hard.
- 5 Keep praying and learning**
The spirit must be trained, set some real resolutions.
- 6 Talk about God**
Bring God everywhere you go, with your words and actions.
- 7 And remember...you are Catholic everywhere**
Be a Catholic outside your group or movement, the world needs you!

Reflections on the Conversion of St. Paul

All of us are called to conversion — probably not in a sudden dramatic fashion like Saul — but still constantly day by day we are called ever more to surrender our lives to Christ. He calls us too by our own name with great mercy and tenderness; he calls us to abandon our special resistance to his will and plan for our lives and to conform ourselves to his will and plan.

If we are to respond to that call we, like Paul, must give ourselves up to prayer, stopping the whirl of frantic activities and putting ourselves before God, saying like Paul: "What shall I do?" (Acts 22:10).

St. Paul’s conversion is not just an interesting historical episode from the beginning of the Church — is is paradigmatic for our own continued journey of conversion. All of its elements can be applied to ourselves.

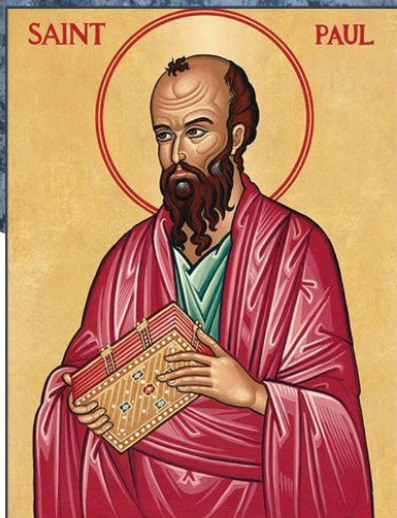


“Therefore encourage one another and build up each other, as indeed you are doing.”

- 1 Thessalonians 5:11

January

Together on the Journey



St. Paul

School: St. Paul



Feast Days and Celebrations January 2022

- 1 The Solemnity of Mary, the Holy Mother of God
- 1 World Day of Peace
- 2 Epiphany of the Lord
- 9 Baptism of the Lord
- 14 World Day of Migrants and Refugees
- 18-25 Week of Prayer for Christian Unity

As you journey with St. Paul this month...

WEEK ONE

Paul's conversion was quite dramatic. Not all of us will have a similar conversion experience in our relationship with God. Consider the infographic on page one - is there one area that speaks to you the most and might be an area for growth in your life?

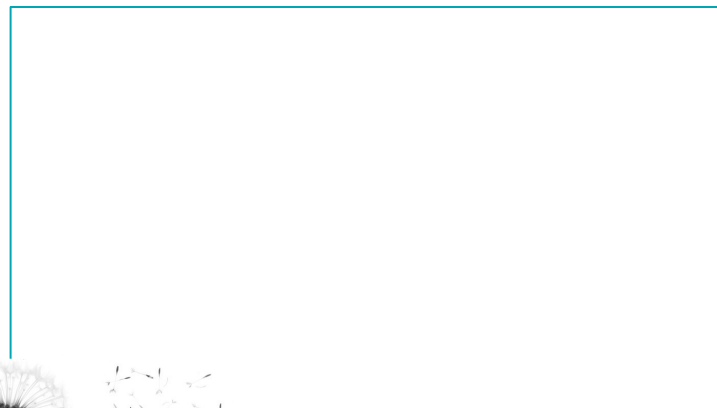
WEEK TWO

When Saul (Paul) was suffering (temporarily blind), he entered into prayer and fasting, even though suffering usually makes us want to "check out." With St. Paul as an example, contemplate this verse and how it may help you during a difficult time: *"For I, the Lord your God, hold your right hand; it is I who say to you, "Do not fear, I will help you."* - Isaiah 41:13



WEEK THREE

Stephen had, like Jesus, prayed for God to forgive his murderers. God heard his prayer and extended forgiveness to Saul. But the rest of the Church still had to live the hard task of forgiveness. Could you have forgiven Saul? Ask for the grace to forgive your enemies or anyone who has hurt you.



Forgive, and you will be forgiven.

Luke 6:37b

WEEK FOUR

Paul's mission flowed from his relationship with God. He took time away from the mission to seek the "one thing necessary" (Luke 10:42). When is the last time you went on "retreat"? It's the beginning of a new year. Look at your calendar this week and include time alone with God. Whether it's a specific location or alone in your room, think of ways to include God in your life.



Source: *Daily Lessons from the Saints* by Fr. Brice Higginbotham



Sunday Gospel Readings

Jan. 2nd/Epiphany of the Lord
Matthew 2:1-12

Jan. 9th/Baptism of the Lord
Luke 3:15-16, 21-22

Jan. 16th/2nd Sunday in Ordinary Time
John 2:1-12

Jan. 23rd/3rd Sunday in Ordinary Time
Luke 1:1-4; 4:14-21



Just be there: How to support your teen's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help teens adapt and stay well, there are still challenges. Some students continue to learn remotely, and others have gone a long time without in-person visits with friends or extended family. In the face of so much disruption, it's natural to worry about how your teen is holding up.

When it comes to mental health, the day-to-day relationship you maintain with your teen matters. Your presence and support nurtures their well-being and helps them cope with life's

ups-and-downs. You also know them better than anyone else does, so you play a key role in noticing and responding to problems.

As the pandemic carries on, here are some tips to help you be there for your teen.

Check in

Every day, take a few moments to check in. Ask your teen how they've been doing and what they've been up to. Encourage them to share their thoughts, feelings, and challenges. Be honest about how things are going with you—this can help open up

Healthy Teens

and normalize conversations around mental health.

Checking in with your teen can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them identify a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your teen that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your teen to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

Surround them with calm, warmth, and safety

As much as you can, provide a positive home environment that nurtures healthy growth and development, and builds their independence. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Try not to solve their problems for them; instead, help brainstorm solutions
- Listen to their opinions and give them an active role in making decisions
- Work together to set healthy routines for getting school work done and for things like staying active, eating well, and getting enough sleep

January 2022 Family Newsletter

- Set boundaries and stick to them—just be open to negotiating as your teen matures
- Help them break big tasks into smaller, more achievable goals
- Encourage and model unplugging from technology, especially for meals, homework, and sleep

Help them understand and manage stress

Teach your teen that stress is a natural response to challenging situations. Help them figure out what stress looks and feels like for them—for example, they might feel nervous, shaky, or nauseous.

Recognizing stress is the first step in handling it. Learn more with this handy [4-minute video](#) and encourage your teen to explore different ways of coping. Role model the techniques that work well for you, and give them opportunities to learn and practice what works for them. Some common techniques are:

- Breathing exercises
- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, mindfulness, art or music
- Spending time in nature

For more information about mental health, visit:

- [Stress in children and teenagers](#)
- [MentalHealthLiteracy.org](https://www.mentalhealthliteracy.org)

Healthy Teens

January 2022 Family Newsletter

Be proactive about mental health

You know your teen best. If you have concerns about the way they are thinking, feeling, or acting, it's a good idea to get help. Identifying concerns early and responding to them can prevent future problems, and can make things easier for both you and your teen.

If your teen is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
 - Your teen's teachers may be able to help. Ask about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.
- You can visit ahs.ca/helpintoughtimes for a directory of supports for handling financial pressures, unexpected challenges, and stressful situations.
 - You can call **811** to speak with a registered nurse, any time of day or night.
 - Your teen can visit jack.org/abhub for online resources to help them care for themselves and look out for others.
 - Your teen can contact Kids Help Phone any time, to talk about anything:
 - By phone: **1-800-668-6868**
 - By text: Text **CONNECT** to **686868**
 - Through Facebook Messenger:
Visit KidsHelpPhone.ca/Messenger

If your teen is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911**.