



## *Principal's Message*

written by Associate Principal, Mr. New

As we welcome February, we will soon see the start of the Lenten Season. Lent represents many different things for everyone. For some, the Lenten Season is a time to reflect on what the school year has brought to our lives. For others, Lent is a time of penitence in which we put others before ourselves. Traditionally, Lent is a time to focus on prayer and honouring the memory of Jesus. We are becoming spiritually prepared to commemorate His death and resurrection.



We will begin our Lenten journey on February 14th with our Ash Wednesday celebration led by Father Kevin. As we come together as a school community in prayer, we want to extend an invite to all. Coming together for Mass is a special tradition as we are a dual campus school and we would love for members of our community to join us. Mass will begin at 9:30 am at our Campus East gym.

Catholic Central is steep with Lenten traditions that will continue this year. Students will participate in Lenten liturgies every Friday during Lent. The liturgies will focus on lessons and reflections that will help us prepare for the Easter Season. This month will also be full of challenges to try and purposely put those around us first. Our hope is students embrace these challenges as we try and make this lenten season pleasant for all those within our school community.

The Lenten Season is a time of sacrifice. When we are younger, this comes in the form of giving something up. As we get older, we look for ways to sacrifice our time or to share our blessings with others. This can be challenging, especially as our lives never seem to slow down, but there is hope. We see it every day in the halls and classrooms here at CCH. Little moments where the students put others first for no other reason than to make someone else's day a little better are on full display. It is my hope that during this Lenten Season, the students of CCH know that we see them, we see what they are doing for each other and that they continue the displays of support and kindness they have shown throughout the year.

February is also a time of preparation for the upcoming school year. Students and their families will begin the process of re-registration and planning for next year and course selections. We will meet with students and begin the process of planning for next year. Our goal is to give each student time with a counselor or administrator so that preparations for next year go as smoothly as possible. We

encourage each student to spend some time with their family discussing plans and goals for the upcoming school year. Going through this process will help prepare your child for the upcoming conversations they will have this month. February is a month of prayer, and reflection spiritually, while also being a time of reflection and preparation academically for the 2024-2025 school year.



May each of you be blessed with opportunities to strengthen your prayer life and reflect on the sacrifice Jesus made for us. Moreover, we hope that these forty days of Lent will give you a chance to grow in your faith. I will leave you all with the following Lenten prayer as we will keep the Catholic Central community in our prayers this Lenten Season.

### ***Prayer for Lent***

Almighty and ever living God,  
you invite us deeper into your world, your people, your Lent.  
May this time be one of outward focus;  
seeking you in those we often ignore.  
Help us live a Lent focused on freedom, generosity, and encounter.  
Give us hearts hungry to serve you  
and those who need what we have to give.

God Bless,  
Mr. New  
Associate Principal





# GRADUATION 2024

It's time to plan for grad! Here are some important dates and items to know:

- Mrs. Polec will be visiting classes in-person to chat with graduates from January 30-February 1. If you do not have classes, please ensure that you check the GRAD 2024 GOOGLE CLASSROOM for information and reach out to Mrs. Polec if you have any questions!
- Grad Parent Meeting – February 1, 2024 – 7:00 p.m. on Campus East in the Cafeteria
- Grad requirements – grad list will be posted on both campuses and in Trinity Learning Centre after the end of quarter 2 exam week. Please see Mr. Collier or Mrs. Ross if you are NOT on this list.
- Grad Hoodies go on sale January 24 until February 16, 2024. They are \$46. Hoodies can be purchased through School Cash Online. Proceeds from sales will go to the Business & Entrepreneurship program.
- Grad photos:  
There is NO CHARGE to grads to have their picture taken. Pictures are taken on these dates:
  - February 5-23, 2024
  - March 4-8, 2024

Grads can book these sessions online at [prestigeportraits.ca](http://prestigeportraits.ca) Select Alberta, Lethbridge then choose your location (Catholic Central High School) from the drop down list of schools and select day and time to book. If you cannot book any of these times, please call Lifetouch at 780-437-2431 to arrange a time and date.

- Grad fees: \$160 due on March 16. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashonline.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 Mrs. Wilson at the school.
- Access CCH Website:  
<http://www.holyspirit.ab.ca/cch/>  
for grad updates

## DETAILS FOR GRAD 2023

1. Grad Mass, Friday, May 10, 7:00 p.m. – 9:00 p.m, Enmax (plan for 1 ½ to 2 hours)
2. Grad Ceremonies, Saturday, May 11, 9:00 a.m. – 12:00 p.m, Enmax (plan for 3 hours)
3. Grand March (with Grad Dance to follow), Saturday, May 11, 7:30 p.m., Enmax (plan for 2 hours)

## Catholic Central HS - Class of 2024 – Memories For a Lifetime!



What My Ring Means!

Order Days - Monday, February 12 (West Campus)

Tuesday, February 13 (East Campus)

Time - 10:45 to 12:00

Place - Cafeteria

(get your finger sized, ask questions, try on rings, place your order)

Design Your Jewelry @ [www.jostens.com](http://www.jostens.com)



FEBRUARY SPECIAL OFFER – SAVE \$60 ON YOUR JEWELRY PURCHASE WITH DISCOUNT CODE

WB60CAD

(excludes P rings & Sarah Chloe Jewelry)

Sean & Denise Kelly – 403.252.1774 - sean.kelly@jostens.com



January 30 - First Day of Quarter 3 classes

Administrator on Campus West - Mr. Comchi  
Administrators on Campus East - Mr. New and Mr. Vercillo  
Mrs. Polec will continue to schedule days on both campuses  
Mrs. Ross will be on Campus West  
Mr. Collier will be on Campus East

January 31 - FNMI Post-Secondary Information Night @ 6:00 pm in library on CEast

February 1 - Grad 2024 Parent Information Evening on CEast in the Cafeteria @ 7:00 pm

February 7 - Grade 9 Parent Information Evening on CEast in the Cafeteria @ 7:00 pm - Please read attached letter: [Gr. 9 Parent Letter](#)

February 8 - Grade 9 Parent Information Evening on CWest in the Gathering Space @ 7:00 pm - Please read attached letter: [Gr. 9 Parent Letter](#)

February 9-10 - JV Boys Basketball CCH Home Tournament

February 12-16 - Grade 9 Class visits for information about high school and course selection process. We will visit St. Francis on February 12, St. Catherines on February 16, Father Leonard Van Tighem on February 15, St. Josephs on February 16. Should you need any assistance with registration and course selection, please do not hesitate to contact Mr. Collier or Mrs. Ross

February 13 - Valentine's Day Celebrations

February 14 - Ash Wednesday Mass at 9:30 am

February 19-23 - NO SCHOOL - READING WEEK and TEACHERS' CONVENTION

February 28 - Pink Shirt Day

February 26-March 8 - CCH will start its course selection process for current grade 10 and 11 classes.

March 5 - Quarter 3 Midterm

March 6 - Feeder School Matinee

March 7 - 6:00-8:00 pm Parent Teacher Conferences for Quarter 3

March 8 - Opening Night for *Wizard of Oz*

March 11 - NO SCHOOL - Division Collaborative Day

March 15 - All course selections must be completed and submitted

March 16 - Closing Night for *Wizard of Oz*

March 28 - Holy Thursday and Last day of Classes before Easter Break

March 29-April 5 - NO SCHOOL - EASTER BREAK!

April 8 - Return to classes

April 9 - Last day of classes





The cast, crew, and production staff are hard at work putting together the special touches that bring our production of The Wizard of Oz to the Knights of Columbus Eggplant Theatre this spring. It is unbelievable that we are closer than ever to our opening night, but with some brains, heart, and nerve, this is going to be another magical show!

**Tickets will be available in early February through the CCH website.**

The production runs on the following dates:

Wednesday, 06 March - Student Preview, 7:30 p.m.

Friday, 08 March - Opening Night, 7:30 p.m.

Saturday, 09 March - Matinée, 1:30 p.m. and Evening 7:30 p.m.

Sunday, 10 March - Matinée, 1:30 p.m.

Tuesday, 12 March - Evening, 7:30 p.m.

Wednesday, 13 March - Evening, 7:30 p.m.

Thursday, 14 March - Evening, 7:30 p.m.

Friday, 15 March - Evening, 7:30 p.m.

Saturday, 16 March - Matinée, 1:30 p.m. and Closing Night, 7:30 p.m.



## A message from our Athletic Director - Mr. Dale Comchi

CCH Athletics and Clubs resume a busy schedule in 2024. We are excited to have an official wrestling team this year with one wrestler competing in ASAA competition in February this year.

The JV Boys head to tournaments in Fort Macleod, Coaldale, and their home tournament on February 9/10. The Senior Boys complete their tournament schedule in Magrath Feb. 15-17. The boys resume a busy SAIAC league schedule in February hosting Raymond, Magrath, Cardston, and LCI (Senior Night). On the girls side the JV Girls have tournaments in Airdrie and Milk River. The Senior Girls head to tournaments in Calgary and Immanuel Christian. The girls also resume a busy SAIAC league schedule mostly on the road, with only LCI (Senior Night) remaining to host.



The Robotics Team led by Mrs. Schwark (Nadeau) and Mr. Rosen will be headed to the BMO Center in Calgary Feb 2-4 for their second year competing in Mecha Mayhem, a VEX Robotics Signature Event.

Look for information in the announcements as Badminton is scheduling open gyms with tryouts in February. Spring sports such as girls and boys rugby will be starting soon. Baseball, slowpitch, track and field are all just around the corner.

Go Cougars Go!

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*"In space, stars come together to form constellations, creating unique patterns in the night sky. Similarly, the experiences, friendships, and shared memories at CCH create a unique tapestry for each student."*  
- J. Polec



Our title for the 2023-24 yearbook is "**Stellar Horizons.**"

Looking and moving forward into the future, our CCH community continues to explore and grow together in friendship and faith. As our seniors begin to look beyond their current horizons, we continue to celebrate all the stellar students who inhabit our hallways at CCH. If you haven't already done so, be sure to purchase your 2023-24 yearbook through School Cash Online. Thank you for your continued support of Catholic Central's Yearbook Committee



*Please join us at the next School Council Meeting which will be held on Wednesday, March 13, 2024 at 6:00 p.m. in the Library on Campus East. All are welcome to attend!*



**Just a reminder that School Fees are now PAST DUE! Please contact Mrs. Wilson if you require assistance in paying your fees.**



## Grade 12 French Immersion Farewell Celebration



As is tradition, the graduating French Immersion class had a little celebration of the student's 13 years of schooling in French on January 18th. This year, we had a continental breakfast together and then the students were presented with a couple of little gifts from the school division's Second Language Consultant - Wendy Urquhart - and from the FLA teacher - Lise Schmidt.

As the years go by, the immersion students come to recognize the special bond they have with their classmates, many of whom they've had for 13 years!! It is always a pleasure to celebrate their accomplishments with the students as well as to walk down memory lane and share some unique and touching stories. Best wishes to the French Immersion Class of 2024!!



## *Welcome*

Hello! My name is Jessica Dube and I am a new EA here at CCH. I became an EA because I have a passion for walking along side teenagers and supporting them in achieving their academic goals and encouraging them to have a close relationship with Jesus. Playing piano, singing, reading and listening to music are some of my favourite things to do. I have been married to my husband Cameron for 13 years and we have two daughters, Priscilla (11 years old) and Atarah (9 years old). Thank you to everyone for the warm welcome during my first few days at CCH!

# OFF-CAMPUS NEWS

## Olds College Dual Credit Courses Winter Session

Students can now apply for Olds College Dual Credit courses which run from March 4 to May 24, 2024.

Courses offered are:

Accounting Principles 2

Veterinary Practices: The Team Connection

Electronics and Control Systems in Precision Ag.

Applied Ecology

Global and Sustainable Tourism

Managing Landscapes

Training for Performance

Please contact Mrs. Gurr or Mr. Boschee for more information and application forms.

**Deadline to apply is February 13, 2024.**



## CAREERS: The Next Generation Young Women in Trades & Technologies (YWITT)

### Youth & Parent Information Night February 13 6:30-8 pm

Join CAREERS at CCH Campus East in the Library to learn more about career and internship opportunities for young women. Girls will find out what it's like on the job and get career planning resources. See Mrs. Gurr for more information.



### YWITT Spring Camp April 2-4 8:30am - 4 pm

This camp is a totally free event and will run for 3 full days this coming Easter break for young ladies in grades 10 -12. Girls will visit 6 different employers within Lethbridge and meet with and hear from female mentors currently in the skilled trades. Lunch and snacks are provided everyday. There will also be the chance for the students to get internships with the employers this summer.

**Space is limited to 10 spots** so register early at :  
<https://www.careersnextgen.ca/events/young-women-in-trades-and-technologies-lethbridge-spring-camp/>

See Mrs. Gurr in the Career Centre for more information.



## February Virtual Career Sessions

Police Officer - Feb 7 at 4:00pm

Pilot - Feb 14 at 4:30pm

Helicopter Pilot - Feb 15 at 4:00pm

Register for one or all of these sessions, or listen to past sessions, at:

<https://careersteps.ca>



## The Off-Campus Team

Mark Boschee - Off-Campus Coordinator - Cell: 587-220-4258 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)

Wendy Gurr - Career Practitioner - Cell: 403-593-2903 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)





January 17, 2024

Hello parents, guardians, and caregivers:

Re: School Routine Immunization Program within Alberta Health Services (AHS) South Zone.

AHS reminder phone calls and texts about school routine immunizations (non-COVID) are sent as needed to alert parents, guardians, and caregivers about returning paper consent forms for in-school immunizations, or to alert caregivers about immunization eligibility.

Recently, a “return consent form” reminder phone call and/or text message was sent to families for students in **grade 9** who have not yet returned consent form(s) for the dTap vaccine (i.e., Diphtheria, Tetanus, acellular Pertussis —also known as Whooping Cough) and MenC-ACYW-135 vaccine (i.e., Meningococcal quadrivalent conjugate vaccine, which protects against four types of bacteria that cause meningococcal disease).

Immunizations have begun for some grade 9 students; however, most grade 9 students will be immunized in March 2024. Your child will only be immunized if you have provided written or verbal telephone consent. If your child missed receiving the immunizations at school, the nurse *may* be returning to the school before the end of the school year as able.

**Other routine school immunizations (non-COVID) offered as a reminder:**

- Immunizations offered in school in grade 6 for Hepatitis B and Human Papillomavirus vaccine series each year. We have provided first doses to most grade 6 students in fall 2023; for those students whose parent consented for the vaccine(s), the next dose is due in spring 2024.
- Students in grade 1 who have missed the pre-kindergarten routine booster can be updated at your nearest local community health office - please call to book an appointment.
- Children who are homeschooled may obtain routine school-aged immunizations at your nearest local community health office by appointment.

**How to obtain routine school immunizations (non-COVID) for your child:**

- Sign and return the immunization consent form to your child’s school as soon as possible if you would like your child immunized in the school setting.
- If there is one or more vaccines you do not wish your child to receive, write REFUSED across the vaccine(s) you do not want and return all consent form(s) to the school.
- You may also provide verbal telephone consent to a public health nurse by calling your local community health office.
- Call to book an appointment at your local community health office.
- If you are unsure if your child is due for school routine (non-COVID) immunizations, please ask to speak to a public health nurse.

If you have any questions, please contact your local community health office. To find your community health office, visit: [Find Healthcare - Search \(albertahealthservices.ca\)](https://www.albertahealthservices.ca) (Select: ‘Search by Facility Type’, then choose ‘Public Health Centres’, then in ‘Location’ field choose your location).

If you have questions about school routine immunizations or would like to view the routine immunization schedule, please visit [ahs.ca/immunize](https://www.ahs.ca/immunize).

Sincerely,



Allison Gonsalves, MD, FRCPC  
Medical Officer of Health  
Alberta Health Services – South Zone

Medical Officers of Health, South Zone  
801 1 Avenue South • Lethbridge AB T1J 4L5  
[www.ahs.ca/moh](https://www.ahs.ca/moh)

Immunization and routine  
immunization schedule | Alberta.ca



# February

## Build! Pilgrims of Hope



*"Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people."*

Matthew 4:23

### St. Dulce Lopes Pontes 1914-1992 (Feast Day: August 13)

When Maria de Souza Pontes was 13, her aunt took her on a trip to the poor area of her hometown. She was struck by the poverty and need that she encountered, and began to start to care for the homeless in her own neighbourhood. At 18, she joined a missionary order and became known as Dulce. Immediately, she began to serve the neediest in Salvador, supporting workers and housing those in need. Initially, this was done in abandoned homes and buildings, but each time they were evicted. Finally, she asked the permission of the convent to convert their chicken coop - which over time became a hospital. That hospital today serves more than 3,000 patients per day and is the largest free hospital in Brazil.

In 1959, she created a foundation known as OSID, which oversees the hospital, as well as other welfare and education services, and is a well known and respected organization in Brazil. It serves the homeless, elderly, children, those with addictions and disabilities and other marginalized groups. Dulce was nominated for the Nobel Peace Prize in 1988, and lived the last years of her life with respiratory problems prior to her death in 1992. St. Dulce Lopes Pontes was canonized by Pope Francis in 2019, becoming the first Brazilian female saint.

### "Building" In Our Schools

At St. Joseph School in Coaldale, their Leadership class is spearheading a fundraising campaign for our divisional Chalice campaign. As they raise funds, through ice cream float and hot chocolate sales, they are visually tracking their contributions by adding bricks to their school diagram - building a school of kindness. What a great way to show solidarity with St. Odilia!



### Corporal Works of Mercy

#### — Visit the Sick —

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. Consider one or more of these practical ways to show this work:

- Give blood.
- Take time on a Saturday to stop and visit with an elderly neighbour.
- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one.
- Spend quality time with those who are sick or homebound.
- Take the time to call, send a card or an e-mail to someone who is sick.

#### Pope's Prayer Intentions - For the Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



*"We are like a pencil with which God writes the texts He wants said in the hearts of men."*

(St. Dulce Lopes Pontes)

### Catholic Social Teaching

#### — Solidarity —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

Last month, we looked at the preferential option for the poor and vulnerable. We saw how keenly interested God is in those at the margins. When we act in ways that align with this, recognizing our interdependence, seeing ourselves in others and seeking to secure the good of others, we are showing solidarity. As St. Pope John Paul II wrote,

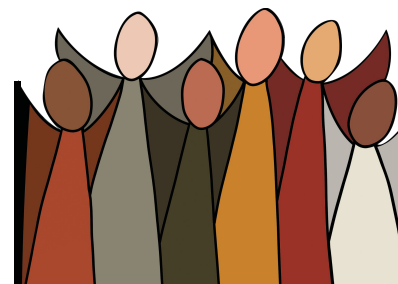
*"[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all."*

Learn more about Solidarity with one of these resources:

CST 101 - [Solidarity](#)

Development and Peace - [Solidarity](#)

USCCB - [Solidarity](#)





# Gospel Readings

February 4, 2024

5th Sunday in Ordinary Time

## Gospel Reading: Mark 1:29-39

"All this I do for the sake of the gospel, so that I too may have a share in it." — 1 Corinthians 9:23

Do WHAT for the sake of the gospel? In today's scripture verse, we are called to do EVERYTHING for the glory of God. The Gospel tells of Jesus' life and how he tried to please God with all he did and said, the way he loved, the way he treated others, the way he did everything! We too are called to do everything in our lives to live out the Gospel. The word "gospel" means "good news." We want to have a share of this Good News, just like St. Paul did. All we have to do is live the Gospel in our own lives. So listen carefully to the scripture readings at Mass. They will guide you to live for God!

What do you think it would be like to have a share of the Good News?



### Prayer:

Dear Lord, we want to experience your Good News today and be with you in heaven someday! Please help us to learn what we need to do to have a share in that gift.

February 11, 2024

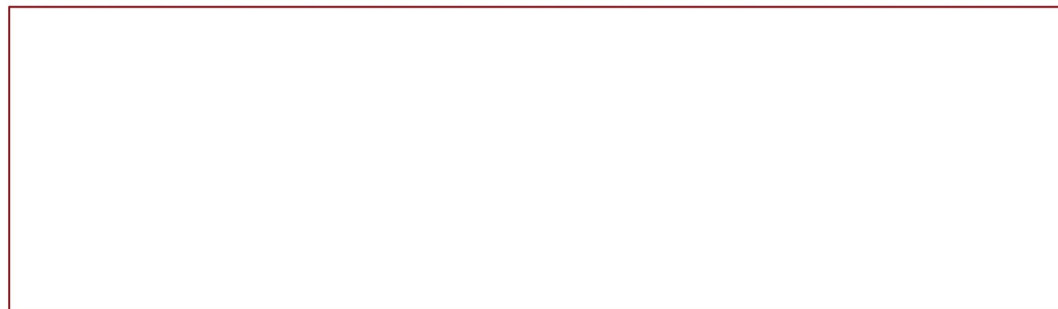
6th Sunday in Ordinary Time

## Gospel Reading: Mark 1:40-45

"...Whether you eat or drink, or whatever you do, do everything for the glory of God." — 1 Corinthians 10:31

How could what I eat or drink glorify God? St. Paul reminds us in this reading to remember God and give him glory for all the normal, everyday things we do in our lives. It's easy to forget and take things for granted, but everything is a gift from God. Paul also reminds us to be kind to others in everyday situations. We can make choices like holding the door for others, when all we want to do is get into the place we are going. We can choose to be last in line, allowing others to go before us and offering that as a prayer. These are all small ways we can give glory to God—and show God's love—in our daily lives.

What are some ways you can show glory to God in your life every day?



### Prayer:

Dear Lord, I don't always feel like I can do great things to show you my love. Please help me to find small ways every day in my own life to give you glory.

Download this month's [Saint Prayer Card](#) - St. Dulce Lopes Pontes



[Home Page](#)

# Gospel Readings

February 18, 2024

1st Sunday in Lent

## Gospel Reading: Mark 1:12-15

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan." — Mark 1:12

Even Jesus was called for forty days to fast and pray. It was not easy for him. Satan was there whispering in his ear to try to get him to stop fasting and walk away from his prayer. He could have done that. He was God. But he chose the harder way. He chose to offer up his discomfort to glorify God and grow closer to him. We too are called to forty days of fasting and praying. We may even be tempted as Jesus was to walk away from the sacrifices. But just as the Spirit gave Jesus the strength to keep going, he will give us what we need to continue and grow closer to him.

What are some ways that you can fight off temptations? What are your favourite ways to pray?



### Prayer:

Dear Lord, thank you for giving us the opportunity to join with you in this time of fasting and praying during Lent. Please give us the grace not to give in to temptation.

February 25, 2024

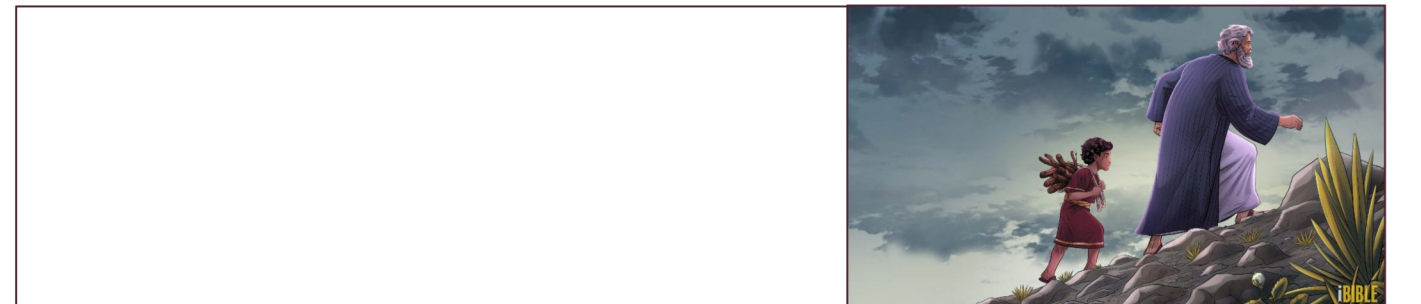
2nd Sunday in Lent

## Gospel Reading: Mark 9:2-10

"Then God said: "Take your son Isaac, your only one, whom you love...there you shall offer him up as a holocaust..." — Genesis 22:2

Think of the one person you love the most in the world. Is it your mom, dad, a brother or sister? Maybe it's a best friend or a cousin. Can you imagine if you heard God ask you to give them up forever? That would be the hardest thing you'd ever have to do. Yet, in today's scripture, that is what God asks Abraham to do. Abraham is a great example of faith and trust in God. He didn't understand why God wanted him to give up his only son, whom he loved with all his heart. But he trusted in God. In the end, we learn that God didn't want him to give up his son, he just wanted to test Abraham's faith and trust. I think he passed the test, what about you?

Are there things in your life that God may want you to give up that would help you grow closer to him?



### Prayer:

Lord, may we learn to have the same faith and trust in you that Abraham had, even when we don't understand your ways.

### Sources:

[All about Blessed Dulce Lopes Pontes – the Good Angel of Brazil](#)  
[Irmã Dulce](#)  
[Dulce Lopes Pontes: From serving the sick to Nobel nominee](#)

[History, Prayer, and Phrases of Saint Dulce of the Poor](#)  
Image Source: [The Life of Isaac \(Part Two: The Sacrifice\)](#)

[Home Page](#)





**Holy Spirit**  
CATHOLIC SCHOOL DIVISION

TAKE THE NEXT STEP  
AND REGISTER SOON!

# 2024/2025 REGISTRATION

- Re-registration for **CURRENT** students starts **January 15, 2024**
- Registration for **NEW** students starts **February 1, 2024**

We invite you to come and take your next step in education with the Holy Spirit Catholic School Division where children are cherished and achieve their potential.



**EARLY  
LEARNING**



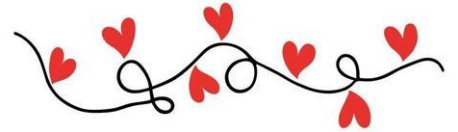
**FRENCH  
IMMERSION**



**FINE  
ARTS**



[www.holyspirit.ab.ca](http://www.holyspirit.ab.ca)



## REGISTER NOW

**REGISTER AT:**

[www.lethbridgeminorsoftball.com](http://www.lethbridgeminorsoftball.com)

REGISTRATION RUNS FEB 1<sup>ST</sup> - MAR 31<sup>ST</sup>

Lethbridge Minor Softball's goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!





(I)SWAG Presents:

# HEALTHY RELATIONSHIPS

Join us as Lethbridge Family Services presents while you enjoy a complimentary dinner at a night of exciting learning

Location  
**Anton's Ballroom**

Sandman Signature, 320

Scenic Drive S, Lethbridge AB

February

**15**

5:30 - 8:00pm

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



**Emily Williston**



**SWAG**  
Student Wellness Access Guide  
Holy Spirit Catholic School Division  
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**Billy Woitte**



**ISWAG**  
Indigenous Student Wellness Access Guide  
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(403)635-2415

# LETHBRIDGE FAMILY SERVICES

Lethbridge Family Services provides highly-accredited health and social services to over 9,000 individuals and families in more than 30 communities in southwestern Alberta. The Outreach and Education team works with individuals, caregivers and professional to facilitate insight, awareness and enhance skills.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's

