



# Newsletter #9

May 14, 2022

## *Principal's Message* *'Rise Above! Inspire Greatness!'*

Dear Parents/Guardians:

We are now midway through May which is the month of Mary. Pope Francis has said, "Our Lady is always close to us; especially, when we feel the weight of life with all its problems." I truly hope that you call on Mary this month to assist you with whatever is weighing you down

In May, we also acknowledge our Mothers, Grandmothers, and all the 'motherly' figures in our lives. Similar to Mary, all mother's often bear the brunt of many hardships, but their love is like no other. We hope that you took time on Sunday, May 8th to celebrate the Mothers in your life! Just as Mary modeled as a mother, let's always remember to never lose faith; with faith, there is hope. We can never underestimate the power of prayer, the power of faith, and in both lies our hope.

I'd like to congratulate our students that received the Sacrament of First Communion. Thank you to Father Myles for his leadership and support in providing these Sacraments for our students. Thank you to our parents and our parish for their support during this important faith formation.

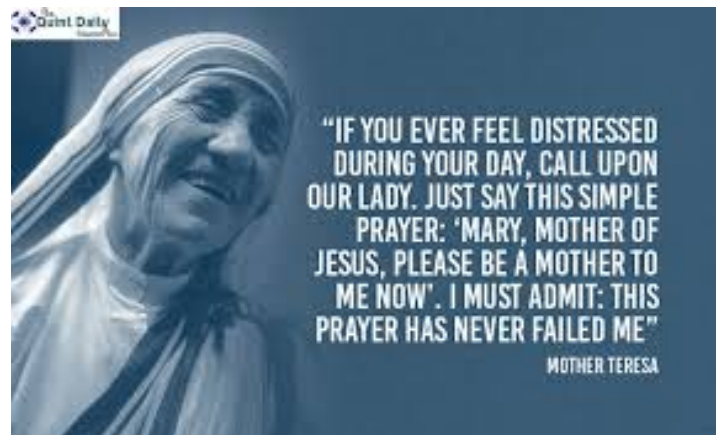
During the week of May 23-27, we will be honoring World Catholic Education Week. This is an opportunity to celebrate and promote Catholic Education by putting into action one of our Catholic Social Teachings. There will be activities throughout the week focused on Holy Spirit's Theme of 'Rebuild, Restore, Renew Together.' We are blessed to continue to have Catholic Education as a choice for our families.

Very soon our Grade 6 and Grade 9 students will be writing Provincial Achievement Tests. I am very proud of the many strategies our teachers have used to help children learn the curriculums that the assessments cover. When children show signs of nervousness regarding the exams, please reassure them that they have been well prepared in the classroom throughout the year and these assessments are a way to prove what they know. With that being said, it's important for us all to be mindful that we are still in the midst of a pandemic and mental health is fragile. We need to positively support our students and teachers on all assessments as many of these have not been done for quite a few years.

As we work together to prepare our students for the final push in this school year, we can remind them that a well-deserved break awaits them in July. The long days of summer will be so much more enjoyed if they are taken as the reward for a job well done. Please keep supporting your children in attending school regularly, working hard, completing assignments and having fun along the way! With that, I wish you all an amazing remainder of the month of May!

May God continue to bless St. Michael's School.

♥ Ms. Schmidt





**St. Michael's  
Graduating  
Class of 2022**

INVITE YOU TO CELEBRATE WITH THEM

June 3

~ Grad Mass at 7:00 pm at St. Michael's Parish



June 4

~ Community Drive By at 1:30 pm at  
St. Michael's School

~ Graduation Ceremony at 3:00 pm at the  
Community Hall  
Banquet to follow

# FAITH FOCUS:

3-Year Faith Plan – “Making Our Mark: Journey of an Intentional Disciple”

**2021-2022 Theme – Transformed by the Journey  
Calls to Action – Be Committed... Be Accountable...**

## **Immaculate Heart of Mary**

Catholics have been devoted to Mary for generations. There are many different types of devotion to Mary across cultures and regions of the world, and in many forms, from the Miraculous Medal to novenas, icons to feasts. Catholics are devoted to Mary as she brings us closer to Jesus and to God through her intercession. The month of May is traditionally dedicated to Mary by Catholics.

One particular type of devotion that Catholics have is consecration. Consecration is an entrustment, where we dedicate ourselves to something sacred and ask for protection, blessing, and intercession. This is something more focused than the occasional Hail Mary or regularly praying the Rosary; it is seeking to live in closeness to Mary as we seek unity with Christ.

A historic reason for devotion and consecration to Mary was the Marian apparitions at Fatima, Portugal. Between May 13 and October 13, 1917, three shepherd children, Francisco & Jacinta Marta, and Lucia dos Santos, were visited on the thirteenth of each month by Our Lady of Fatima. She also asked them to learn to read and write and to pray the rosary “to obtain peace for the world and the end of the war.” They were to pray for sinners and for the conversion of Russia. Up to 90,000 people gathered for Mary’s final apparition on October 13, 1917, the Miracle of the Sun. Both Francisco and Jacinta passed away in their youth during the influenza pandemic after World War I. Pope Francis canonized Francisco and Jacinta on May 13, 2017 (the 100th anniversary); Lucia passed away in 2005, and was accorded the title Servant of God in 2017, which indicates that she is also on the path to sainthood.

Through the month of May, ending on June 25, 2022 (Feast of the Immaculate Heart of Mary), thanks to the generosity of donors, a statue of Mary will be traveling to each school and parish in Holy Spirit. When she visits, you may wish to use this prayer, an Act of Entrustment to Mary, that Pope Francis prayed on October 13, 2013.

### *Words from St. Michael Parish:*

★ Please visit the Parish website at:  
[www.catholicdirectory.com/canada/pincher-creek/church/st-michaels-parish](http://www.catholicdirectory.com/canada/pincher-creek/church/st-michaels-parish)



**Preschool Registrations:** If you would like to register your little person for Noah's Ark Preschool, please call the school 403-627-3488 and speak to Roxane or Tracey. They will put you in touch with Mrs. DeCock who will let you know the availability in her pre-k classes for September and answer any questions you may have. Registration is done online from our website: [New Registrations](#). If you need help with this you can call the office for assistance.



For families with students who are already attending pre-k at St. Michael's you will need to complete an Early Learning Registration Update for 2022-2023. The link for this form is: [ELP Registration Updates 2022-2023](#)

## Registration Updates



As mentioned in earlier newsletters, Registration Updates are ready to be completed. If your child currently attends our school we need you to complete the Registration

Update for the 2022-2023 School Year. Alberta Education requires that the information these updates provide be completed annually. Please log in and review your child's information (making sure to update phone numbers, emergency contacts, email addresses etc). The form will also ask you to complete your consents.

To complete the Registration Update > [PowerSchool Sign In](#) use your username and password to login. If you do not know this information, please call the office 403-627-3488. Once you get into PowerSchool, there's a menu on the left side of the page. Go to the bottom of the menu to SchoolEngage. Click on your child's name and complete the **2022-2023 Registration Update**.



## Kindergarten & Grade 1 Registrations

If your child turns five (5) by December 31, 2022, they are eligible to enter Kindergarten in September 2022. If your child turns six (6) by December 31, 2022, they can be registered in Grade 1.

Registrations are completed online. For a new registration > [New Student Registration](#)

Please have a copy of your child's birth certificate (PDF format) ready to upload during registration.

There is no official cutoff date to register but the earlier the better!



# Welcome!



*Don't Forget:*



Friday, May 20th and  
Monday, May 23rd



Healthy Kids  
Healthy Teens

## Off Campus News

Check out the May Newsletter

[May 2022 Newsletter](#)

**OFF-CAMPUS NEWS**



*If your child needs to leave school early, please notify the office 403-627-3488 as early as possible. Keep in mind that during recess it can be challenging to find students if they are outside.*



**SMPC Website**

**Check us out!**

**A HUGE thank you to our**

**St. Michael's  
community for  
supporting our**

**Gala! It was an amazing  
evening! We raised  
over \$10,000.00!**



As Summer approaches, you may be looking for activities and sports to keep your children active and busy over the summer.



Please Keep in mind that your local Kidsport organization is available to help eligible youth by providing grants of up to \$250.00 to cover the cost of registration. For more information contact the Pincher Creek recreation office at 403-627-4322 or drop by the office to pick up an application.



## **Dual Credit & Off Campus Info Session**

For parents/guardians & students  
currently in grades 9-11

Wednesday, May 18th  
6:30-7:30 pm  
via Google Meet

Earn College & High School Credits

To register email:

[LearningServices@holyspirit.ab.ca](mailto:LearningServices@holyspirit.ab.ca)



Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs end of September to late March.

Register early - spots fill quickly.

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





Nominations are now welcome for Holy Spirit Catholic School Division's "Share the Mission Award." This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

*We are a Catholic faith community, dedicated to providing each student entrusted in our care with an education rooted in the Good News of Jesus Christ*

*Guided by the Holy Spirit, in partnership with home, parish and society, our schools foster the growth of responsible citizens who will live, celebrate, and proclaim their faith.*

*Our Catholic faith is the foundations of all that we do.*

If you know of an individual or group deserving of the "Share the Mission Award," please forward their name to Rhonda Kawa at [kawarh@holyspirit.ab.ca](mailto:kawarh@holyspirit.ab.ca) by June 10, 2022.

Nomination information is accessible on the division's website at: [https://www.holyspirit.ab.ca/board\\_administration/board\\_of\\_trustees/share\\_the\\_mission\\_award](https://www.holyspirit.ab.ca/board_administration/board_of_trustees/share_the_mission_award)

Date

RE: YOUTH RECRUITMENT - RYPEN

To Whom it May Concern,

The Rotary Youth Program of Enrichment (RYPEN) is an annual 4-day camp for aspiring leaders, aged 13 to 17. This once in a lifetime event is free to participants and sponsored by Rotary Clubs across the District 5360. RYPEN will run on September 16 to 19, 2022 at a camp on the Little Bow Travers Reservoir.

The camp is led by a group of committed professionals, many of them Rotarians, to make RYPEN a memorable experience. All adults at the camp carry current police record checks and have completed the Rotary Volunteer Application Process.

To ensure a successful event, we are reaching out to you to help us identify youth who will be interested to attend the camp. RYPEN is ideal for teenagers who are looking to grow, develop their leadership skills, expand their comfort zone, and try out a new adventure. Participants must be between 13 and 17 years old when the camp happens.

When considering someone as a participant, think about whether this person has demonstrated perseverance, courage, and resourcefulness. Academic standing should not be the deciding factor. Any young person that would benefit from developing their skills and confidence is welcome. Participants should be confirmed by June 30. This camp does fill up quickly, so we encourage participants to register as early as possible.


To register a youth, we recommend reaching out to your local Rotary club first to inquire about their available spots as this number will vary between clubs. You can find your nearest club at <https://rotary5360.ca/clubdirectory>. If your local club's spots have already been filled the youth can sign up for a waitlist for a limited number of community sponsorships. However, we strongly recommend connecting with your local club first as there is no guarantee when signing up for community sponsorship. More information, including the sign-up form, can be found on our website [www.rypen5360.org](http://www.rypen5360.org).

Thank you for supporting us in finding youth that will benefit from this amazing experience. If you have any questions at all, please reach out to me or you can email [rypen5360@gmail.com](mailto:rypen5360@gmail.com). Sincerely,

Jerry Firth, Camp Coordinator

On behalf of the RYPEN Leadership Team

# May 2022

8	9	10 Grade 1-9 Student Retreat Day	11	12	13	14
15	16 Grade 6 FLA PAT's Grade 9 ELA PAT's	17	18 Grade 6 ELA PAT's Part A PISA Assessment Grade 10	19	20 Staff Retreat No School for Students 	21

22	23	24	25 Day on the Creek 	26 Senior High Zones In Medicine Hat 	27 Mon-Wed Kinder Grad Pictures 	28
29	30	31 Junior High Zones In Lethbridge 	 Feather Blessing 	2	3 Grad Mass 7:00 pm St. Michael's Church 	4 Graduation Ceremony 3:00 pm PC Community Hall 
5	6	7	8	9 Sword & Shield <b>Athletic Awards</b>	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28 	29	30		

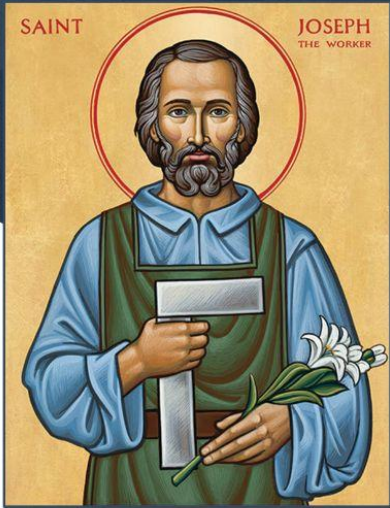


# May

Together on the Journey

“Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much.”

Luke 16:10



**St. Joseph**

Schools: Catholic Central High  
St. Joseph

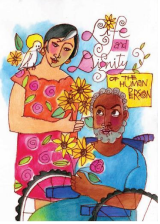


**ST. JOSEPH**

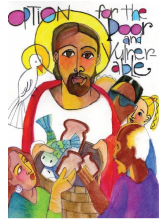
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was “of the house and lineage of David” (Luke 2:4). St. Matthew identifies Joseph as “an upright man.” He was engaged to Mary when he discovered that she was pregnant. He “decided to divorce her quietly” (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

## Catholic Social Teaching

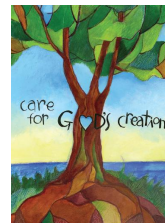
St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



**1**  
God made each person, so every life is important and should be protected.



**4**  
God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



**7**  
The world was made by God, so we take care of all creation.



**2**  
God made us to be part of communities, families and countries, so all people can share and help each other.



**5**  
Work is important in God's plan for adults and their families, so jobs and pay should be fair.



**3**  
God wants us to help make sure everyone is safe and healthy and can have a good life.



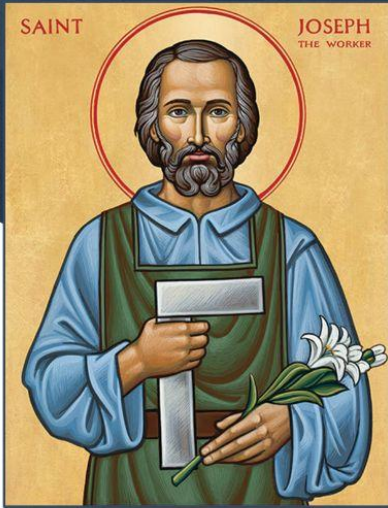
**6**  
God made everyone, so we are all brothers and sisters in God's family wherever we live.



Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.

# May

Together on the Journey



St. Joseph

Schools: Catholic Central High  
St. Joseph

## Feast Days and Celebrations May 2022

- 1 Feast of St. Joseph the Worker
- 8 Mother's Day
- 26 Ascension of the Lord
- 26 World Catholic Education Day
- 23-27 Catholic Education Week

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

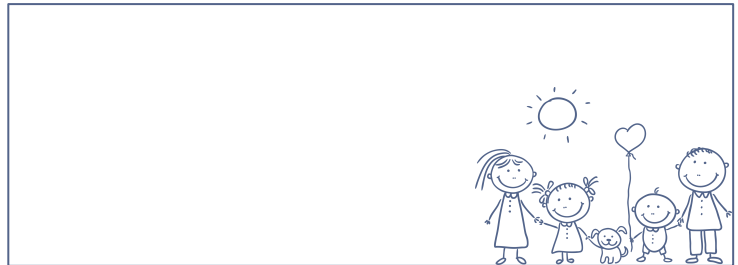
### WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

*“But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light.” (1 Peter 2:9)*

### WEEK THREE

Joseph honoured and cared for his family. This month is Mother’s Day. Think of how you can love others in your family and show you care for them.



### WEEK TWO

Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?



### WEEK FOUR

The angel revealing Jesus’ name to Joseph is very important, because in ancient Jewish culture, it was a father’s role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.

### WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn’t complain. He didn’t argue. He didn’t over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.  
Blessed Joseph, to us too,  
show yourself a father and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.

### Sunday Gospel Readings

- May 1st/3rd Sunday of Easter  
John 21:1-19
- May 8th/4th Sunday of Easter  
John 10:27-30
- May 15th/5th Sunday of Easter  
John 13:1, 31-33a, 34-35++
- May 22nd/6th Sunday of Easter  
John 14:23-29
- May 29th/ The Ascension of the Lord  
Luke 24:44-53

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham  
*Who Was St. Joseph* by [Catholic Straight Answers](#)



# 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](mailto: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.



**Ladies Coffee Break**

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](mailto: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](mailto:info@saea.ca) or [www.saea.ca](http://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](mailto:truebalancecounseling@gmail.com)  
[www.truebalancecounseling.ca](http://www.truebalancecounseling.ca)

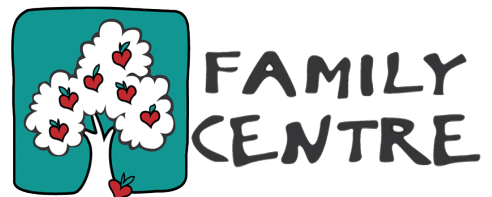
June 20 - 26, 2022

**Pollinator WEEK**

[www.pollinator.org](http://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