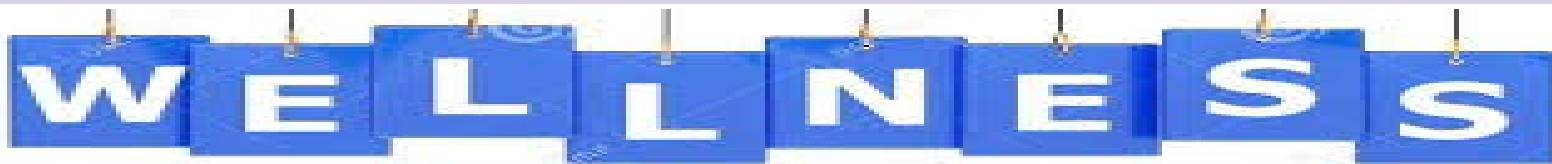


# Wellness at Outreach, Home-Based School, & Distance Learning February's Focus is **Reflect ~ Reframe ~ Refocus**



## Active Living

### Block 2: 2 Minute Mindfulness

- When is your second class?
- Before you start, try doing 2 minutes of mindfulness to prepare your brain for learning.
  - **Mon:** [Mindful Breathing](#)
  - **Tues:** [Mindful Relaxation](#)
  - **Wed:** [Mindful Meditation](#)
  - **Thur:** [Mindfulness Activity](#)
  - **Fri:** [Mindfulness Minute](#)

### GAME CHANGER: Hydrate! How to up your liquid intake

- Flavor your water: Add fruit!
- Challenge a friend: see who drinks what they need on the daily!
- Take it to go: Fill your water bottle before you leave home, and bring it along on your daily travels.
- Alternate your drinks and avoid high sugar drinks: Water, milk, coffee, tea, juice, even broth from soup is a good liquid!

## Walk In Mental Health Supports For Youth Under 18

- Walk-in, No appointment needed
- First Come, First Served!
- Parent/Caregiver attendance is preferred to support the child/youth
- Verbal consent from a guardian is required
- These locations offer Solution-Focused Therapy to children, youth and their parent/guardian who want to initiate change on a walk-in basis.
- A Therapist will assist the client to talk about a specific issue and explore solutions.
- Referrals to other community services may be offered.

### Leduc Clinic

Wednesdays ONLY from  
12:30-4:00pm (last session 3:00pm)  
Centre Hope Building (2nd Floor)  
4906 49 Avenue, Leduc, AB T9E 6W6  
780-986-2660

### Rutherford Clinic

Monday-Friday from 12:30-4:00pm  
Suite 202, 11153 Ellerslie Road  
Edmonton, AB T6W 0E9  
780-342-6850

**Call ahead to find our current wait time!**

## Mental Wellness

### Leduc County Family Resource Network

- More Ideas from [Leduc County FRN](#)

[Virtual Mental Health Education](#): Lunch and Learn Webinars (ex - Understanding Depression in Adolescents) These are for Adults only.

### AHS - Caregiver Education Sessions

(all virtual, just require registration)

- [Body Image and Eating Disorders](#): Tues, Feb 15, 6 - 7:30
- [Sleep and your Family's Mental Health](#): Mod Feb 28, 6 - 7:30

### AHS - Lunch and Learn (adults)

- [Understanding Self-Injury](#): Jan 25, 12:00 - 1:00
- [More than Just a Bad Day](#): Understanding Depression in Adolescents, Feb 24, 12:00 - 1:00

### Family Resource Centre

- [Kids Have Stress Too](#)
  - Two Part Series:
  - March 2 - parents/caregivers
  - March 9 - parents/caregivers and kids
  - Virtual zoom sessions



### What to look for next month:

- Freezer Meal Ideas
- NEW Nutrition Info!

### Joke of the Month:

**Q:** What do you call a groundhog who drives in the center of the road?  
**A:** A road hog.

[Submit your favourite joke](#) for next month!

### Active Living Challenges

A few seconds of exercise right before learning, gets blood moving into our brains and enhances our ability to learn.

Before your next test - try one!

### Activity Ideas:

- Just Jump (20 sec, pretend on a mini trampoline)
- 10 jumping jacks
- [30 second workouts](#)
- [Fitness Free Exercise](#) (do a different one each day)

### Meal Planning: Money Saver Tips!

- Plan at least one meatless meal a week, incorporate grains and buy in-season fruits & vegetables.
- Plan to use leftovers.
- Find the discount section at the grocery store! Buy in bulk, make two of something and freeze the second one!

**Recipe Collection:**  
This month [send us your freezer meal ideas!](#)

### In Our Communities

Free indoor skating in [Strathcona County](#) every Sunday afternoon.

[Free LRC/Alexandra Pool Membership](#) for grade 8 and 9 students in Leduc and Leduc County!

Leduc Family Fun Night - [Register here](#)

Devon Youth Local Group - [check this link](#) for more info!!

Home-Based/Outreach:  
Mrs. Khristi Elford

[khristi.elford@blackgold.ca](mailto:khristi.elford@blackgold.ca)  
780-929-5468

Distance Learning:  
Mrs. Trish Hyrtsak

[trish.hrytsak@gshare.blackgold.ca](mailto:trish.hrytsak@gshare.blackgold.ca)  
a 780-986-2248 x 220



# Gowns & Suits for Grads

The Sherwood Park Elks continue to support local graduates by offering free suits and gowns!

No referral required.

Donations accepted on shopping days!

**Location:** #123 2016 Sherwood Drive  
(Entrance at CanTeen Doors)

**Time:** 10 am - 3 pm

Jan 15/16 and 29/30

Feb 12/13 and 26/27

Mar 12/13 and 26/27

Apr 9/10 and 23/24

May 14/15

Provincial Guidelines for Covid 19 will be followed.  
People are asked to wear a mask and social distance.