

Wellness at Outreach, Home-Based School, & Distance Learning

June is The Countdown to Summer



Canada Day Celebrations

- [Beaumont](#) - Times TBA
- [Devon](#) - Parade 9:30-12:30
- [Leduc](#) - Details TBA
- [Sherwood Park](#) 9am-11pm

Summer Festivals and Events Local Area

- [Black Gold Rodeo - Leduc](#)
June 2-5, 2022
- [Beaumont Days](#)
June 10-12, 2022
- [Calmar Fair Days](#)
August 19-21, 2022

Leduc County Summer Programs

- [Thorsby Epic Adventure Day Camp - July 5 to 8](#)
- [Cloverlawn DIY Day Camp - July 11 to 14](#)
- [Rolly View Cooking Camp - July 18 to 21](#)
- [Glen Park Cooking Camp - July 26 to 29](#)
- [Warburg Epic Adventure Day Camp - Aug. 2 to 5](#)
- [Telford Lego Day Camp - Aug. 9 to 12](#)
- [New Sarepta Sports Day Camp - Aug. 16 to 19](#)



Summer Festivals and Events Edmonton

- [The Works Art & Design Festival](#)
July 7-17, 2022
- [Whyte Avenue Art Walk](#)
July 8-10, 2022
- [Edmonton International Street Performers Festival](#)
July 8-17, 2022
- [Taste of Edmonton](#)
July 21-31, 2022
- [K-Days](#)
July 22-31, 2022
- [Edmonton Heritage Festival](#)
July 30-August 1, 2022
- [Edmonton Fringe Festival](#)
August 11-21, 2022
- [Alberta International Airshow](#)
August 13-14, 2022

Mental Wellness

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!

AHS Central intake for

child/adolescent mental health services:
825-402-6799

Lifelong Learning

***Note:** all sessions are virtual and require registration.

AHS - Caregiver Education Sessions

Junior-High Jitters: Transitioning to the Teenage Years
For parents and students (grade 6-8)
Date: Wednesday, June 15, 2022
Time: 6:00 – 7:30 pm

AHS - Lunch and Learn (adults)

Mindfulness: Benefits for the Whole Family
Part 1: Thursday, June 2, 2022
Time: 12:00 – 1:00 pm
Part 2: Monday, June 6, 2022
Time: 12:00 – 1:00 pm



Your Wellness Team:

Home-Based/Outreach:
Mrs. Khristi Elford
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780-929-5468

Distance Learning:
Mrs. Trish Hrytsak
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780-986-2248 x 220

Increasing Activity in Summer

- Gardening/Yard Work
- Biking
- U-Pick Garden
- Water Balloon Fight!
- Pickleball
- Hopscotch
- Jump on a trampoline

Recipe Collection

Thanks to everyone who submitted recipes! Please find all the recipes and healthy eating ideas compiled in the link above!



Jokes of the Month

- Q:** Where do surfer's go to school?
A: Boarding School
- Q:** Why isn't there a clock in the library?
A: Because it tocks too much!