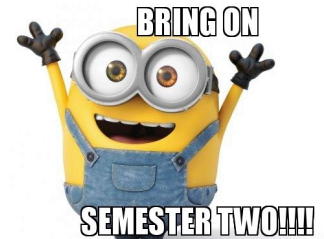


Campus Happenings



NEW CAMPUS HOURS: Monday & Tuesday 9:00am -3:30pm
Wednesday & Thursday 9:00am - 5:00pm
Friday (Test Day & Appointments Only) 9am - 11:30

SCHOOL PARKING: Students and Campus visitors may only park at the **GREEN** and **BLUE** marked parking stalls, or on the road. Please do not park in front of Signarama or Crystal Glass. Thank you!

In Semester 2, Kelly and Luanne will be running a **Holding Space for Change** group, Thursdays from 1-3. This will be a safe, nonjudgmental, trauma informed space where youth set the pace for their own wellness. This is not a treatment program, it is a safe space to discuss concepts such as harm reduction, self care, healthy relationships, and utilizing supports. The group will consist of discussion, art and recreational activities. Please contact Kelly or Luanne if you are interested in participating.

Community Helpers will be visiting us again this year! Come join them for their 4 sessions (lunch is included in the 3rd session) and earn one credit as we discuss Helping Skills for both self and others, examining ethics of helping and local resources available. Sign up sheet is posted at school, or contact Kelly or Luanne.
Feb 4, 11, 12(lunch), 13 9:30-11:30.

April 1, 8:45am-1:30pm **World of Choices Career Fair** is located at the Cochrane RanchoHouse again this year. Sign up sheets are posted at school. This is a free event, including lunch. A great opportunity to ask professionals about their career, education, challenges etc. Space is limited! Sign up soon!

Kelly Beaton, Counsellor 403-932-6131 Extension 5460

To Book Appointments Use <https://kbeaton.youcanbook.me>

*If you need to speak to someone urgently, please call The Crisis Line 403-266-4357

*For 24-hour counselling, please call the Kids Help Phone at 1-800-668-6868

*For local Mental Health and Addictions services please call 1-877-652-4700

UPCOMING EVENTS/ACTIVITIES

Community Helpers Program: Feb 4, 11, 12, 13 9:30-11:30

Welcome Back Pancakes & Stuff: Feb 6 10:00-11:30

Holding Space for Change - Thursdays 1 - 3 (start date TBA)

Random Act of Kindness Week: Feb 10-14 (Volunteer Credits!!)

No School: Feb 14 - 23

SPECIAL THANKS!

COCHRANE LIBRARY

Book of the Month Give-away

GUEST SPEAKERS

Cochrane Victim Services

TOWN OF COCHRANE

Cydney Korner - Safe Coach

COCHRANE RCMP

Cst. Nathan Moore & Cst. Bonnie

SPECIAL GUEST

Mary Beaton - Baker



Campus Happenings

Check out 2019!



New member of
our CLC family



Winners of our December Attendance Baskets



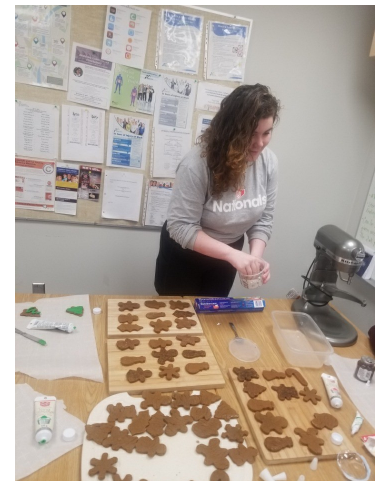
Making Christmas Cookies
with Mary Beaton!



Sharing their talents
with the community



Phys Ed 10 - enjoying the great Outdoors



Victim Services Presentation



Twins