

Buckle up for February at the Opportunity Hub!

As we move through the heart of winter, we've officially passed the 10 darkest weeks of the year! February is a time for growth, new beginnings, and fresh opportunities - and this month's newsletter is packed with ways to connect, learn, and build skills. From Mindful Mondays to the 2025 Youth Art Program - there's something for everyone!

In this edition, we are spotlighting the Hub's very own Peer Mentor, whose dedication and lived experience inspires others to embrace transformation and believe in the power of growth and new opportunities.

This month is jam packed and full of fun. Read on to see what's happening at the Hub!

Upcoming events

Mindful Mondays

Feb. 10, 17, 24 | 4 p.m. - 5 p.m.

Swing by the Hub and connect with our clinician, Caitlin! Grab a snack, build a puzzle, play a game - Mondays are for your mind!

All Things Employment

Feb. 7 | 10 a.m., 11 a.m., 2 p.m., 3 p.m., 4 p.m.

1:1 skill-building sessions tailored for YOU! Pick a time and choose from topics like resume writing, interviews, budgeting, and more.

Youth Art Program - Wood's Homes & Galt Museum

Feb. 11 & 25 | 3:30 p.m. - 5 p.m.

Come explore what "authenticity" means to you through art! A drop-in program at the Galt Museum.

Breakfast & Taxes! - what you need to know!

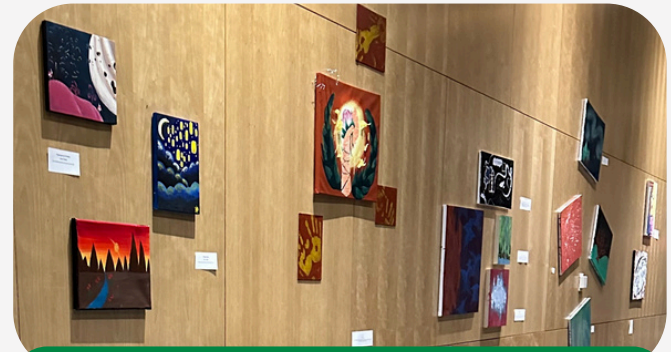
Feb. 19 | 9:30 a.m. - 11 a.m.

Taxes can be confusing! Join this session to learn the basics over a delicious breakfast.

Shop Without Limits - Women's boutique inspired by LNC - @LadiesNiteOut

Feb. 20 | 2 p.m. - 5 p.m.

Come shop for FREE at this women's boutique-style pop-up! Enjoy snacks, find clothing, and hang with the girls!



Youth Art Program 2025

In 2024, Woods Homes partnered with the Galt Museum to offer a drop-in art program using the theme: **"what does mental health mean to you?"**

We're back full-swing and here to support artists in exploring what **authenticity** represents to them!





Service Spotlight

Peer Mentorship

Did you know the Lethbridge Opportunity Hub has a Peer Mentor?

Meet Taynaz! She is a former participant who now supports others in their transition to independence. Drawing on her own experiences, Taynaz helps to facilitate activities, provide guidance, and empower others to reach their full potential.

Taynaz
Peer Mentor, Youth Employment Connections Program



Shop Without Limits Feb. 20 | 2 p.m. - 5 p.m.

LNC - @LadiesNiteOut

Come shop without limits at the Opportunity Hub! Boutique-style clothing shop (FREE) snacks, photos, and laughs with the ladies!

All Things Employment



Feb. 7 | Sessions at 10 a.m., 11 a.m., 2 p.m., 3 p.m., 4 p.m.

All Things Employment is a chance to explore the essential skills needed for job success in a personalized, one-on-one session tailored just for you. Select a time that fits your schedule and dive into topics that suit your needs.

Available topics:

- Resume/Cover Letter Prep
- Learner's License Prep
- Job Interviewing Skills
- Professionalism
- Communication Skills
- Career Exploration
- College/University Support
- Time Management
- Healthy Living
- Healthy Relationships
- Goal Setting
- Staying Organized
- Setting Boundaries
- Meal Planning
- Budgeting / Taxes



Mental Health Moment

Valentine's Day

- **Social media and social pressures.** Valentine's day can be difficult when we're going through our own emotions.
 - Seeing others express their affection could leave us with feelings of loneliness, inadequacy, and isolation
- **Relationship expectations.** People in relationships may feel pressure to emulate others. Each relationship is unique with different expectations, values, and boundaries.

Feel the love this Valentine's Day.

Practice self-care: do more of what refreshes you. For some that's exercise or healthy eating, for others maybe it's music and connecting to the outdoors.

Self-love: treat yourself with what you love - stay in, watch a movie, grab a snack, go for a walk.

Communicate: set your own expectations and be present with your partner.

Practice gratitude: focus on what you can do - you don't have to go "all out" to show someone you care about them.

Get in touch with the Lethbridge Opportunity Hub!

Nash
(403)-635-0575
Nash.Epp@woodshomes.ca

Zandy
(403)-394-5187
Zandy.Schmidt@woodshomes.ca

Join the Hub Club!














Lethbridge Opportunity Hub

Helping young people thrive

WOOD'S HOMES

Hub Activities

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	 7 <i>All Things Employment (1:1)</i> 10 a.m. - 11 a.m. 2pm / 3pm / 4pm	8
9	 10 <i>Mindful Monday</i> 4 p.m. - 5 p.m. w/ Caitlin!	 11 <i>Youth Art Program</i> 3:30 p.m. - 5 p.m. @Galt Museum	12	13	14	15
16	 17 <i>Mindful Monday</i> 4 p.m. - 5 p.m. w/ Caitlin!	18	 19 <i>Breakfast & Taxes!</i> <i>What you need to know</i> 9:30 a.m. - 11 a.m.	 20 <i>Shop Without Limits!</i> 2 p.m. - 5 p.m.	21	 22 4 p.m. - 7 p.m.
23	 24 <i>Mindful Monday</i> 4 p.m. - 5 p.m. w/ Caitlin!	 25 <i>Youth Art Program</i> 3:30 p.m. - 5 p.m. @Galt Museum	26	27	28	

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