

# Langley Education Centre



LEARN ▶ ENGAGE ▶ CONNECT

LEC is part of School District #35 (Langley) and offers secondary school options for teens / adults to continue and complete a secondary education. LEC operates on a trimester model, with structured classes as well as self-paced and online options.

**Address:**

21405A 56 Avenue, Langley BC V2Y 2N1  
Find us next to LSS and the athletic park, across from the airport.

**Contacts:**

Amanda Rawle: arawle@sd35.bc.ca  
Nicole Harder: nharder@sd35.bc.ca

## #thatwellnessthing

Join us to learn more about mental health and wellness at our third annual open house & community resource fair!

Wednesday February 26, 2020  
4:30 – 7 PM at Langley Education Centre  
21405A 56 Avenue, Langley BC

Presentations & Information Tables  
-See inside brochure for a preview-

Students 16+, adults, and school staff welcome  
No registration required  
Light refreshments and yoga included  
On site photo booth and door prizes!



LEARN • ENGAGE • CONNECT

Just some of the participating agencies who will be hosting information tables or presentations at the event include:

## community services

### The BounceBack Program

This free skill-building program is designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

### The BC Responsible and Problem Gambling Program

Provides free information, resources, and treatment to support informed choices and healthy behaviours with respect to gambling participation.

### Encompass Support Services Society

Offers a variety of free, accessible community programs and activities for all ages with a primary focus on children, youth, and families. Programs and services include: family mediation and reunification, youth homelessness, sexual abuse counselling, after school activity programs, pre-and-postnatal support, parent-child drop-in groups, and parenting support groups.

### Family Smart

FamilySmart is not just about families. Whether you are a youth, young adult, family member or service provider, YOU MATTER to FamilySmart. Our experiences with each other impact the mental health of young people.

### Fraser Health Crisis Line

The Crisis Line provides immediate, free, and confidential emotional support, crisis intervention, and community resource information to people of all ages, 24 hours a day – everyday. If you or someone you know needs support, call 604.951.8855 or 1.877.820.7444.

### Fraser Valley Youth Society

Supports LGBTQ2S+ and Allied youth in the Fraser Valley by connecting them to their peers, their communities, and by providing supportive & inclusive help where needed.

### Langley Hospice Society

Provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.

### The START Team

The Short Term, Assessment, Response, Treatment Team provides confidential mental health crisis intervention services for children & teens.

### The Stigma Free Society

This new and exciting initiative is dedicated to the awareness of the stigmas that exist in society, to help develop an understanding of the challenges that numerous people face, and to encourage acceptance.

## employment programs

### The Baristas Training Program

This program of Pacific Community Resources Society is partnered with Starbucks and BladeRunners to provide support, guidance, and training for at-risk youth. Eligible youth ages 16-30 will receive life and employability workshops (5 weeks), and work experience at a Starbucks store (4 weeks).

### This Way Ahead

This program of Pacific Community Resources Society offers youth ages 16 through 24 an opportunity to gain valuable skills and confidence in the customer service field through a series of supported workshops (9 weeks, part time) and a paid internship with the GAP, Old Navy, or Banana Republic (10 weeks, part time).

## post-secondary

Staff from the district's career program as well as UFV and KPU will be at the event to talk about their programs and continuing education options.

and many, many, more TBA

[#thatwellnessthing](#)

February 26, 2020