

PRMS COUNSELLING

During these challenging times, you may be feeling unsettled, anxious, sad or mad. That's okay; these are all normal emotions to feel when faced with uncertainty and change. Be gentle and kind towards yourself and others; remember your coping skills or create new ones.

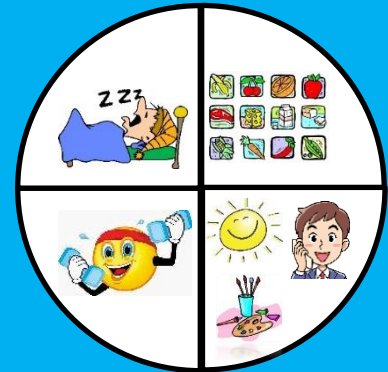
In order to have good mental health, remember to SEEC it:

S- Sleep 8-10 hours

E - Eat healthy

E- Exercise daily

C - Connect with people, culture, environment and creativity.



Please reach out to your school counsellor if you want to set up a virtual meeting via text or video chat.

Contact Information:

During School Hours

Grade 6 Counsellor Shylo Gerritsen

Shylo.Gerritsen@sd52.bc.ca call or text 778 884 0355

<https://sites.google.com/view/counselling-connections/home>

Grade 7 Counsellor Pam Groves

Pam.Groves@sd52.b.c.ca call or text 250-641-5752

Grade 8 Counsellor and Grade 6/7/8 French Immersion Lori Leighton

Lori.Leighton@sd52.bc.ca call or text 250 - 600-2579

After School Hours

KidsHelpPhone.ca

Text 686868

1-800-668-6868