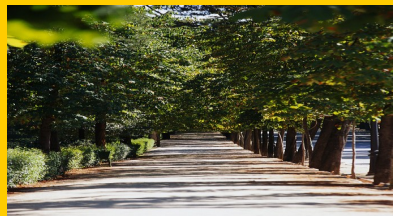


Counselling Areas Include ...

- Problem Solving and Goal Setting
- Social Skills
- Study and Listening Skills
- Bullying and Friendship
- Exploring Feelings, Self-Esteem
- Relationship Building
(Teachers, Peers, Family)
- Growing Up, Puberty
- Family Issues
(Divorce, Separation, Grief)
- Anxiety and Depression
- Eating Disorders
- Drugs and Alcohol
- Career Exploration
- Transition to Jr. High/High School



Community Resources

Addictions Foundation 944-6200
Alcoholics Anonymous 942-0126
Aurora Family Counselling Centre
(at U of W) 786-9251
Aulneau Centre 987-7090
Centralized Intake 958-9660
Family Centre 947-1401
Health Links/Info-Santé 788-8200
Kids Help Phone 1-800-668-6868

www.kidshelpphone.ca

Klinik 786-8686 (24 Hr.)
784-4010 (Teen Talk)
www.klinik.mb.ca

MacDonald Youth Services- Youth Emergency
Crisis Stabilization (24 Hr.) 949-4777
New Directions 786-7051
Osborne House (24 Hr.) 942-3052
Psychological Services Centre (at U of M)
474-9222

Rainbow Resource Centre 474-0212
www.rainbowresourcecentre.org

Teen Stop Jeunesse 254-1618
Women's Health Clinic 947-1517
www.womenshealthclinic.org

Ecole Sacré-Coeur Counselling and Student Support Services



Parents, Students,
And Staff
Working Together

Call 775-2574

Counsellor

My name is Monica Zurrin.

I am the counsellor at the school. My role is to provide a supportive and comfortable environment where children can explore their feelings and ask questions about personal issues.



My qualifications

- Certified Teacher
- Bachelor of Education
- Post-Baccalaureate Diploma in Education (Guidance and Counselling)
- Masters of Education (Guidance and Counselling — May, 2008)
- Practicum — Family Centre

The Counselling Program

1. Individual and Group Counselling
2. In-class lessons and activities
3. Coordination or Peer Mediators
4. Career Development
5. Behaviour Planning

Hours

Monday -Friday 8:00 am - 4:00 pm
or by appointment (775-2574)



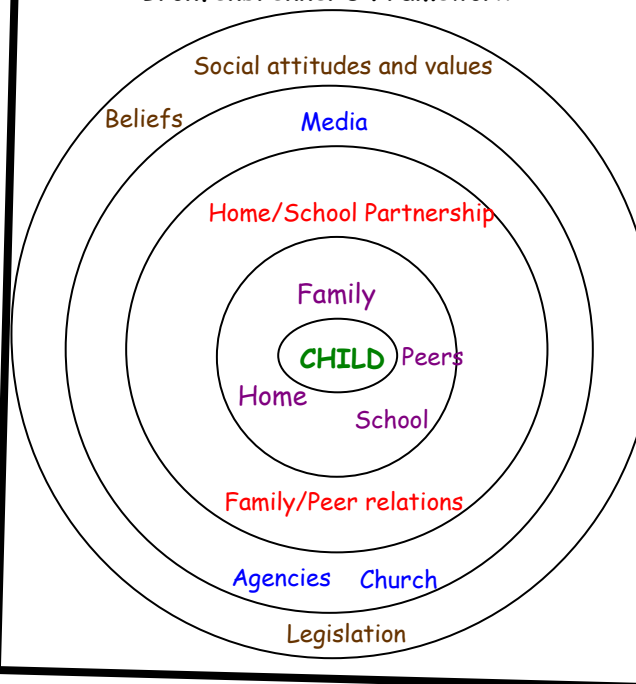
Parents/Guardians

I look forward to working with you and your child. As we work together, I will provide you with some general insights as to his/her growth.



In order to maintain a level of trust between myself and your child, specific details of the sessions will remain confidential. I adhere to the Canadian Guidance and Counselling Code of Ethics and I am required to report any situation where a child might be in danger.

Bronfenbrenner's Framework



Adapted from Beveridge, 2005, p. 7-10
and Keyes, 2000, p. 112

Students



We can talk about anything — school, friends, recess, feelings etc.



What we talk about stays with me but sometimes I need help to help you!



When we are together, we can talk, work with puppets, draw, paint, play games, read and/or write stories!

You are special!
I care about you!

