

Online Guidance Information

Hello Everyone!

I am Balmoral Elementary School's new guidance counsellor and grade 5/6 teacher. I have the great privilege to teach in the school that I attended kindergarten to grade eight. I am incredibly excited to reconnect with the community and support learning at Balmoral School.

I know the last few months have been an adjustment for many of us, including myself. I hope to help our students and families have a successful year.

I have included some phone numbers, websites, and apps that might benefit those who may need extra support to help us through this time. At the end of the document, there is also a self-care calendar that your family could participate in during September. Please feel free to contact me through my e-mail or by phone should you need any other support or suggestion. 😊

Contact Information

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School Counsellor K-8

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Self- Care Tips

- Participate in meditation, deep breathing, yoga, mindfulness
 - Listen to music
- Ask for help when needed
 - Be flexible
 - Support others
 - Listen to others
- Create a sleep routine
 - Eat healthy
 - Plan family time
- Use positive language
 - Know your limits

Mental Health Supports

Health Links	1-888-315-9257
Mental Health Resource Guide for the Interlake-Eastern Region www.interlakeeastern.cmha.ca	204-482-9723
Community Mental Health Central Intake	1-866-757-6205
Interlake-Eastern RHA Crisis Line	1-866-427-8628
Interlake-Eastern RHA Mobile Crisis Unit	1-877-499-8770
Klinic Crisis Line (24 hours)	1-888-322-3019
Kids Help Phone www.kidshelpphone.ca	1-800-668-6868

Downloadable apps:

- Breathe, Think Do Sesame
- Stop, Breathe and Think Kids
- Calm
- Kids Yoga Deck
- Dreamy Kid
- Smiling Mind
- Headspace
- Calm Counter