

Balmoral School Counsellor Contact Information

Daria Rody
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Current Program at Balmoral School

Grade 1	Zones of Regulation
Grade 2/3	Zones of Regulation
Grade 4/5	Sources of Strength
Grade 6/7	Sources of Strength
Grade 7/8	Sources of Strength

Mental Health Supports

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

Support for Parents Websites

Healthy Coping Skills for Kids and Teens	https://www.strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids
101 Effective Coping Strategies for Teens	https://mentalhealthcenterkids.com/blogs/articles/coping-skills-for-teens
Kids in the Know: Parent Section	https://www.kidsintheknow.ca/app/en/parents
Kids Health	https://kidshealth.org/en/parents/emotions/