School Counsellor’s Message:

Dear families,

I am thinking of you and your children during this uncertain time. I hope this message finds you all safe and healthy, and that you have been able to create some sense of normalcy and self-care during your daily routines. I wanted to let you know that I am here to support you and your children.

Please reach out to me if needed. I am available through our District email: bolognese\_n@surreyschools.ca

**Resources for Families:**

Given our current circumstances, some families are experiencing great stress; mental health is of utmost concern. I recommend that families review the “Keeping Healthy” tab

at www.openschool.bc.ca/keeplearning/.

This website addresses many areas of needs for families depending on how they are affected (housing, financial aid, food, health, etc.) [https://www.wegotchu.ca/](about:blank)

**Family Doctors/Walk-In Clinics**

For walk-in clinics, please check: www.medimaps.ca

**Moving Forward Family Services**

Free telephone support to anyone who may be struggling emotionally while in self-isolation.

Phone: 778-321-3054 Email: counsellor@movingforwardfamilyservices.com

Website: [www.mffs.ca](about:blank)

Further resources:

* C COVID-19 Mental Health Network provides free counselling for children and families who are struggling with challenges related to Covid-19. To inquire about an appointment please, email: [bccovidtherapists@gmail.com](about:blank) for further information
* This is a short video created by Lisa Dion (Founder, President, Lead Instructor of Synergy Play Therapy) that gives parents some guidelines about how to talk to their kids about Covid19
* : [https://vimeo.com/397701387?utm\_source=Synergetic+Play+Therapy+Community+Conversations&utm\_campaign=3190142e51-EMAIL\_CAMPAIGN\_2020\_01\_13\_12\_47\_COPY\_01&utm\_medium=email&utm\_term=0\_c2693e8f08-3190142e51-269964845&mc\_cid=3190142e51&mc\_eid=3cc2f71cd8](about:blank)
* Free Parent Helpline: 778-782-3548
* KIDS: KidsHelpPhone.ca //1-800- 668- 6868 or text CONNECT to 686868
* ADULTS: CrisisCentreChat.ca // 604-872-3311

Please remember to be gentle with yourselves as we navigate this time of uncertainty – we are in this together!

Take good care,

Nicole Bolognese

Counsellor

Erma Stephenson Elementary