

## **GUIDANCE COUNSELLORS**

Prairie Rose School Division (PRSD) recognizes that many factors contribute to a student's learning and well-being. Some of the factors that may influence students' learning and well-being include:

- Social interactions and emotional functioning,
- mental health,
- school attendance,
- stress
- trauma

PRSD Guidance Counsellors work with students, school staff, and school communities to support students to optimize their learning, achievement and well-being.

### **ABOUT OUR SERVICES**

#### SERVICES FOR TEACHERS:

- Planning and implementing programs and services such as, peer helping, conflict resolution, social skills and healthy lifestyle choices
- Assisting in the development of effective behavioural change
- Focus on prevention services that relate to safe, caring and effective school environments
- Education and awareness of safe social media and internet use
- Navigating challenges related to COVID-19

#### SERVICES FOR STUDENTS:

- Assessing students with mental health concerns
- Counselling around issues of anxiety, understanding self, transition planning
- Develop intervention strategies to increase academic success.
- Helping children develop social emotional skills.

### **HOW TO CONTACT YOUR SCHOOL GUIDANCE COUNSELLOR**

Please feel free to contact your School Guidance Counsellor with any questions or to receive services:

Carman Collegiate: Kelly Vipond 204-745-2001 [kvipond@prsdmb.ca](mailto:kvipond@prsdmb.ca)

Ecole Carman Elementary School: Jennifer Stewart 204-745-2623 [jstewart@prsdmb.ca](mailto:jstewart@prsdmb.ca)

Miami School/Roland School: Sara Cantlon 204-435-2441/204-343-2023 [scantlon@prsdmb.ca](mailto:scantlon@prsdmb.ca)

Elm Creek School: Mark Findlay 204-436-2354 [mfindlay@prsdmb.ca](mailto:mfindlay@prsdmb.ca)

St. Paul's Collegiate/Ecole St. Eustache: Shamain Hartman 204-353-2084/204-353-2869  
[shartman@prsdmb.ca](mailto:shartman@prsdmb.ca)

St. Francois Xavier/St. Laurent School: Sabrina Hogan 204-864-2868/204-646-2209 [shogan@prsdmb.ca](mailto:shogan@prsdmb.ca)