

# WHERE CAN I GO FOR SUPPORT AT BETHUNE?

<b>GUIDANCE COUNSELLORS</b>	<b>YOUTH WORKER</b>	<b>STUDENT SUPPORT</b>	<b>VICE-PRINCIPALS Or PRINCIPAL</b>	<b>SAFETY MONITOR</b>	<b>SOCIAL WORKER</b>	<b>SETTLEMENT WORKERS</b>
<b>Guidance office Ext 20040</b>	<b>Guidance Ext 20042</b>	<b>C101 Ext 20138</b>	<b>Main Office Ext. 20004</b>	<b>Main Office Ext. 20003</b>	<b>Guidance office Ext. 20012</b>	<b>Guidance office Ext. 20005</b>
<b>Mr. Ng Ms. Villamin-Arenas Ms. Bernier</b>	<b>Mr. Devin Munro</b>	<b>Mr. Oortwyn Ms. Mathrani Ms. Webster Ms. Ceccol</b>	<b>Ms. Wilson (VP) Ms. Houghton (VP) Ms. Kaskens (P)</b>	<b>Mr. Cullum</b>	<b>Ms. Covelli</b>	<b>Ms. Julia Jiang Ms. Fiona Yang</b>
<ul style="list-style-type: none"> <li>• Course selections</li> <li>• Educational planning</li> <li>• Stress management</li> <li>• Family/Peer issues</li> <li>• School issues</li> <li>• Information for support services, sexual health, mental health.</li> <li>• Attendance/ Academic issues</li> <li>• Referral to the social worker</li> </ul>	<ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Relationships</li> <li>• Coping skills</li> <li>• Social Skills</li> <li>• Emotional Issues</li> <li>• Conflict resolution</li> <li>• Anger/stress management</li> <li>• How to get involved</li> </ul>	<ul style="list-style-type: none"> <li>• Write tests in an alternate location</li> <li>• Ask to be added to a Learning Strategies course</li> <li>• Discuss learning challenges and strategies</li> <li>• Get help organizing your work/ideas</li> <li>• Time management and study tips</li> </ul>	<ul style="list-style-type: none"> <li>• Resolve conflicts with other students</li> <li>• Report safety concerns (for self or others)</li> <li>• Report bullying, theft, assault, threats</li> <li>• Find ways of getting involved or connected at school or in the community</li> <li>• Discuss concerns (personal or academic)</li> </ul>	<ul style="list-style-type: none"> <li>• Report a trespasser</li> <li>• Report injuries or unsafe conditions</li> <li>• Report safety concerns (for self or others)</li> <li>• Report bullying, theft, assault, threats</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health support</li> <li>• Self-harm</li> <li>• Suicidal thoughts</li> <li>• Substance abuse</li> <li>• Family conflict</li> <li>• Abuse/neglect</li> <li>• Bereavement</li> <li>• Gender Identity/sexual orientation support</li> <li>• Assistance applying for financial/housing assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Information about community services for newcomers</li> <li>• Communication between school and home</li> <li>• Information and support for newcomers for healthcare, housing, financial assistance, citizenship, employment, etc</li> </ul>

Kids Help Phone: 1-800-668-6868

www.kidsHelpPhone.ca

Download the **Always There** App

**TALK/TEXT ANONYMOUSLY 24/7**

**Need to reach out to a trusted adult or report a concern?**

**Go to [www.bethuneci.com](http://www.bethuneci.com) and email a staff member OR**

**Go to [www.bethuneci.com](http://www.bethuneci.com) and complete the “Report a Concern” form (anonymously)**