

Hi everyone,

My name is Michelle Waddell and I am the school counsellor here at Brentwood. This is my seventh year at Brentwood and I am so happy to continue to support this wonderful community. I hope everyone is settling into the swing of things as we move through September and I'd like to welcome all of the new families who have joined our school community as well.

A school counsellor supports the social emotional learning and mental health of a school community. My role includes counselling, child advocacy, school based consultation, coordination of services and educational programming. Please don't hesitate to reach out with any questions or concerns - emailing me is the fastest way to contact me.

Our community has many excellent resources to support our families and I wanted to highlight a few:

- Family & Community Services
 - Receive customized support including basic needs, financial support, free counselling services, housing, transit & recreation subsidies and more!
 - Visit www.strathcona.ca/fcs or call in to 780-464-4044
- Family Resource Network - FREE programming for parents and caregivers
 - **From Here to There: School Avoidance**
 - Thursday, October 12 from 6-8pm *virtual*
 - Many kids feel anxious about schoolwork, friendships, peer pressure or conflict. Join the FREE online session where we will look at the reasons behind school refusal, supports you can put in place at home and supportive resources you can access for both you and your child
 - Register today at www.strathcona.ca/families or by calling 780-464-4044.
 - **Digital Wellbeing**
 - Learn how to help your tween or teen with the social and technological pressures they face in the world today. Together we will go through research-based ways we can support teens when they are feeling the pressure of their digital lives. Issues addressed include interacting with strangers online, understanding their digital identity and healthy relationships.
 - Parent / caregivers of 10+ year olds
 - Thursday, Nov 23 6 to 8 p.m. Location: Family and Community Services, 2nd Floor, 401 Festival Lane
 - Register today at www.strathcona.ca/families or by calling 780-464-4044.
 - **Triple P - Group**
 - Struggling with your child's behavior? Learn how to turn challenges into opportunities for success. This course is designed to address specific behavior by developing a parenting plan for children 2 to 12 years. Free childcare is available-please indicate when registering.
 - Parent / caregivers of 2-12 year olds

- Saturdays Oct 21, Nov 4, Nov 18 (Must attend all three sessions) 9 a.m. to 12 noon Location: Millennium Place, 2000 Premier Way
- Register today at www.strathcona.ca/families or by calling 780-464-4044.
- [Caregiver Education](#) - register [HERE](#)
 - Understanding Anxiety
 - Settling our Minds - Wednesday, October 4 from 12-1pm
 - Overcoming Avoidance - Wednesday, October 11 from 12-1pm
 - Keeping Scattered Kids on Track - Wednesday, October 18 from 6-7:30pm

Please take some time to look at all of these excellent (and FREE!) resources to help you support your child and family.

Take care,
Michelle