

## HOW CAN A STUDENT CONTACT THE SCHOOL COUNSELLOR?

- Self-referral by student
- Teacher, Administrator, or staff referral
- Parent referral
- Counsellor observation
- Outside agency referral

### Your School Counsellor is:

*Attach your Business Card here...*



### HELP LINES!!

Addictions Foundation	204-729-3838
Children's Advocate Office	1-800-263-7146
Health Links	1-888-315-9257
Kid's Help Phone	1-800-668-6868
Teen Touch	1-204-945-0088
YWCA Westman Women's Shelter Crisis Line	1-877-977-0007
Sexuality Education Resource Centre (SERC)	1-204-727-0417
Mental Health Crisis Line Learning Disabilities Association	204-727-4669
Legal Aid	1-800-876-7326
Victim Services & Women's Advocacy	204-726-6515
Crisis Pregnancy Centre	204-727-6161
Sexual Health Info Line	1-800-782-2437
Suicide & Crisis Line	1-888-322-3019
Sexual Assault Line	1-888-292-7565
Child & Adolescent Treatment Centre	204-727-3445
Elspeth Reid Family Resource Centre	204-726-6280
Child & Family Services of Western Manitoba	1-800-483-8980
West Region Child & Family Services	204-636-6100
D.O. Child & Family Services	204-729-3650
Farm & Rural Stress Line	1-866-367-3276



# Guidance and Counselling Services



*The primary goal of School Guidance and Counselling Services is to enhance and promote student learning.*

*These services are designed to provide supports and resources to students at all grade levels, to their families and to educators. They are intended to facilitate the educational, personal, social, emotional and career development of students in schools and in the community.*

# ROLLING RIVER SCHOOL DIVISION

Box 1170  
154 Main Street South  
Minnedosa, MB. R0J 1E0  
(204) 867-2754

## SCHOOL GUIDANCE AND COUNSELLING SERVICES:

There are Four Service Areas to the Guidance Program:

1. **Counselling** - may include individual, small group, crisis, career and/or peer helping programs.
2. **Prevention** - may include programs designed to enhance school climate, provide mediation services, conflict resolution.
3. **Guidance Education** - classroom based instruction to promote personal/social development and teach skills to help students solve problems.
4. **Coordination** - working with students, parents, teachers and outside agencies to support, consult, advocate, refer and/or plan for appropriate services.

**Guidance Counsellors in Rolling River School Division follow the “Guidelines for Ethical Behaviour” from the Manitoba School Counsellors’ Association & the “Manitoba Sourcebook for School Guidance and Counselling Services” from Manitoba Education, Citizenship and Youth, as well as Rolling River School Division policy.**

## WHAT DOES A SCHOOL COUNSELLOR DO?

**School Counsellors provide a wide-range of services, based on individual student and school needs, interests and grade levels. Services may include, but are not limited to:**

- mental, emotional, social, developmental and behavioural services to students & families
- teaching classroom guidance lessons to all students
- counselling students individually and/or in groups
- assisting students in crisis situations
- helping to identify individual student needs
- referring students and /or parents to services and agencies outside the school
- collaborating and coordinating with outside referral agencies
- participating in Team Meetings and School Planning
- linking students with school & community resources
- academic guidance & support services, including organizational, study and test-taking skills, advising students on individual, school, college and career plans
- coordinating with colleges and universities to provide information to students
- school crisis intervention & response services

## SEE YOUR SCHOOL COUNSELLOR IF YOU HAVE CONCERNS ABOUT...

- Alcohol / Drugs
- Anger
- Anxiety / Panic
- Abuse
- Bullying
- Threats
- Depression
- Suicide
- Dating
- Family Relations
- Friends
- Intimate relationships
- Loss / Grief
- Peer Pressure
- Personal Crisis
- Personal Health
- Sexuality
- Problem-solving
- Pregnancy
- Eating disorders
- Body image
- Resolving conflicts
- Homework / Schoolwork / Studying
- Tutoring
- Teachers and/or other adults
- Course selection
- Career choices
- Apprenticeship programs
- Bursaries / scholarships / student loans
- Prerequisites for Post-secondary education
- Money management
- Universities, Colleges available
- Finding a job
- Volunteering