

***Welcome to the Counselling Centre!***

***Who are the School Counsellors?***

Terra Lee Kelly

Charlotte Brooks

***What do school counsellors do??***

**School Counsellors** are student advocates: Our goal is to support you. We focus on these four areas:

- **Personal** (ANYTHING you want to discuss, we'll listen!)
- **Social** (relationships, communication skills, mediation)
- **Career** (future plans, help finding information on schools and careers)
- **Educational** (credit checks, transcripts, course changes or concerns, study skills)

There is always a qualified and experienced counsellor available to help you.

***If I talk to a counsellor, is it confidential?***

Some of the issues we discuss are “guidance-like”: course changes and educational planning. It

is often to your benefit for us to discuss this with your teachers.

Even with personal issues, sometimes we might ask the teacher for information or share information with teachers but only with your permission.

If you were referred to us through our Program Planning Team (PPT), we are expected to report back to the team but we do not share personal information without your permission.

Often we get help or advice from other counsellors but we never share names. Your situation might be discussed but you will never be identified.

If you wish to set up an appointment confidentially, you can e-mail Lisa at [pvecguidance@staff.ednet.ns.ca](mailto:pvecguidance@staff.ednet.ns.ca) and she will reply with a time for you.

There are 3 situations when we are required to talk to others. When you tell us:

1. You want to harm yourself (suicidal thoughts)
2. You want to harm others
3. You are under 16 and someone else is harming you.

### ***Comprehensive Guidance and Counselling***

We have a team approach at Park View. The Comprehensive Guidance and Counselling Committee (CGCC) helps the school counsellors decide how to best meet the needs of the students. Members of this committee include teachers, support staff, administrators, students and community members. This committee has now merged with the Student Wellness committee as we are working towards similar goals.

### ***Did You Know?????***

- You can book appointments with one of our admin assistants or you can e-mail the counsellors and we will respond with a time. You can also e-mail pvecguidance@staff.ednet.ns.ca
- You do not need the permission of your parents to seek counselling services.
- You can bring a friend or two with you to a counselling session!