

Steveston-London Secondary School



Counselling Newsletter- October



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WELCOME BACK

The SLSS counselling team would like to welcome you back to a new school year! We're excited to welcome back our students and families and look forward to a year of learning, connection, and growth.

Our newsletters are designed to keep families informed, connected, and supported by highlighting important resources related to mental health and well-being, general student and family supports, as well as key school dates, timelines, and reminders.

We hope these updates serve as a helpful resource throughout the year and make it easier for students and families to access the support and information they need.

SLSS
counsellors



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What we do...

SLSS school counsellors support students in well-being, learning, relationships, and future planning. We provide a safe space for students to talk, help them navigate challenges, build skills and confidence, and connect them with additional supports when needed.

We also work closely with students, families, teachers, and community professionals to help students feel supported, engaged, and ready to succeed.

Just as classroom teachers help mentor and shape future educators, school counsellors have an important role in supporting and educating the next generation of school counsellors. This year, we are excited to welcome two student counsellors who will be learning alongside our counselling team and gaining valuable experience supporting students within our school community. **Welcome Ms. Advani and Ms. Tu!**

REMINDER

We kindly ask that parents or guardians who would like to meet with their child's counsellor email the counsellor in advance to arrange a suitable time. This will help us ensure that each parent or guardian is provided with the time and attention they deserve during their meeting.

"home of the sharks"

COMMUNITY RESOURCES

Foundry Richmond

Foundry Richmond is operated by Vancouver Coastal Health. At Foundry centres, multiple service providers and organizations work together to provide a variety of services to youth ages 12-24 and their families.

FamilySmart

FamilySmart is a non-profit organization that supports parents and caregivers of children and youth facing mental health and/or substance use challenges. The work is grounded in compassion, connection, and lived experience.

Touchstone Family Association

Touchstone supports children, youth, and families through accessible programs focused on connection, stability, and well-being. Their services include counselling, family and youth programs, and outreach supports designed to meet the diverse needs of the community.

City of Richmond: Youth Resources Guide

Looking for support or community resources? The City of Richmond's Youth Resource Guide connects youth and families with a wide range of free and accessible services, including mental health supports, counselling, education, employment, recreation, newcomer services, and basic needs.



Counselling is a safe place for all.

MS. DIGESO- CAREER INFORMATION ADVISOR



"Success is liking yourself, liking what you do, and liking how you do it."

- Maya Angelou

SLSS is incredibly lucky to have Ms. Digeso, our Career Information Advisor as resource to help students navigate life after high school, whether you want to apply to a school or want to start working.

Don't miss out on an opportunity! Ms. Digeso regularly sends students emails regarding important events and deadlines for volunteering, enrichment etc...

You can schedule a meeting with her via the QR code on her door. Her office is the first door in the Counselling Suite.

DATES TO NOTE:

October 5:

Global Post-Secondary Fair

Time: 4:00 – 5:30 pm

Location: SLSS

October 6:

Western University

Time: 1:09 – 1:54pm

Room: 103

October 14:

Langara

Time: 1:09 – 1:54pm

Room: 103

October 21:

University of Calgary

Time: 1:09 – 1:54pm

Room: 103

October 28:

SFU Beedie Business

Time: 1:09 – 1:54pm

Room: 103