



Hello

In lieu of the upcoming strike, here are some resources that can help with students in the event they require additional mental health support.

Resources are as follows:

- 1) Children, Youth & Families Crisis Line: (780) 407-1000
- 2) Children, Youth & Families Intake Line: (780) 342-4415
- 3) Family Centre: [\(780\) 423-2831](tel:7804232831)
- 4) Kids Help Phone line: 1-800-668-6868 or www.kidshelpphone.ca
- 5) Hope for wellness Line Too-Free: 1-855-242-3310
- 6) Walk-In Clinics: Monday-Friday from 12:30-4:00
 - o Northgate Health Centre #2020, 9499-137 Avenue: 780-342-2700
 - o Rutherford Clinic #202, 11153 Ellerslie Road: 780-342-6850

Additionally, our school's Mental Health Therapist/Resident, Jennifer Kwan, will be available during the upcoming strike for either Zoom or in-person sessions. Students and parents can contact Jennifer either by email at Jennifer.kwan.ta@ecsd.net or by phone at **(780) 566-1489** or **via the school at (780) 466-3161**. All walk – in sessions DO require informed parental consent, which can be completed in person or via telephone. Please contact Jennifer directly if you feel mental health support for your child is required.