



www.avrce.ca/schoolsplus-kings-east
#schoolspluskingseast



Annapolis Valley
Regional Centre for Education



Kings East Newsletter March 2019



Below is a list of
websites for
exploring and
practicing
mindfulness.

www.mindful.org
www.freemindfulness.org
goamra.org
www.pocketmindfulness.com
marc.ucla.edu/body.cfm?id=22

"Mindfulness Drop-In"

This Program is offered at **Horton
High School**
every Friday at lunchtime in the
yoga room.

**This program is open to all
students and staff!**



"Our life is shaped by our
mind, for we become
what we think."

Buddha



Hi there.

Wondering how to make a referral to Mental Health and Addictions Services available at Horton High School?

For the
Adolescent
Outreach
Worker?

To meet with the **Heather Neilson, Adolescent Outreach Worker**, at Horton (for brief counselling services for mild-moderate mental health and/or addiction concerns), phone: (902) 698-9497, email: heather.neilson@nshealth.ca or contact Student Services for a referral form or drop-in on Tuesdays to see Heather in room 2005!

For Mental
Health
Services?

To see a mental health clinician for moderate-severe mental health concerns, phone: 1 (855) 273-7110 to speak to an intake worker. You can also send in a referral form (available through Student Services, your doctor or here!). They will book a "Choice appointment" for you either at the clinic or at Horton with **Julien Davis, SchoolsPlus Mental Health Clinician**, to meet about concerns and various options available through mental health and addictions services.

For
Addictions
Services?

To make a referral to see **Tara Newcombe, Community Health Worker**, you can call the intake line: 1 (855) 273-7110 and/or go through your school counselor. Services are available at Horton for anyone experiencing harms/problems/concerns related to their own or somebody else's substance use or gambling.

In Crisis?

If you are experiencing a mental health crisis, please phone **Annapolis Valley Crisis Response** (Mon. - Fri. 8:30am - 4:30pm) at: 1 (855) 273-7110 or the **NS Mental Health Crisis Line** (24/7) at: 1 (888) 429-8167 or visit the ER at Valley Regional Hospital to meet with a crisis worker. Counsellors at Students Services can also assist.

Continuing programs:

- Lego Lunch at Elementary Schools
- "Steps-A" program at Hantsport School
- Engagement and Attendance Workshops
- Grandparents Support Group
- Mindfulness Drop In at Horton High School

All our sites are...

POSITIVE SPACE



This is a place where human rights are respected and where lesbian, gay, bisexual, transsexual, transgender, two spirit and queer people, and their friends and allies, are welcomed and supported.

Grandparents - Second Time Around!

This group is designed to support grandparents raising their grandchildren. We meet bi-weekly.

New members welcomed!



Upcoming sessions:

- Tuesday, March 5th**

10 am – 12pm at the Louis Millet Complex

Guest Speaker:

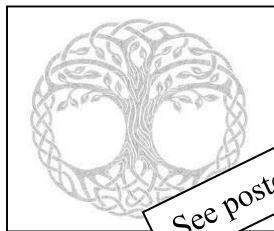


Constable/Investigator
Jennifer BRITTON
Schools Resource Officer
Kings District RCMP

- Tuesday, April 2nd**

9:30 am – 12 pm at the Louis Millet Complex,
Room 119, New Minas

**CLANNAD workshop – GRAND Love,
Learning Through Relationship**



See poster for more details.



GRAND Love

Learning Through Relationship

It takes a village to raise a child . . . every parent needs support. This is especially true for grandparents who find themselves in the role of parenting their grandchildren. Many grandparents in this role may feel isolated and alone. This can be complicated by other issues like finances, health concerns, legal issues and challenging behaviours.

Please join us for a workshop to explore and learn new ways to support and respond to the needs of the grandchildren in your care. Topics will include the impact of trauma and attachment utilizing The Circle of Security® Parenting Program as a map. We will explore the diagnosis of Reactive Attachment Disorder (RAD), discuss what this means and how we make sense of the behaviours we see in the children and youth in our care.



NOVA SCOTIA
SchoolsPlus
A COLLABORATIVE INTERAGENCY APPROACH TO
SUPPORTING THE WHOLE CHILD AND FAMILY

**Tuesday
April 2, 2019
9:30 am – 12:00pm**

Louis Millet Centre
Rm# 119
New Minas, NS

**Free Event
Refreshments Included**

Stephanie Townsend RCT-C, CCC-Q is a Registered Counselling Therapist Candidate with more than 12 years of practice. She has worked with military families, children, youth, veterans and couples in both non-profit community based organizations and as a partner in a private practice. Focusing on attachment principles, Stephanie offers support to parents, guardians and families in identifying and making sense of their children's, (and each other's) needs. Stephanie is a certified Equine Assisted Psychotherapist involving the use of horses in the therapeutic session and a certified facilitator in the Circle of Security Parenting Program®. Stephanie has supported people experiencing challenges with anxiety, depression, trauma, addiction, relationship breakdown, parenting, child and youth behaviours, post-partum psychosis and various exceptionalities. In her private practice at Clannad, Stephanie hopes to continue to inspire healing through healthy connection and supportive relationships.

Please RSVP to: marketa.glenn@avrce.ca or phone/text (902) 698-9272

by Monday, March 25th due to space availability.

Please note, this is reserved for care providers only.