



David Thompson Secondary | FALL 2021 Newsletter

<https://davidthompsoncounselling.weebly.com/>

Welcome Back!

Welcome David Thompson students and family to a very exciting 2021-2022 school year as we re-experience highschool life again. Though last year's school struggles with the pandemic and new quarter system was certainly hard, it is our goal that this year brings some normalcy and consistency as we know it's hard to function and thrive with uncertain times. It is also a priority for us within the counselling department to build connection and be a supportive community for everyone. Please reach out to a trusted friend, adult, teacher, family member if you are struggling and needing help. It's ok to not be ok and we know this to be true. There are many factors that can pull us through these difficult times and asking for/receiving support is one very important step. This year, our counselling team will be focusing on resiliency and will have our resiliency corner in every issue for strategies and tips.



Healthy Routines – it is so important to have a healthy routine both at home and at school. This includes - adequate sleep, healthy eating, limits on screen/technology/social media, make sure to fit in time for yourself to relax and self-care.



Connection with family and friends – Covid has proven how isolation can really affect our physical and mental health. Feeling cared for and being able to communicate with others is key. Reach out to those you trust if you need help. Your counsellors are always here to listen.



MENTAL HEALTH FOCUS/RESOURCES:

FOUNDRY BC – Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC. <https://foundrybc.ca/>

BREATHR APP on Google Play or Apple Store - Developed by the [BC Children's Kelty Mental Health Resource Centre](#) and [BC Children's Centre for Mindfulness](#), along with young people, this **free** app provides ways to get started with mindfulness. It also teaches interesting facts about the brain science behind those practices.

KELTY MENTAL HEALTH – KELTY helps families across the province navigate the mental health system, connect with peer support, and access resources and tools to support wellbeing. <https://kelymentalhealth.ca/>

ANXIETY CANADA – Is anxiety getting in the way of your life? Learn to relax and take charge of your anxiety. Act now, learn about MindShift CBT Groups – our online therapy program is based on Cognitive Behavior Therapy, an effective treatment for anxiety and depression. <https://www.anxietycanada.com/>

BOUNCEBACK BC – Free skill-building program designed to help adults and youth 15+ to manage low mood, mild to moderate depression, anxiety, stress or worry. <https://bouncebackbc.ca/>

FAMILY SMART - FamilySmart comes along-side young people and families to provide support, navigation assistance and information and then invites them and professionals to come-alongside each other to learn with and from each other to enhance the quality of experiences and services for child and youth mental health. <https://familysmart.ca/about/>

RESILIENCY CORNER



What is Resiliency: Resiliency is defined as the capacity to recover from difficult life events. It's your ability to withstand adversity and bounceback and grow despite struggling through tough situations. Factors that can affect a person's resiliency include:

- **Realistic Planning** - The ability to make and carry out realistic plans helps individuals play to their strengths and focus on achievable goals.
- **Self-Esteem** - A positive sense of self and confidence in one's strengths can stave off feelings of helplessness when confronted with adversity.
- **Coping Skills** - Coping and problem-solving skills help empower a person who has to work through adversity and overcome hardship.
- **Communication Skills** - Being able to communicate clearly and effectively helps people seek support, mobilize resources, and take action.
- **Emotional Regulation** - The capacity to manage potentially overwhelming emotions (or seek assistance to work through them) helps people maintain focus when overcoming a challenge.

If you are lacking some of these factors, are there ways you can increase them to build your resiliency?



Website:

<https://www.vsb.bc.ca/schools/david-thompson/Pages/default.aspx>

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