

A message from Elementary School Counsellor, Angela Hagen:

Hi there, Folks! I hope you are all doing well during this uncertain time, as many of us work and learn from home. I have heard from kids who are checking in with friends via Messenger Kids and other online means, and those who have not been able to connect with their friends at all. This can be a stressful time for everyone. One of the best ways to deal with being at home during Covid-19, is just to have someone to talk to. I hope that you are all finding ways to connect.

Here is some helpful information from the **Social-Emotional Learning (SEL) Team**, and some ways for parents and kids to connect with us:

Angela Hagen (school counsellor): ahagen@sd85.bc.ca Text: 250-230-7711

For a counselling check-in visit (for counselling students & new referrals):
<https://www.signupgenius.com/go/9040b4aaaad2daafa7-counselling1>

Alyssa McAstocker (Child & Youth Care Worker): amcastocker@sd85.bc.ca

Lana Browne (Child & Youth Care Worker): lbrowne@sd85.bc.ca

HELPFUL LINKS FOR COPING STRATEGIES & INFO RE COVID-19:

Here is a link to a dad's Lego video for his kids on Covid-19:

<https://www.cbc.ca/news/canada/manitoba/lego-video-coronavirus-1.5524282>

Coping Skills for Kids: Coping Skills for Dealing with the Coronavirus (it also includes strategies for parents)...

<https://copingskillsforkids.com/coping-with-coronavirus#>

Self-Regulation Parent Resources from the Mehrit Centre (Dr. Stuart Shanker):

<https://self-reg.ca/parent-resources/>

GRIEF RESOURCES for Individuals, Parents, Families, and Children

My Grief.ca <http://www.mygrief.ca>

Kids Grief.ca <https://kidsgrief.ca>

Children & Youth Grief Centre <https://www.childrenandyouthgriefnetwork.com>

DIVORCE RESOURCES for Parents, Families, and Children

Ways to Help My Kids: <https://www.nsfamilylaw.ca/other/ways-help-my-kids>

Kids' Guide to Separation and Divorce: <https://www.familieschange.ca>

PROVINCE OF BC MENTAL HEALTH SUPPORTS FOR CHILDREN & YOUTH:

<https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/children-and-youth>

KIDS HELP PHONE: <https://kidshelpphone.ca>

KIDS HELP PHONE during COVID-19: <https://kidshelpphone.ca/search/?q=coronavirus>

Additional Tools, Tips and Ideas

- [50 Trivia Questions for Kids](https://www.signupgenius.com/home/trivia-questions-for-kids.cfm)
<https://www.signupgenius.com/home/trivia-questions-for-kids.cfm>
- [Fun Things to Do at Home as a Family](https://www.signupgenius.com/home/fun-things-to-do-family.cfm)
<https://www.signupgenius.com/home/fun-things-to-do-family.cfm>
- [Classic Family Movies to Watch](https://www.signupgenius.com/home/classic-kids-movies.cfm)
<https://www.signupgenius.com/home/classic-kids-movies.cfm>
- [How to Rest Your Brain During Hectic Seasons](https://www.signupgenius.com/blog/how-to-rest-your-genius-brain-during-hectic-seasons.cfm)
<https://www.signupgenius.com/blog/how-to-rest-your-genius-brain-during-hectic-seasons.cfm>