Dear Parents, Guardians and Students,

An updated message from **Michaeline Yarchuk** ( Journey Middle School Counsellor):

Please know that I am thinking of you during this very unusual and challenging time and I am working hard with the team of district school counsellors to identify strategies for support and effective platforms for communicating with you.

As I am aware that this is a difficult time for families, I want to let you know I am available for remote counselling support with students.  Please email me directly at  myarchuk@sd62.bc.ca  if you would like to talk.  I will respond to you as soon as possible and we can discuss whether emailing or a phone call is preferable. It is important to avoid using names in the subject line and do not include confidential information in the email body.  If you do not have access to email, please call the school office at **(250) 642-5881** and the message will be passed on to the counsellor.

At this time, the expectation is that SD62 counsellor support can be arranged by phone or email.  If and when other technology options become available, we will communicate these developments to families.

Additionally, an excellent and federally approved website, [www.kidshelpphone.ca](http://www.kidshelpphone.ca/) is available and I encourage families and children alike to take a look.  There are phone and text options available.  A second resource I recommend is [www.anxietycanada.com](http://www.anxietycanada.com/) , which also has a variety of informative links and videos.  It is very normal for everyone to be experiencing an increase of anxiety during this unprecedented time.  In the coming days I will also be communicating out additional resources that may be useful for families that would like some additional support.

Please take care of yourselves at this time, and do not hesitate to contact me if you need any assistance.  I am here to support you!

Sincerely,

Michaeline Yarchuk