



The hardest thing to do when our mental health is suffering is ask for help.

Given the spread of COVID-19 and the disruption to our lives, we may have a wide range of emotions at this time as well as anxiety and stress.

Schedule a wellness check-in with the Family School Liaison Counsellor!

Sierra Stewart, Family School Liaison Counsellor, is available to provide virtual counselling services to students via Google Hangouts.

Contact Sierra by phone or text at 780-225-1411 or email sierstew@gypsd.ca



Walking for 10 to 15 minutes each day

Beginning your morning with simple stretches can benefit both physical and emotional health.

**We are not meant to deal with things alone!
Identify safe people to talk to about your struggles.**

It is important to remember there is no right or wrong way to feel.

☐ Stay well, safe, and healthy ☐