

Hello to All of our Hatzic Middle School Families,

As we transition into online learning and checking in with families and students via online or by phone due to the Covid-19 circumstances, we wanted to pass on some resource information for families to access and to also let you know which Counsellor to contact should your child require or want support.

Hatzic Middle School Counsellors:

- Susan Curror** - Working with families whose last names begin **A - G**, with some exceptions. (Susan also works at Deroche Elementary School)
Susan.Curror@mpsd.ca
- Yvonne Hale** - Working with families whose last names begin **H - Q** with some exceptions (Yvonne also works with students at Hatzic Elementary School) Yvonne.Hale@mpsd.ca
- Gareth Bartlett** - Working with families whose last names begin **R - Z**, with some exceptions. (Gareth works with students in 3 schools within the district). Gareth.bartlett@mpsd.ca
- Katy Brooks** - Indigenous Student Success Counsellor: katy.brookes@mpsd.ca; 604-226-4919 (Katy works with our Indigenous students and families at Heritage Park Middle School and Hatzic Middle School)
- Joan Velestuk** - (Mrs.V.) Youth Care Worker. Specific caseload and families will be contacted. Any family or student can also contact her at:
Joan.Velestuk@mpsd.ca

How our Counselling Team will be supporting families:

Available for inquiries via email or phone: 9am - 3pm Monday to Friday

We will be contacting families by email and by phone initially.

Resources for support will be posted on our school website.

We are exploring different online platforms to send resources on to students.

Social Emotional Support Resources for Families:

Anxietycanada.ca - Has free downloads, information for coping with Covid-19, Anxiety plans for both teens and adults and coping strategies for stress/anxiety

Breathr App keltymentalhealth.ca/breathr

Child and Youth Mental Health (Mission): Phone : (604) 820-4300

Kelty Mental Health - Resources and Guided mindful meditations

Kidshelpphone.ca - try the kidshelpphone.ca/get-info/breathing-balloon/

Mindshift App - Great source of information and tools for anxiety and stress

Parents.cmionline.com We are hosting Zoom (video conferencing) calls for parents! We will post times and links here: <https://www.cmionline.com/covid-19-resources/> Check our website often for updates.

Sara for Women (help at risk for violence or abuse) 604-820-8455

missionadmin@saraforwomen.ca

Support for Families:

St. Joseph's Food Bank — Mondays from 9 a.m. to 11 a.m., Wednesdays from 9 a.m. to 11 a.m. and Fridays from 9 a.m. to 12 noon are the times to pick up hampers. ID, proof of income, proof of residence and Care Cards for eligibility are required. 32646 Logan Ave. Details at: <https://www.missioncommunityservices.com/programs/other-programs/food-centre/>

Call or e-mail for info: (604) 814 - 3333 foodcentre@missioncommunityservices.com

Other local Mission supports can be found at: <https://mission.fetchbc.ca/>

Info about New Federal Government Supports:

This link leads to information about support the federal government is adding during this crisis, including:

- **Temporary Income Support for Workers and Parents**
- **Longer-Term Income Support for Workers**

- **Income Support for Individuals Who Need It Most**
- **Flexibility for Taxpayers**
- **Role of Financial Institutions**
- **Mortgage Default Management Tools**

<https://www.canada.ca/en/department-finance/economic-response-plan.html#business>

Just as when the schools are open, we are here to support your children and your family with social and emotional needs as we move through this unprecedented time. Please don't hesitate to reach out to us if there are issues you need support with, our team is here to help in any way we can.