

## Counsellor's Corner



Hello Students and Parents/Caregivers,

My name is Dianna Graziano and I am the school counsellor at Uncas Elementary School. The best way to contact me is by email at: [dianna.graziano@eips.ca](mailto:dianna.graziano@eips.ca).

During the school closure due to the coronavirus, my office hours are from 9:00 a.m. - noon on Mondays and Wednesdays with alternating Fridays.

Students, if you are feeling that you need to talk to someone, please book a phone or online meeting with me by *emailing* your name and a phone number that I can reach you at during regular school hours.

Parents, if you are noticing that your child is showing some type of change in his/her demeanor or you have other concerns, please reach out to me by email during regular school hours. If your child is requiring support during **non-school hours**, please contact:

- Kids Help Phone: 1-800-668-6868 (4:00 a.m. to midnight)
- Text TALK to 686868
- Text for Help: 741741
- The Distress Line (Suicide Support): 780-482-4357 or [crisissupportcentre.com](http://crisissupportcentre.com) (24 hours)

As your school counsellor, my role is to support the emotional, social, and academic development of our students. This may include the implementation of specialized supports to encourage learning and growth, help students build friendship skills, or coordinate linkages between the school and the family/community. Students and caregivers can contact me to discuss concerns relating to academic difficulties, grief/loss, anxiety, depression, anger management, peer conflicts, stress, changes in the family due to divorce/separation, self-harm, or suicidal ideations.

My door is always open to assist students and families with any concerns or to connect families to community resources.

Take Care.

*Dianna Graziano*, M.Ed., R.Psych.

--Never, never give up but believe that you CAN! Believe in YOURSELF.