



Special Education

Summer Mental Health Supports 2021

Anxiety Coping Skills Groups

July & August 2021

Algonquin and Lakeshore Catholic District School Board (ALCDSB) is offering anxiety coping skills groups this summer for ALCDSB students who are experiencing anxiety. Each of these groups will be facilitated by Board Social Workers. This program is based on Cognitive-Behaviour Therapy (CBT) and will be facilitated virtually this summer.*

Each session will be one hour in length, from 1:00pm-2:00pm every Tuesday and Thursday over the course of three weeks for a total of six sessions.

[Click Here](#) for more information and registration.

*Technology may be loaned to families in cases where it presents a barrier to participation. We will also work with families to explore solutions for access to reliable internet service where needed.



Parent/Guardian Consultation and Coaching

July & August 2021

Parents/Guardians may request up to three sessions of consultation and coaching to increase understanding of their child's mental health needs and to explore strategies to support their return to school-based learning. Parents/guardians can register for consultation and coaching support using [this link](#).

Parents/guardians who participate in this support will complete a survey and/or follow-up phone call to better understand the impact of this summer mental health support.

Individual Counselling and Case Management Support

July & August 2021

School mental health clinicians will be available to provide ongoing support and crisis intervention to students. Services will be provided virtually to secondary students who have already been referred and are currently engaging in mental health support services with one of our Board Social Workers. Secondary students can self-refer using the Social Work referral form in their student portal.

Students registered in Grade 7 or 8 for the 2021-2022 school year will also be eligible to access mental health support services during the July and August 2021 time-frame only. Parents/Guardians can refer their child in grade 7 or 8 for summer supports using [this link](#).

Happy Brain Training Summer Mindfulness Learning

July 2021

These virtual mindfulness sessions/camps are based on the MindUp curriculum which is designed to teach the skills and knowledge children need to understand and manage stress and emotions, form positive relationships with peers and adults, and act towards themselves and others with kindness and compassion.

Summer Mindfulness Learning camps consist of eight 60-minute synchronous learning sessions being offered twice weekly for 4 weeks and will be offered to elementary students entering entering Grades 4 & 5, 6 & 7 and/or 8 & 9.

[Click Here](#) for information and registration.

Transition Support for Return to School

August 30 - September 2, 2021

Youth Workers and Chaplaincy Leaders will support identified students and families with the transition back to school-based learning in the 2021-2022 school year. Students can request this support or can be identified by parents, guardians and/or staff.

The transition support can range from a phone consult to facilitating in-person visits to their child's school depending on need and availability. [Click here](#) to request transition support for an ALCDSB student or family.

"We imagine a world where all are empowered to reach their full potential through faith and service."