WHERE CAN I GO FOR SUPPORT AT DMCI?

Don Mills C.I. 416-395-3429

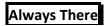
GUIDANCE COUNSELLORS	YOUTH WORKER	STUDENT SUPPORT	VICE PRINCIPAL or PRINCIPAL	SAFETY MONITOR	SETTLEMENT WORKER	Other supports
Guidance Office	Student Success Office Ext. 20165	Special Ed. Office Ext. 20160	Main Office Ext. 20000	Main Office Ext. 20000	Guidance Office	Guidance Office
Mr. Gibson Ext. 20042 ryan.gibson@tdsb.on.ca Mr. Stoitsiadis Ext. 20041 paul.stoitsiadis@tdsb.on.ca Ms. Davies Ext 20045 patricia.davies@tdsb.on.ca Mr. Stretch - International Guidance rory.stretch@tdsb.on.ca	Ms. Green kelly.green@tdsb.on.ca	Ms. Russell shannon.russell@tdsb.on.ca Mr. Czeban Ext 20075 jason.czeban@tdsb.on.ca	Ms. Evans (VP) gillian.evans@tdsb.on.ca Ms. Sivarajah (VP) praveena.sivarajah@tdsb.on.ca Mr. Bushell (P) todd.bushell@tdsb.on.ca	Mr. Neville Worrell	Ms. Liu cliu@thorncliffe.org	Ms. Barnwell (SW) Mr. Richards (MHN) Ms. Spina (Special Ed.) Ms. Rahey (Psychologist) Mr. Tragni (Attendance)
 Course selections Educational planning Stress management Family/Peer issues School issues Information for support services, sexual health, mental health Attendance counselling Academic issues Referral to the Social Worker, Mental Health Nurse, and Youth Worker. Support for bullying & cyber-bullying High school transitions Help organizing work/ideas Time management/study tips 	 Self esteem Relationships Coping skills Social skills Emotional issues Conflict resolution Anger & stress management How to get involved 	 Write tests in an alternate location Discuss learning challenges and strategies IEP support Gifted support Referral to Educational Psychologist GLE support information and educational identification 	 Resolve conflicts with other students Report safety concerns (for self or others) Report bullying, theft, assault, or threats Find ways of getting involved or connected at school or in the community Discuss concerns (personal or academic) 	 Report a trespasser Report injuries or unsafe conditions Report safety concerns (for self or others) Report bullying, theft, assault, threats 	 Information about community services for newcomers Communication between school and home Information and support for newcomers for healthcare, housing, financial assistance, citizenship, employment, etc 	DMCI has access to a Social Worker, a Psychologist, a Mental Health Nurse and an Attendance Councillor. They help with issues such as mental health support, self-harm, suicidal thoughts, substance abuse, family conflict, abuse and neglect. To connect with these support people, please visit a guidance counsellor

When in doubt, reach out! Contact a trusted adult above or report a concern ASAP! You can always call <u>Kids help phone</u>. It's available 24/7 and it's <u>completely anonymous and confidential</u> – they don't trace calls, they don't have call display. You don't even have to tell them your name if you don't want to.

Kids Help Phone: **1-800-668-6868**

www.KidsHelpPhone.ca

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App