

# WHERE CAN I GO FOR SUPPORT AT DMCI?

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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)
<ul style="list-style-type: none"> <li>Course selections</li> <li>Educational planning</li> <li>Stress management</li> <li>Family/Peer issues</li> <li>School issues</li> <li>Information for support services, sexual health, mental health</li> <li>Attendance counselling</li> <li>Academic issues</li> <li>Referral to the Social Worker, Mental Health Nurse, and Youth Worker.</li> <li>Support for bullying &amp; cyber-bullying</li> <li>High school transitions</li> <li>Help organizing work/ideas</li> <li>Time management/study tips</li> </ul>	<ul style="list-style-type: none"> <li>Self esteem</li> <li>Relationships</li> <li>Coping skills</li> <li>Social skills</li> <li>Emotional issues</li> <li>Conflict resolution</li> <li>Anger &amp; stress management</li> <li>How to get involved</li> </ul>	<ul style="list-style-type: none"> <li>Write tests in an alternate location</li> <li>Discuss learning challenges and strategies</li> <li>IEP support</li> <li>Gifted support</li> <li>Referral to Educational Psychologist</li> <li>GLE support information and educational identification</li> </ul>	<ul style="list-style-type: none"> <li>Resolve conflicts with other students</li> <li>Report safety concerns (for self or others)</li> <li>Report bullying, theft, assault, or threats</li> <li>Find ways of getting involved or connected at school or in the community</li> <li>Discuss concerns (personal or academic)</li> </ul>	<ul style="list-style-type: none"> <li>Report a trespasser</li> <li>Report injuries or unsafe conditions</li> <li>Report safety concerns (for self or others)</li> <li>Report bullying, theft, assault, threats</li> </ul>	<ul style="list-style-type: none"> <li>Information about community services for newcomers</li> <li>Communication between school and home</li> <li>Information and support for newcomers for healthcare, housing, financial assistance, citizenship, employment, etc...</li> </ul>	<ul style="list-style-type: none"> <li>DMCI has access to a Social Worker, a Psychologist, a Mental Health Nurse and an Attendance Counsellor. 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</li> </ul>

**When in doubt, reach out!** Contact a trusted adult above or report a concern ASAP! You can always call Kids help phone. It's available 24/7 and it's completely anonymous and confidential – 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](http://www.KidsHelpPhone.ca)

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