

# Schools Écoles Plus

Kings East Monthly Newsletter  
November 2018



Annapolis Valley  
Regional Centre for Education



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



BE BRAVE  
REACH OUT  
SPEAK UP

HEADSTRONG



Over seventy students from Annapolis Valley high schools including NKEC and Horton High School took part in Annapolis Valley's first Head Strong Summit on October 18. This event promotes mental health positivity and ending stigma.



**HEADSTRONG** is an anti-stigma initiative created by the Mental Health Commission of Canada (MHCC) for youth aged 12-18 to inspire students to Be Brave, Reach Out and Speak Up about mental health. Launched across Canada, HEADSTRONG is teaching students how to recognize and reduce stigma, and become leaders in their schools.

## Be in the know about legal cannabis in Nova Scotia

[www.novascotia.ca/cannabis](http://www.novascotia.ca/cannabis)

This Cannabis website helps provide reliable information on a wide range of topics, including what the rules will be in NS, information on health effects of cannabis use, driving while impaired, guidance on speaking to children and teens on cannabis, and workplace impairment.

### Grandparents Raising Grandchildren

*Today's grandparents raising grandchildren are facing social, emotional, and environmental concerns that were not present when raising their own children.*

*This support group for grandparents is jointly supported by Kings County Family Resource Centre of Kentville and SchoolsPlus Kings East.*

*Dates:*

*Tuesday, October 30<sup>th</sup>, 10 - 12 noon*

*Tuesday, November 13<sup>th</sup>, 10 - 12 noon*

*Tuesday November 27<sup>th</sup>, 10 - 12 noon*

*...And every other Tuesday*

*Location:*

*Louis Millett Community Complex,  
9489 Commercial Street, New Minas,  
Room 120*

*If you, or someone you know would like to join us, please contact*  
[marketa.glenn@avrce.ca](mailto:marketa.glenn@avrce.ca) or  
[benita.goertzen@avrce.ca](mailto:benita.goertzen@avrce.ca)



Starting this month! Snacks provided!



KINGS COUNTY  
FAMILY RESOURCE CENTRE

**PARENTING**

**JOURNEY**



*1st Friday*  
*Of every month*  
*9:30am-11:30am*  
*The Salvation Army*  
*Kentville Community Church*  
*15 Nichols Ave*

Let's Journey together  
as we figure out what  
parenting is all about.

For Information Please Call  
FRC @678-5760 or TSA 678-2031 Ext 1  
In Joint Partnership

THE SALVATION ARMY  
Schools Ecoles Plus  
KINGS COUNTY FAMILY RESOURCE CENTRE

**Starting this month! Snacks provided!**

Parenting Journey is designed to help **mothers, fathers, and caregivers** increase their **confidence and resilience** while laying the groundwork for strong family relationships. This small group of parents and caregivers meet for 2 hours once a month. The program includes discussions and activities to help parents and caregiver understand how past experiences and present realities shape their attitudes and beliefs as parents and influence how they engage with their children. Through a process of self-reflection and guided conversation, Parenting Journey participants learn more about themselves not just as parents but also as individuals, resulting in a **more confident parenting** style and an understanding that they are **not alone** in their journey.

Check out our partner's calendars:

**Wolfville Recreation:**

[www.wolfville.ca/recreation-programs.html](http://www.wolfville.ca/recreation-programs.html)

**Canning recreation:**

[www.canningrecreation.com](http://www.canningrecreation.com)

**Kentville Recreation:**

[www.kentville.ca/recreation/parks-rec/](http://www.kentville.ca/recreation/parks-rec/)

**Port Williams Recreation:**

[www.portwilliams.com/community/recreation](http://www.portwilliams.com/community/recreation)

**New Minas Recreation:**

[www.newminas.com/recreation/programs](http://www.newminas.com/recreation/programs)

**Community recreation Guide:**

[www.valleyconnect.ca](http://www.valleyconnect.ca)

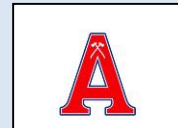
Valley  
Connect.ca

Explore - Discover - Play

**Acadia public skating and swimming:**

<https://fitness.acadiau.ca/public-swim.html>

<https://fitness.acadiau.ca/skating-at-acadia.html>



**Kings County Family Resource Center:**

<http://www.kcfrc.ca/>



**Nova Scotia Health Authority Programs and Services:**

<http://www.nshealth.ca/services>



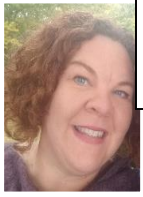
## TEAM DIRECTORY

**Benita Goertzen,**  
SchoolsPlus Facilitator,  
902 599 3870,  
benita.goertzen@avrce.ca



### SchoolsPlus Facilitator

Plays a leadership role within an Integrated Service Delivery model. This involves a continuous commitment to establish partnerships within the school setting, across government, institutions, and community.  
Acts as a navigator for families to appropriate services and support.



**Cindy Oldford,**  
Community Outreach  
Worker

**Marketa Glenn,** Community  
Outreach Worker,  
902 698 9272,  
marketa.glenn@avrce.ca



### SchoolsPlus Community Outreach Workers

Act as a navigator to assist children, youth, and families to appropriate services and support.  
Facilitates group sessions and workshops for families in areas of assessed need.



**Roxy Peterson,** Child and  
Youth Care Practitioner,  
902 698 1502,  
roxy.peterson@avrca.ca

### SchoolsPlus Child and Youth Care Practitioner

Focus is on working with grades P – 5 regarding engagement and attendance.

**Heather Neilson,**  
Adolescent  
Outreach Worker,  
902 698 9497,  
Heather.Neilson@nshealth.ca



### SchoolsPlus Adolescent Outreach Worker

Provides early brief intervention for students experiencing mild to moderate mental health and/or addictions related concerns. Brief counselling services are offered on a drop in basis or by appointment. Group sessions covering a range of topics including self-esteem, mental wellness, relationships, communication, and stress management/coping skills are offered. Students do not need a referral to mental health and addictions to access these services.



**Matthew Primeau,**  
SchoolsPlus Mental Health  
Clinician, NKEC Family of  
Schools  
Matthew.Primeau@nshealth.ca



**Julien Davis,** SchoolsPlus  
Mental Health Clinician,  
Horton Family of Schools  
Julien.Davis@nshealth.ca

### SchoolsPlus Mental Health Clinicians

Provide mental health and addictions services to children and youth in school settings. Families, school staff, and community partners are supported in addressing the mental health and addictions needs of Children and youth. Services include Choice appointments, individual and group therapy, and consultation.



Constable/Investigator  
Schools Resource Officer – **Jennifer BRITTON**  
Kings District RCMP

