



March 17, 2020

Re: School Counsellors Availability During School Closure

Families of Canadian Rockies Public Schools,

We understand that some students and families may be experiencing anxiety as a result of the Coronavirus situation. If you are experiencing uncertainty and confusion, know that you are not alone. These are new circumstances and we are here to support you with this ever changing and uncertain situation. Additionally, we want to do our best to continue to provide mental health support for students and families that were accessing these services prior to the school closure.

Guidance counsellors, School Counsellors and Right From the Start are resources that will remain available for both students and parents during our school closures. These individuals will maintain regular school hours. Please call your school's main office in order to connect with these support services or connect with these individuals directly **via phone or email**.

Counselling resources will ONLY be accessed via telephone and/or confidential video conferencing. There will be no face to face meetings between students/families and school counsellors for safety reasons.

Canadian Rockies Public Schools

Banff Elementary (403) 762-4465

Banff Community High School (403) 762-4411

Alpenglow/Canmore Collegiate High School (403) 678-6192

Elizabeth Rummel School (403) 678- 6292

Exshaw School (403) 673-3656

Lawrence Grassi Middle School (403) 678-6006

Mary Weighll, Right From the Start Coordinator, mary.weighll@crps.ca

Counsellors

Lynne Ratzke, Family/School Liaison Counsellor, lynne.ratzke@crps.ca and 1-403-609-0756

Myka Breymann, School Guidance Counsellor BCHS, myka.breymann@crps.ca

Allyson Van Impe, School & Family Wellness Worker BES/BCHS, allyson.vanimpe@crps.ca

Kim Janse, School Counsellor CCHS, kim.janse@crps.ca

Elizabeth Hodgson, School Counsellor LGMS, elizabeth.hodgson@crps.ca
Brynlyn Moore, School Social Worker Exshaw, brynlyn.moore@crps.ca

Additional Mental Health Supports

The availability of these resources may change as the situation with COVID 19 evolves. We will send periodic updates:

- Urgent Mental Health (Alberta Health Services)
Canmore General Hospital, confidential walk in service from 2 to 9 p.m.
Banff Mineral Springs Hospital, confidential walk in service from 2 to 9 p.m.
★ For now, this face to face service is still operating, as per usual.
- Alberta Health Services (for counselling and/or addictions)
In order to access clinic appointments for both Canmore Mental Health
Banff Mental Health, please call the Access Mental Health/Intake Line at 1-844-943-1500.
- If you are already a client and need a regular clinic appointment for Banff, Canmore or Lake Louise, please call 1-403-678-4696.
★ The clinics in Banff, Canmore and Lake Louise are now completing ALL clinic appointments through phone contact only.
- Cochrane Community Health Centre
60 Grande Boulevard, Cochrane
Open 8 - 10 daily for medical and mental health
- Stoney Nakoda Nation
Stoney Health Centre
Open Monday - Friday, 8:30 to 4:30, Telephone: 1-403-881-3920
Turning Points Telephone: 403. 881.2877
Turning Points will be offering telephone counselling support and can assist the community with a wide variety of issues ranging from: crisis intervention, ongoing support for anxiety and depression, help with self-management of anger, grief, stress management, relationship and family conflict.
- Nakoda EMS 403.932.2222
- First Nations & Inuit Hope for Wellness Helpline 1.855.242.3310
- Kids Helpline: 1-800-668-6868 or text: 686868
- <https://www.anxietycanada.com/>
- Resources related to COVID 19:

<https://www.albertahealthservices.ca/> [Mental Health & Coping with COVID-19 \(CDC\)](#)
[Talking with Children about COVID-19 \(CDC\)](#)

If your matter is an emergency please call 911.

Sincerely,

A handwritten signature in blue ink that reads "Christopher MacPhee". The signature is written in a cursive style with a large, looping initial "C".

Christopher MacPhee
Superintendent of Schools
Canadian Rockies Public Schools