

# Supports we Offer:

Version 12

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If you are in immediate danger please call 9-11

## Group Supports

### Events, Groups, Workshops

- Join [drop-in events](#) offered through each term that provide you with a brief therapeutic self-care experience through play and expressive arts
- Gain understanding and learn skills for improving your personal wellbeing by joining virtual or in-person [psychoeducational workshops](#). Topics vary from how to cope with sadness, how to manage stress, how to get better sleep, how to Reclaim Your Voice, etc.

## Individual 1:1 Supports

### Student Support and Intervention Specialist (SSIS) Service

- Meet with an SSIS (typically within the same day) for support navigating the social service or education system regarding a situational concern (e.g., housing issues, food insecurity, safety concerns, etc.)
- Gain information, resources, or connections to school or external community services

## Quick Connect

### - One session at a time

- Meet with the next available Counsellor about what's concerning you (typically within a week)
- Gain ideas, skills, and/or resources to get you going
- Reconnect as needed with the same or a different Counsellor

## Brief Ongoing Counselling

- Meet with a Counsellor for a series of sessions about what's concerning you
- Have your progress monitored with regular follow-up appointments (typically every 2-3 weeks)
- In the first appointment(s), discuss your personal goals and any relevant background information
- Gain ideas, skills, and/or resources to achieve the goals over time

tags : counselling, help, mentalhealth, personal-concerns