

WGSS Counselling Team

Team	Counsellor	Email for Appointment	Live Chat Hours
Grade 8 A-Z	Ms. A. Ruffo	ARuffo@sd35.bc.ca	Monday 9:30 – 10:30 am
Grade 9-12 A-G	Ms. D. Kifiak	DKifiak@sd35.bc.ca	Friday 8:00 – 9:00 am
Grade 9-12 H-L	Ms. R. Twemlow	RTwemlow@sd35.bc.ca	Wednesday 1:00 – 2:00 pm
Grade 9-12 H-L	Mr. I. Adrian	IAdrian@sd335.bc.ca	Monday 1:00 – 2:00 pm
Grade 9-12 M-P	Ms. D Seymour	DSeymour@sd35.bc.ca	Thursday 10:00 – 11:00 am
Grade 9-12 Q-Z	Ms. S. Docherty	SDocherty@sd35.bc.ca	Tuesday 1:00 – 2:00 pm

To support our students during this time, the WGSS Counselling Team is offering 20-minute computer/phone-based appointments. Students can book an appointment through email requests. Students who have general questions, can contact any member of the Counselling Team during the live chat times specified above.

Requesting a Counselling Appointment

WGSS Counsellors are available for **check-ins, to discuss school progress, to answer post-secondary questions, and/or to support students with personal concerns**. Each appointment time slots is 20 minutes. Please email your assigned counsellor to request an appointment (*using your Microsoft – Langley School District email*). Copy and paste the info below into the body of your email and your counsellor will be in touch to confirm an appointment time. We look forward to helping you.

First Name : _____ Last Name: _____

Grade: _____

Your cell phone number, or home phone number, if you prefer: _____

General idea of what you would like to talk about: (see purple options above): _____

Best day: M T W Th F Available times: _____ am _____ pm

What to Expect

- You will receive an email notification of an appointment time through Microsoft Teams
- The email you receive will prompt you to reply **YES** or **decline NO**.
- If the time specified time does not work, the counsellor will reply with an alternate time.
- The service is confidential with the exception that disclosing risk of harm to self or others requires the counsellor to take additional steps to ensure the safety of all involved.

Please note: **If you have an imminent safety concern or require immediate assistance**, the following resources are available to students and families. Students who are suicidal should not be taken to emergency wards. Call S.T.A.R.T. and they will assess the student and give direction.

SUICIDE RISK	WEBSITE	PHONE CONTACT
S.T.A.R.T.	sswr.fetchbc.ca	1-844-782-7822 / 1-844-START-11
CRISIS SUPPORT		
KIDS HELP LINE	kidshelpphone.ca	Text: 686868 or Call: 1-800-668-6868
BC CRISIS CENTRE	crisiscentre.bc.ca	
YOUTH IN BC	YouthinBC.com	604-872-3311
YOUTH SPACE	youthspace.ca	IM Chat 778.783.0177
YOUTH AGAINST VIOLENCE	youthagainstviolenceline.com	1-800-680-4264
MENTAL HEALTH SUPPORT		
LANGLEY MENTAL HEALTH	fraserhealth.ca	604.514.2711
FAMILY SMART	familysmart.ca	604.878.3400

WGSS Youth Care Workers

Our Youth Care Workers are also available to connect virtually with students. If your son/daughter has a connection with one of our Youth Care Workers, or has not connected but would like to chat, please have them email a member of our skilled Youth Care Team.

Youth Care Worker	Email to Arrange to Talk
Rosemary Davis	RoDavis@SD35.bc.ca
Francine Renouf	FRenouf@SD35.bc.ca
Shannon Beaudry	SBeaudry@SD35.bc.ca