



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Canadian School Counselling Week: Building Resilience in Uncertain Times

EMBARGOED UNTIL FEBRUARY 3, 2020

OTTAWA – (February 3, 2020) February 3rd to 7th, 2020 marks the 6th annual Canadian School Counselling Week in which we recognize and appreciate the school counselling profession. School counsellors provide support to students struggling with mental health issues and can serve as an essential part of their academic journey.

“As school counsellors we are proud to assist students in achieving their long-term goals and helping them achieve success,” said Lisa Cheyne-Zanyk, President of the Canadian Counselling and Psychotherapy Association (CCPA) School Counsellors Chapter. “School counsellors work with individuals, groups, and in classrooms to improve mental health, encouraging students to communicate about their emotions and experiences. Presenting issues including substance abuse, violence, bullying, anger management, careers, depression, anxiety, relationships, self-image, stress, and suicide.”

More than two-thirds of Canadian adults living with a mental health problem report that symptoms first appeared in their youth. Early intervention by professionals such as school counsellors can have a significant impact by increasing opportunities for positive change and well-being. Canadian School Counselling Week recognizes the school counselling profession in supporting the personal, social, educational, and career development of students across Canada. Now, more than ever, our youth need professional counselling and support that school counsellors provide. “Over the past few years, we have been pleased to see Canadians and governments increasingly recognize the importance of youth mental health and are proud to recognize the vital role school counsellors play this week,” said Dr. Jenny Rowett, President of CCPA.

In a rapidly changing workforce environment and an increasingly mobile society, educational planning and career development is key when supporting students with life-planning, goal-planning, and transitioning to new labour and employment realities in Canada. “Career development continues to be an essential component of a school’s Comprehensive School Counselling Program and Practice,” said Dr. Janice Graham-Migel, Chair of the Chapter’s National School Counselling Committee. “Assisting students with their long-range goals and preparation for post-secondary education and careers is significant in a school counsellor’s scope of practice.”

Canadian School Counselling Week is a collaborative effort by CCPA, School Counsellors Chapter, and the regional school counselling associations and Ministries/Departments of Education in each province and territory. To join the conversation on Twitter, follow @CCPA_ACCP and use #CSCW and #SCCS. For more information, please visit the School Counsellors Chapter website at www.ccpa-accp.ca/chapters/school-counsellors/.



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[The Canadian Counselling and Psychotherapy Association \(CCPA\)](#) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians.

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