

Wellness in New West Schools

Wellness Centre & Mental Health in New West Schools



New
Westminister
Schools



Introductions!

What is Wellness?



Wellness is supported by mental well-being, or positive mental health, which involves the capacity to think, feel and act in ways that improve our ability to enjoy life and deal with its challenges.

The Wellness and Learning Connection



Wellness happens in the brain, heart and body

Wellness impacts Learning



Learning impacts Wellness

Students will thrive socially, emotionally and academically and be whole and healthy learners

Wellness Support Delivery Model



Response to Intervention

The Wellness Centre at NWSS (Room 1113)



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What is the Wellness Centre?

The Wellness Centre is a safe space for students to take meaningful steps to promote the health and wellbeing for themselves and others:

- Speak to a youth care worker or counsellor
- Attend a program/group
- Gather educational resources
- See a Nurse Practitioner



Here for life

Nurse Practitioner

Nurse Practitioners are registered nurses and primary care providers who practice in many different settings. Care provided is free and confidential.

Reasons to be seen by the Nurse Practitioner at the Wellness Centre:

- General health questions/concerns
- Mental health
- Sexual health
- Referral to specialized care
- Free medical care for any other medical concerns

The Nurse Practitioner will be available on Tuesdays, from 10:30am–2:00pm, starting September 20th

Process for Accessing Services

Nurse practitioner

- Drop-in
- By appointment
 - See Somi in Welcome Centre to book

Other services

- Mental health services – by referral
- District clinical counsellor – by referral
- Groups & programs – see your school counsellor for info
- Welcome Centre – MOSAIC

Upcoming Events...

STRESS AND THE BRAIN – November 18 @ Lunch

- Presented by Kat Davidson, CYCW

DIGITAL LITERACY EVENT – November 23rd 6:30–8:30pm

- Presented by White Hatter

TAMING THE WORRY GROUP – November 16th – January 18th

- Supported by Cameray Family Services

JUSTICE FOR GIRLS GROUP – February 2023

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WATCH FOR MORE PARENT EDUCATION EVENTS COMING SOON THROUGH THE WELLNESS CENTRE!

