



## Canadian Counselling and Psychotherapy Association Celebrates Third Annual Canadian School Counselling Week

OTTAWA (February 1, 2016) The Canadian Counselling and Psychotherapy Association (CCPA), in collaboration with its School Counsellors Chapter, is proud to recognize Canadian School Counselling Week, February 1-5. This week recognizes the school counselling profession in supporting the personal, social, educational and career development of students across Canada.

“Mental illness and mental health issues pose a substantial risk for students today in Canada,” said Belinda Josephson, President of the CCPA School Counsellors Chapter. “Early intervention and ongoing support by trained professionals can have a significant impact on school-aged children and youth. By increasing opportunities for positive change and reducing the impacts of critical incidents, we can stop the course of some mental illnesses, with the hope of lessening long-term impacts in children and youth.”

School counsellors are vital in contributing to the mental health and well-being of students in Canada. Through comprehensive and developmental guidance and counselling programs, school counsellors can make a positive difference in the lives of children and youth, both as independent professionals, and as part of student support teams and referral agents.

“Career development continues to be an essential component of a school’s Comprehensive Guidance and Counselling Program,” said 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. The CCPA hopes to continue to increase the public’s awareness of the extent of programs and services and urges all Canadians to join the celebrations of Canadian School Counselling Week. To join the conversation on Twitter, follow @CCPA\_ACCP and use #CSCW and #SCCS. For more information, please visit the CCPA School Counsellors Chapter website at [www.ccpa-accp.ca/chapters/school-counsellors/](http://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. For more information on the counselling and psychotherapy profession, please visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).*

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