



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



Canadian Military and  
Veteran Families Leadership Circle  
Cercle canadien du leadership pour les  
familles des militaires et des vétérans

## ***School Counsellors Working with Military and Veteran Families: New Resource for Canadian School Counsellors***

FOR IMMEDIATE RELEASE

ST. JOHN'S (May 18, 2017) – The Canadian Counselling and Psychotherapy Association (CCPA) in partnership with the Canadian Military and Veteran Families Leadership Circle proudly announces the launch of a new bilingual publication for school counsellors in Canada. Part of a series of publications related to professions working with military and Veteran families, the school counsellors' issue is the second in the series, following *Family Physicians Working with Military Families*, released by the College of Family Physicians of Canada in November 2016. Subsequent issues will focus on other professions that frequently interact with Canadian Armed Forces military personnel, Veterans and their families.

*School Counsellors Working with Military and Veteran Families* raises awareness of the important roles and unique lifestyles of military and Veteran families that enrich schools, communities, and workplaces. The publication assists school personnel in increasing their military literacy, and enabling increased support and inclusion of children and youth of military and Veteran families in the social, academic and athletic lives of schools across Canada.

“CCPA proudly acknowledges the work of school counsellors in supporting students adapting to change and navigating the realities of a military and Veteran lifestyle,” says Dr. Natasha Caverley, CCPA President. “There is growing recognition and acceptance that school counsellors are uniquely situated to advocate for these children and youth, who are highly mobile, educated across multiple school systems, and multicultural in experience.”

This publication answers four key questions: 1) What is the military and Veteran lifestyle? 2) What resources are available to school counsellors to assist them in their work with children and youth of military and Veteran families? 3) How can school counsellors promote mental health and advocate for students of military and Veteran families in schools? and 4) How can school counsellors support classroom teachers in their work with students of military and Veteran families?

“We know that the whole family is affected, including children, when a parent serves or has served in the military. Resources such as the *Working with Military and Veteran Families* series support military literacy and contribute to an understanding of the unique lifestyles of military and Veteran families,” says Nora Spinks, CEO of the Vanier Institute of the Family and Co-Founder of the Canadian Military and Veteran Families Leadership Circle. She adds, “The collaborative efforts behind this resource highlight the commitment of caring community providers such as CCPA and the Canadian Military and Veteran Families Leadership Circle.”

This resource was developed by a panel of experts, including family members, researchers and academics, the Canadian Counselling and Psychotherapy Association, Military Family Services, National Defence Health Services Group, Veterans Affairs Canada, Canadian Institute for Military and Veterans Health Research, and the Vanier Institute of the Family.

“Military Family Services is honoured to be working with CCPA in the development of this publication and in building awareness amongst school counsellors”, says Colonel Dan Harris, Director of Military Family Services. “School counsellors have an incredible ability to have a real impact on facilitating transitions for military children. The more we can educate and provide information about the uniqueness of military life to civilian professionals and service providers, the more we support military families.”

### **Canadian Military and Veteran Families Leadership Circle**

The Canadian Military and Veteran Families Leadership Circle includes leaders from businesses and community, Department of National Defence, Veterans Affairs Canada, Military Family Services, Military Family Resource Centres and military and Veteran families. Members have an

interest in the partner-based Canadian Military and Veteran Families Leadership Circle to share information, mobilize knowledge, foster relationships and form collaborations. The *Working with Military and Veteran Families* series equips professionals and informs communities so they can equitably serve military members, Veterans and their families. Each publication in the series is customized to various professionals and practitioners in the community.

<http://vanierinstitute.ca/projects/canadian-military-veteran-families-leadership-circle/>

### **Canadian Counselling and Psychotherapy Association**

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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