



FOR IMMEDIATE RELEASE

Canadian Counselling and Psychotherapy Association Recognizes Canada Career Month 2021

OTTAWA (November 1, 2021) – November marks Canada Career Month, an annual celebration organized by the Canadian Council for Career Development (3CD) to remind us of the importance of accessing meaningful work and all those that help us in connecting with our preferred futures. As a national representative of career counsellors, the Canadian Counselling and Psychotherapy Association (CCPA) is excited to be involved with Career Month and help guide Canadians on their career path.

A key segment of CCPA's membership is career counsellors. Career counsellors help people prepare for entry, re-entry, transition within or leaving the employment market. They play a vital role in supporting individuals to determine and implement the next steps in their career development, which may be more education or training, a change in career paths, or navigating life transitions.

"Mental health and access to meaningful employment are inextricably linked," says Dawn Schell, CCPA Career Counsellors Chapter President, "In fact, career counselling and development are mental health interventions. Our sense of identity, meaning, purpose, and livelihood, are directly connected to the contributions we make to our families and our communities."

This year's Canada Career Month theme is "**It's possible!**", encouraging Canadians to think about what's possible to achieve at any stage in their Career. Throughout the month, [virtual events](#) will be hosted to help Canadians navigate the labour market and gain tools for a brighter future.

CCPA's Career Counselling Chapter President-Elect Priscilla Jabouin shares that "the COVID-19 pandemic has shifted the way Canadians view their work. Career counsellors are available to help individuals reflect on their career paths make it possible to find meaning and balance in our work and career."

If you or someone you know is looking for support please go to www.ccpa-accp.ca/find-a-canadian-certified-counsellor/ where you can find a qualified counsellor who holds a specialization in career counselling and is available to support individuals with career development, planning, training and employment.

For more information on Canada Career Month, please visit: <https://careermonth.ca/>.

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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.

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