



FOR IMMEDIATE RELEASE

## Canadian School Counselling Week 2023: Who we are and how we help

**February 6, 2023, OTTAWA**—This week, February 6-10, marks the 10th annual Canadian School Counselling Week to increase the public's awareness of the programs and services that characterize the school counselling profession in Canada. This year's theme, **Who We Are and How We Help**, emphasizes the essential role of the school counsellor and the importance of these professionals for the health and well-being of students across Canada.

School counsellors help **prevent** the development of risk factors through a comprehensive approach that focuses on student well-being, safe and inclusive school climates, support for educators, and implementation of awareness campaigns. School counsellors **intervene** by providing a safe space for students to seek help and support in times of personal, academic, interpersonal, and social challenges. School counsellors **advocate** for student supports, access to resources, and transition planning.

"The scope of practice has always been extensive for school counsellors in Canada through a Comprehensive School Counselling Program and Practice," said Dr. Janice Graham-Migel, President of the CCPA School Counsellors Chapter. "School counsellors provide support for the personal, social, educational, and career development of students through programming and counselling services and are instrumental in supporting the well-being and achievement of students at all grade levels."

"The last two years has been incredibly trying on the well-being of all Canadians, especially youth who faced unprecedented challenges of isolation. School counsellors have proven to be instrumental in supporting the mental health and well-being of students at all grade levels." said CCPA President Dr. Kathy Offet-Gartner.

Canadian School Counselling Week is a collaborative initiative by CCPA, School Counsellors Chapter, 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 #schoolcounsellorshelp.

For more information, please visit the CCPA School Counsellors Chapter website at:

[www.ccpa-accp.ca/chapters/school-counsellors-chapter/](http://www.ccpa-accp.ca/chapters/school-counsellors-chapter/)

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*[The Canadian Counselling and Psychotherapy Association \(CCPA\)](http://www.ccpa-accp.ca) 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 further information, please contact:**

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