

556 BOLESKINE ROAD, VICTORIA, BRITISH COLUMBIA V8Z 1E8 Phone (250) 475-4241 Fax (250) 475-4238

Dear Parent and/or Guardian:

You are receiving this letter because counselling services have been requested for your child by family, self-referral, or a staff member. Your input and knowledge about your child is greatly valued. If you would like to meet with your child’s counsellor, please email or call for an appointment.

# What to expect from counselling:

* School based counselling may include individual and/or small group support.
* The goal of school based counselling is to support your child in developing skills to support their social emotional wellness. Some of these areas of focus may include: emotional regulation, friendships, self-esteem, anxiety, dealing with social conflicts, classroom supports, grief and loss, and separation/divorce.
* Counselling is expected to be a voluntary, confidential relationship (see limits on the reverse side of this letter) which involves developmentally appropriate and evidence - based strategies to explore specific goals.
* A counsellor has an obligation to ensure that students understand the goals of the counselling session(s), limits to confidentiality, and the potential risks and benefits of counselling.
* A student has the right to end counselling at any time.

# Potential Benefits and/or Risk to counselling:

* Better understanding of self and others which supports a sense of wellbeing and positive mental health.
* Improved relationships with peers and adults.
* Increased connection to and engagement with classroom and school activities.
* Unanticipated and/or strong emotions that may arise from remembering and discussing upsetting events.
* Limits to confidentiality may lead to unforeseen consequences.

# Parent/ Guardian Consent:

* If a student is not of the age to fully understand ongoing informed consent, parental/ guardian permission for counselling is required.
* It is most often in the best interest of the student to have parents/guardians informed about counselling (while content remains confidential), with the child/youth’s consent.

\*Due to COVID-19, we are accepting typed signatures until further notice.

Date: Student Name: Student Signature:

Counsellor Name:

Parent/Guardian Name (if applicable, see above):

Parent/Guardian Signature:

Signature:

# Limits to Confidentiality:

* Concerns about abuse (sexual, physical, emotional), and/or neglect of a student legally require a report to the Ministry of Children and Family Development.
* If a student has knowledge regarding criminal activities, and/or knowledge of someone being harmed, the counsellor must inform the police.
* If a student has a plan to harm themselves or others, confidentiality may be breached to ensure safety.
* When subpoenaed to court, a counsellor must share relevant information as requested by legal authorities.

April 2020