

WGSS Counselling Team

Counselling Team		WGSS Team Member	Email	BOOKING APPOINTMENTS
Grade 8	A-Z	Ms. Andrea Ruffo	ARuffo@sd35.bc.ca	Text request to Teams Chat
Grade 9-12	A-G	Ms. Darleen Kifiak	DKifiak@sd35.bc.ca	Text request to Teams Chat
Grade 9-12	H-L	Ms. Rachelle Twemlow	RTwemlow@sd35.bc.ca	Book appt click here or text teams
Grade 9-12	H-L	Mr. Ivan Adrian	IAdrian@sd335.bc.ca	Text request to Teams Chat
Grade 9-12	M-P	Ms. Donelda Seymour	DSeymour@sd35.bc.ca	Text request to Teams Chat
Grade 9-12	Q-Z	Ms. Sue Docherty	SDocherty@sd35.bc.ca	Text request to Teams Chat

Request a Counselling Appointment

Log into **TEAMS** and text your assigned counsellor via Teams chat to request an appointment. Provide your counsellor with the following information:

Your first and last name

Grade

Your email address

A contact phone number: cell phone number, or home phone number, if you prefer

Purpose of the Appointment- post secondary, scholarship, personal, timetable, etc.

What to Expect

- You will receive a notification of an appointment time through **Microsoft Teams**
- You need to either accept **YES** or decline **NO** the appointment. If the time doesn't work, the counsellor will get back to you with another time.
- The service is confidential with the exception that anything disclosed regarding risk of harm to self or others, the counsellor is required to take additional steps to ensure the safety of all involved.

[Click here](#) to access the resources available on the **Counselling & Careers website**

[Click here](#) for latest **Grad News**

Please note that if you have an imminent safety concern or require immediate assistance, the following resources are available to students and families:

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| • Kids Help Phone | 1-800-668-6868 or text #686868 |
| • Health Link | 811 |
| • Langley Mental Health | 604.514.2711 |
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