



Inspiring Hope + Wellness in Our Community

Community Resource Consultation

Hi everyone, my name is Katie McArthur and I am excited to be at St. Teresa for the school year as your Community Resource Worker (CRW) from Carizon. With this service parents have an opportunity to speak with a CRW to brainstorm resources, services and strategies that support the needs of your family/child during a confidential consultation appointment.

Parents can sign up for an appointment time in the School Office, or by texting or emailing me directly. You can also speak to any of the school staff for more information. Consultation appointments are available at St. Teresa on **Tuesdays at 9, 10, & 11am**. If you are interested in scheduling an appointment but are unable to make it to the school during those time-slots, please feel free to contact me to make alternative arrangements.

Community Resource Worker:

Katie McArthur

kmcarthur@carizon.ca

c: 226-898-5619

Parents/Caregivers can use the Consultation Appointment for support with:

- Child's behaviour
- Accessing & Navigating Community Resources i.e., Mental Health/Counselling/ Financial/ Recreational
- Home routines and structure
- Child's social/ emotional struggles
- Understanding Mental Health Issues/diagnosis and strategies to manage.
- Monthly parent workshops are also offered to address topics that are meaningful to you.