

## *Why might my child need / want to see the Guidance Counsellor?*

- Problems with friendships and being with others
- Concerns about bullying and harassment
- Conflict resolution
- Being worried or stressed out about things that are happening in class, at school or outside of school
- Handling feelings, including anger and aggression
- Looking for information or help for others
- Being scared or feeling unsafe for any reason
- Grief
- Just needing to be heard- having someone to talk to who they can trust