

# NEXT WEEK AT COLQUITZ

Sept. 26-30, 2022

It was wonderful to see so many families at our open house last night. Hundreds of parents and children enjoyed pizza and delicious corn from Silver Rill while chatting with their child's teacher and having a proper look around the school. After more than two years off, we are just getting ourselves back into the groove of these large, open events. Last night was a great kickoff to this return. We look forward to doing it again next year (with more pizza!) and encourage you to join us for the parent evenings ahead this year.

Today was also a good one for the Colquitz staff. We spent a very productive day learning about our shift to proficiency scale reporting. This year as a school we are enrolled in a pilot initiative by which we will move to this type of reporting, as part of a larger, whole province shift. There will be more information coming to you shortly. Today though, it was our chance to start realigning ourselves for this shift.

Colquitz would like someone to volunteer to pick up bagels every morning Monday - Thursday from the bakery at Save On Foods at Tillicum Mall. These can be picked up from the Bakery counter between 7:00 - 9:00 am and brought to the Colquitz office. These are used to help supplement our Toast Program and are available to all students.

The Flipside Teen Centre is so close to Colquitz— so could be a great option for some of your students.

Some programs we have running this fall:

- Craft and Art at Pearkes – Thursdays 4:00-5:30 pm
- Friday Night (Skate, Pizza, Movie) (\$5) – 5:45-8:15 pm (Rental Skates and Pizza included in the cost)
- Girls on the Go! (Program for female-identifying youth) – Mondays 6:30-8:30pm
- Outdoor Adventure Club – Wednesdays 4:00-6:00pm (meeting at Meadow Park on Dysart)

We will also be looking at running a youth wellness and fitness program in October that will include drop in sessions in our gym (and wellness programming)

## **Upcoming Dates:**

**Sept. 29-** Orange shirt day

**Sept. 30-** Truth & Reconciliation Day-no school in session

**Oct. 3-** Photo Day

**Oct. 10-** Thanksgiving No school in session

**Oct. 18-** PAC Meeting @6:30pm

**Oct. 21-** Pro\_D No school in session



## **Lisa Tate**

Parent Peer Support Worker - Victoria,  
Sooke, Westshore

250-818-4810 | 1-855-887-8004

[www.familysmart.ca](http://www.familysmart.ca)



### **The Neurodiversity Family Centre**

We are a Neurodiversity (ND) affirming centre where we don't see ND as the problem but instead a roadmap for support. We focus on a family centered approach where the health and wellness of the whole family is the goal whether the primary client is the youth or caregiver(s). Although each practitioner uses their own unique set of skills and therapy styles, as a centre, we focus on the use of the collaborative problem solving approach by Dr. Ross Greene with our clients.

## **Upcoming Workshops**

### **Parenting Neurodivergent Youth: Emotional and Self-Regulation Strategies**

September 28, 2022, 07:00 PM-8:30pm

\$50 per family

Presented by: Mary Klovance

[For More Information Click Here](#)

### **Parenting Youth with ADHD: Newly diagnosed**

September 29, 2022, 07:00 PM-8:30pm

\$50 per family

Presented by: Stephanie McAlister

[Click Here for More Information](#)

### **Caring for Families Too: For Parents of Trans Children & Youth**

October 05, 2022, 07:00 PM-9:00pm

\$60 per family

Presented by: Kristen Mueller

[For More Information Click Here](#)

# More than just bathrooms: A Workshop for Parents of 2SLGBTQIA+ Youth

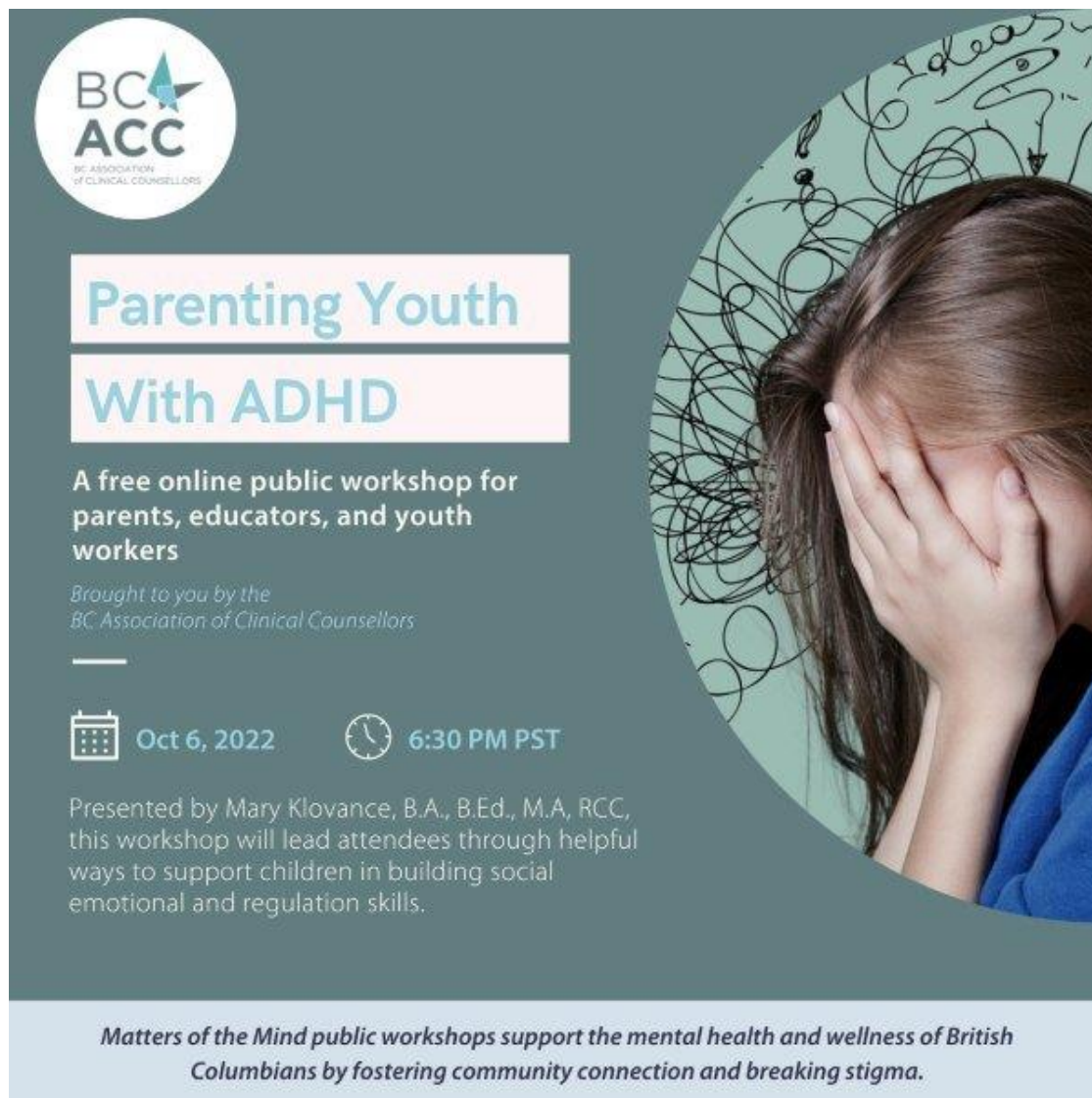
2022/11/02 06:00-7:00pm

\$50 per family

Presented by: Sarah Wilson

[Click here for more information](#)

## Free Online Webinar





**BC ACC**  
BC ASSOCIATION  
OF CLINICAL COUNSELLORS

### Parenting Youth With ADHD

A free online public workshop for  
parents, educators, and youth  
workers

*Brought to you by the  
BC Association of Clinical Counsellors*

 **Oct 6, 2022**       **6:30 PM PST**

Presented by Mary Klovance, B.A., B.Ed., M.A, RCC,  
this workshop will lead attendees through helpful  
ways to support children in building social  
emotional and regulation skills.

*Matters of the Mind public workshops support the mental health and wellness of British  
Columbians by fostering community connection and breaking stigma.*

Mary Klovance will be offering a free webinar for families in partnership with the British Columbia Association of Clinical Counsellors. This is an introductory workshop to the paid workshop: Parenting Neurodivergent Youth: Social Emotional and Regulation Strategies.

[For more information click here](#)

# Welcome to our New Practitioners!

[View Detailed Profiles On our Website](#)

## Christine Golder

**Christine works with youth (age 12+), adults and families**

M.A., B.Ed., B.Sc.

Registered Clinical Counsellor (RCC)

She/Her

Certified Autism Spectrum Disorder Specialist

Christine is a Registered Clinical Counsellor with a specialty in Autism Spectrum Disorder (ASD). Christine has over ten years of professional experience working with youth who have a wide range of mental health concerns such as Autism, ADHD, depression, and anxiety.

In addition to her background in school counselling, Christine has lived experience as a parent to a teen with Autism. She understands the challenges teens and their parents face in their day-to-day lives. Christine uses her strength-based, solution-focused approach to help clients navigate interpersonal and communication issues and find self-regulation strategies that work. Christine loves helping her clients find ways to feel more socially connected, regulated, and supported at home, school and in their community

[Book with Christine](#)

## Margaret Macgillvray

**Heather works with emerging adults, and adults, caregivers to children, youth and families through virtual sessions.**

BSW, MA

Registered Clinical Counsellor and Psychotherapist.

She/Her

Heather is a warm and empathetic individual who is passionate about supporting youth in their transition years as they navigate their journey to adulthood and independence as well as adults with their own experiences managing neurodivergent diagnosis. She has personal experience as a parent of teenage twins and a third, two of which have neurodivergent diagnosis.

Heather has over 14 years of experience working with families. She began her work in Haida Gwaii and more recently work with a not-for-profit as a neurobehavioural specialist supporting children and caregivers; she identifies as having a mixed Métis and settler ancestry. Her specializations are in working with individuals with FASD, ADHD, and ASD diagnosis as well as anxiety, PTSD and trauma

[Book with Heather](#)