

Professional Counselling Service for Teachers



Carmen Meehan
Coordinator
Counsellor/Consultant
District South
Office (506) 634-2901
Toll Free 1-800-563-3938
carmen.meehan@teacherwellness.ca



Michael LeBlanc
Counsellor/Consultant
District West
Office (506) 462-0208
Toll Free 1-800-561-1727
michael.leblanc@teacherwellness.ca



Lisa Calhoun
Counsellor/Consultant
Districts North & East
Office (506) 855-5243
Toll Free 1-800-763-5050
lisa.calhoun@teacherwellness.ca

Purpose

- To provide a confidential counselling/consulting service which is available without fee to NBTA members
- To provide health promotion programs which will assist teachers in increasing their level of wellness

Services

- Provide counselling
- Organize group sessions upon request
- Respond to school crises to provide support for staff
- Conduct Critical Incident Stress Debriefings
- Refer teachers to other agencies when necessary
- Co-ordinate School-Based Wellness Programs
- Promote wellness through workshops

When to Use These Services

- If you are having difficulty coping with stress
- If you are facing personal, financial, work, couple or family problems
- If you want to improve your communication skills
- If you are experiencing a need to make changes in your career
- If you need support concerning your job
- If you are interested in developing a personal plan to promote emotional, physical, occupational, and spiritual wellness



We know teachers!