

Student Services would like to wish our entire community a Merry Christmas and a Happy New Year. With the holiday season approaching, we encourage our students and their families to take some time for reconnecting and self-care through various activities such as mindful meditation, yoga, or perhaps trying out a new recipe. Check out our website

(<https://sites.google.com/ecsd.net/student-services/home?authuser=0Student>) under the Student Services Channel for some ideas on how to re-charge! Additionally, with the break around the corner, Student Services staff will be unavailable from December 19, 2020 to January 3, 2021. In the event you require immediate support, please refer to the following lines for urgent services.

Children & Youth Crisis Line: 780-407-1000

Kids Help Phone (24hr): 1-800-668-6868

Distress Line (24hr) 780-482-4357

If you need immediate help go to your nearest emergency room or call 911.

Have a safe and relaxing Christmas! We look forward to welcoming you back in the New Year!



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EDMONTON CATHOLIC SCHOOLS

*God Calls Us* EACH BY NAME