

SchoolsPlus would like to extend a warm welcome back to school to all families in our community.

Did you know? SchoolsPlus operates 12 months of the year! SchoolsPlus is a confidential, free service available to every school in Nova Scotia. Families and students (12+) can self-refer to SchoolsPlus by contacting the SchoolsPlus facilitator for your school, Isaac LeBlanc@hrce.ca or your schoolsPlus Community Outreach Worker rachel.murray@hrce.ca.

To learn more about SchoolsPlus please visit ednet.ns.ca/schoolsplus/



Group programming

Our staff can offer group programming for students as well as parents and caregivers. This can include lunch time and after school programs, as well as full-class presentations. Some examples of past programming include: parent coffee hours, social skills groups, healthy relationships programs, and more!

Manage complex situations

Sometimes students and their families are already connected to many services, but still need help managing it all. Our Facilitators offer comprehensive case management support to ensure everyone involved is communicating clearly and families are receiving the best support possible.

Mental Health Clinicians

SchoolsPlus Mental Health Clinicians provide counselling in schools, for students in grades 7 to 12. Students and parents self-refer by calling IWK Central Referral at [902 464 4110](tel:902-464-4110).

Resources & support

We can connect students and their families to resources and supports, such as:

Recreation

Help finding and applying for rec programs or related funding.

Tutoring

Help understanding and accessing tutoring supports.

Food supports

Help accessing food banks and other local food supports.

Health & wellness

Help navigating healthcare systems.

General support

Help completing paperwork and applications, as well as transportation and accompaniment to appointments.