

# OHS Guidance Team

**Ms. Chevrier**

A-Go

**Ms. Kokoski**

Gr-N

**Ms. MacLeod**

O-Z

# How can we help?

- Course planning
- Post-secondary options & scholarships
- Strategies for coping with stress, anxiety, and mental health concerns
- Help getting organized and setting goals
- A safe space to talk



# OHS Guidance Appointments

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**Scan Me!**



**Book Online**

<https://tinyurl.com/OHSGuidanceAppt>

No device? No problem! Stop by your counsellor's office to make an appointment.