



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association

TALK TO YOUR SCHOOL COUNSELLOR

High School Poster Links

Coping Strategies

<https://crisiscentre.bc.ca/coping-and-self-care/>

<http://www.bridgethegapp.ca>