**Tele-Guidance Counselling**

As a school district, ASD-N recognizes that our students may be having a difficult time adjusting to the effects and changes related to COVID-19. This is a serious situation, one we have never faced before, and students may have questions or need help processing all that is happening in their lives right now. Or maybe students are missing their school resource supports, or are struggling with not having their daily school routine.

We want to provide support to our students, and offer access to our Educational Support Services team. This means that students or their parents who reach out through our district phone numbers (listed below by area) will be able to talk to district personnel, and set up an appointment to talk with their own school guidance counsellors, if necessary.

Students who would like to speak with district guidance staff should contact the number for their particular region, between **9:00 a.m. and 3:00 p.m., Monday to Friday.**

**Bathurst/Dalhousie/Campbellton (all grades) 506-522-8167**

**Miramichi/Rexton (Grades K-8) 506-626-3257**

**Miramichi/Rexton (Grades 9-12) 506-626-0120**