



MHCB Vegreville

September 2025



Welcome back to the new school year!

MHCB had a blast over the summer facilitating our summer programs and we would like to thank everyone who came out and joined us. We have had some changes here at MHCB: Kirstin McSween is back as Program Manager and Wellness Coach for Vegreville Composite, we want to give a big thank you to Larissa who did an amazing job the past year and wish her the best as she goes on maternity leave shortly.

With that we will be hiring two wellness coach positions. One part time and one full time, if you are interested in applying those should be posted shortly.

I like to start the year with a rundown of some commonly asked questions:

What is MHCB?

MHCB stands for: Mental Healthy Capacity Building Program

What school's is MHCB Vegreville in?

We are in all the schools in Vegreville as we are a partnership program between EIPS and EICS. We are grant funded by Recovery Alberta.

What is the goal of MHCB?

In the schools the goal is to work with the teachers and staff to go into classes to provide universal programs or groups that teach **ALL** kids the skills to promote positive mental health. This can look like coping skills, emotional regulation skills, healthy relationships, etc.

What community work do you do?

Since we are funded for 12 months out of the year we partner with multiple community organizations to provide fun mental health programs in the summer and on school breaks. For more information on these programs you can follow our Facebook pg. @MHCBveg

Kirstin McSween: Program Manager

Kirstin.mcsween@eips.ca

Facebook: @MHCBVeg

Website: www.MHCBVegreville.com