



# MHCB Vegreville September 2024



Welcome to the 2024-2025 school year! We would like to thank everyone who joined us in our summer programs this summer, we had so much fun! We have had some movement in our team over the last few months while Kirstin McSween is on maternity leave with her sweet little one. Krissy Folk, Wellness Coach for ALH, has also added Mundare and St Mary's to her schedule for the 2024-2025 school year. Stephanie Scripture is the new Wellness Coach who will be working at St Martin's this year. Larissa Regnier is the temporary Program Manager and Wellness Coach for Vegreville Composite.

MHCB (*Mental Health Capacity Building*) is grant funded by Alberta Health Services and our team provides services to EIPS and EICS schools in the Vegreville area. We are focused on mental health prevention and promotion and our goal is to promote positive mental health in children, youth, families, and the community. We collaborate with school staff to facilitate mental health programming in the classrooms, small group programs, and we also provide programming in the community. If you have any questions about MHCB, please reach out to [larissa.regnier@eips.ca](mailto:larissa.regnier@eips.ca).

#### **AL Horton:**

Welcome back, AL Horton! This is my second year as Wellness Coach at ALH and I want to start with my three things to be grateful for! I am grateful to be back, I am grateful for all the wonderful people in the school, and grateful to be able to promote positive mental health! I can't wait to share the new programs and activities, and well as snuggle back in with some of our favorite programs, like Slumberkins! I am looking forward to a wonderful year!

- Mrs. Folk

#### **Mundare:**

Greetings to staff, students, and families of Mundare School! This year I will be filling in for Mrs. R as Wellness Coach while she is Program Manager. I am so grateful for the opportunity to spread mental health awareness and continue positive mental health programming at Mundare School. I look forward to meeting everyone and a great year of learning for everyone, including myself!

- Mrs. Folk

### **Vegreville Composite:**

Welcome back! I hope everyone had a great summer. I am excited to be in the role of MHCB Program Manager for the 2024-2025 school year, and Wellness Coach for Vegreville Composite. I will be in touch with teachers over the next few weeks to discuss in-class programs. I look forward to working alongside everyone this year to promote positive mental health for all of our amazing students.

- Mrs. Regnier (Mrs. R)

### **St. Mary's**

Hello, St. Mary's family! I am excited to be taking on the role of Wellness Coach at this wonderful school this year as Mrs. R takes the very important position as Program Manager. I look forward to creating great relationships, and continuing on the growing understanding of how important positive mental health really is, throughout school and life. I look forward to our journey together!

- Mrs. Folk

### **St. Martin's**

Hello, St. Martin's! Welcome back! I hope that you all enjoyed an awesome summer break and are feeling ready for a new school year. I am new to the MHCB Vegreville team this year and am looking forward to getting to know all of the wonderful students and staff. I will be working on Tuesdays, Wednesdays and Thursdays, where I will be offering in-class programming to the K-6 classes, as well as lunch and after school programs that focus on social-emotional learning and mental health topics. As we settle into the new school year, feel free to reach out to me with any questions and/or suggestions regarding our MHCB programming. I may be reached at [stephanie.scripture@eics.ab.ca](mailto:stephanie.scripture@eics.ab.ca). Be well!

- Mrs. Scripture

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