



Gibbons School

We're All About Kids

Dear Parents/Guardians,

We just wanted to provide you with some details to supplement what is already on our [website](#) about school counseling at Gibbons School.

School Counselor for 2025-26: Heather Ebbers (heather.ebbers@sturgeon.ab.ca)

How to access: For a student to access counseling support at the school, they can refer themselves, or be referred by another concerned person.

Purpose/Intention: Counseling at the school level is meant to help students through *acute or short term issues*, supporting them in gaining healthy SEL (social emotional learning) strategies so that they can make more effective and healthier decisions. Remember that change takes time and support is most effective when we work together.

Please note that school counselors in our division are employed as teachers; we are not licensed counselors or therapists, and therefore can not provide actual therapy. We also are not meant to provide ongoing, long term support. Think of us more as triage - immediate/crisis support. If the immediate support does not resolve the crisis, a parent/guardian is contacted so that they can provide and find long term support for their child.

What counseling can look like: Counseling may include small group or individual sessions, where we work together to understand the problem, the present and future consequences, develop goals and a plan of action for change. At our first meeting each year with students, we go over a '[Top 10 Things](#)' Document that highlights what to know about talking to a school counselor. If you'd like, you can view that document by following the link at the end of this.

How is information shared? Trust is the basis for effective counseling. Confidentiality between school counselors and students is imperative to build and maintain this trust. Your child must know and trust that what is shared with the counselor will stay with the counselor unless your child gives permission to share information or if the counselor suspects the child or someone else is in danger of being hurt by others, hurting themselves, or hurting others (see #4 in the [Top 10 Things](#) document).

Counseling records do not become a part of the permanent record of the student. The counselor may talk with the classroom teacher(s) about how they can help your child in the classroom; however, specific information will not be shared without the consent of the student.

If you have any questions or concerns, please contact Ms.Ebbers.

Principal: Darryl Paziuk | Vice Principal: Nicole Eisenkrein

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