



President's Message



Dear Colleagues,

As we step into a brand new year, I want to extend a warm and heartfelt welcome back to each of you. I hope the summer months offered you some well-deserved rest, reflection, and rejuvenation.

The beginning of the academic year always brings with it a sense of renewal—new students, new challenges, and new opportunities to make a meaningful difference. As counsellors and psychologists, we are uniquely placed to

foster safe, inclusive, and supportive environments that empower every student to thrive. Your dedication, compassion, and resilience remain at the heart of this important work.

Looking ahead, I'm especially excited to share that preparations are well underway for our upcoming Annual Conference, with this year's focus on ADHD (Down the Rabbit Hole: A Deep Dive into ADHD) with Dr. Megan Smith. This timely theme reflects the growing need for informed, evidence-based practices that help us better support neurodivergent students. We can't wait to gather, share insights, and deepen our collective knowledge. More excitingly, we are hoping to connect with and include even more colleagues at our new venue The Holiday Inn on Portugal Cove Road, and also through an online option.

Let's embrace the year ahead with curiosity, courage, and connection. Together, we will continue to advocate, support, and lead with heart.

Wishing you a fulfilling and impactful year ahead.

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~Holly



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Conference 2025 Updates

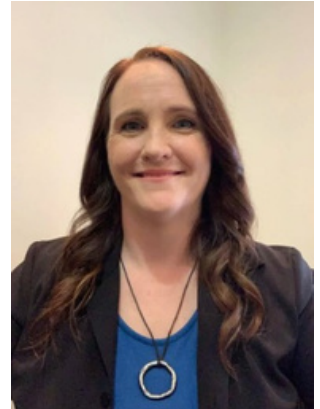
Date: Thursday and Friday October 23 - 24, 2025

Location: Holiday Inn, 180 Portugal Cove Road

Preconference: Wednesday October 22, 2025 (Afternoon)

You asked and we heard you. Better parking and the ability to reach those who cannot attend in person. 2025 will be a year of great change for our provincial NLCPA conference as we move to the Holiday Inn at 180 Portugal Cove Road and offer a virtual attendance option for both the preconference and conference. This will certainly be a conference you do not want to miss.

Our Keynote speaker features Megan Smith from the Center for ADHD Awareness Canada (CADDAC). Her talk "Down the Rabbit Hole" a deep dive into ADHD will explore ADHD off the beaten path, including common but less well-known symptoms, diagnostic issues, and ADHD-related challenges. Participants will also learn critical information for assessing and supporting ADHD, including strategies that target the underlying executive functioning differences that contribute to the challenges young people with ADHD experience. Participants will have opportunities to engage in experiential exercises and other interactive learning activities that will help them appreciate ADHD in a whole new way and consider how to tailor supports to their clients.



Details of the preconference will be coming to you shortly.

AGM 2025

This past year your provincial executive have been busy reviewing the NLCPA constitution and have many updates and proposed changes to be voted upon at our annual general meeting (AGM) scheduled for 11:00am on Friday October 24, 2025. As a result the AGM this year will be scheduled for a two hour time slot to ensure time for all agenda items and voting that will need to take place. A list of proposed changes which will be reviewed at the AGM will be forwarded to all members in the coming weeks prior to the conference for your advanced review. Position of President Elect will be open for nominations at the time. Please see the constitution on the NLCPA website for details on this position.

NLCPA Professional Development Grant

NLCPA has a Special Project Fund through the NLTA that all counsellors and psychologists can apply for to get funding to support personal professional learning, including our upcoming conference in October. For more information on how to apply for this funding, please reach out. Maximum funding that can be received for this particular fund is \$2000.00. Applications must be received 6 weeks prior to the start of the PL that you are looking to attend. Please reach out to mcoady@nlta.ca for the application.



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Awards

Nominate a fellow colleague for our NLCPA awards presented annually at our Provincial Conference in October.

Nominations can be completed at the following link: [NLCPA Award Nominations](#)

Deadline for all award nominations is **WEDNESDAY OCTOBER 8, 2025**

School Counsellor of the Year

Purpose

To recognize the work of exceptional school counsellors in Newfoundland and Labrador, and their personal and professional commitment to the profession.

Criteria for Eligibility

The nominee must:

1. Be a current NLCPA member in good standing;
2. Be a school counsellor who is assigned a minimum of a 50% counselling position;
3. Have a minimum of five (5) years of counselling experience;
4. Demonstrate strengths in guidance/counselling competency and practice;
5. Be an advocate for school counselling within the school and wider community, including local, provincial, and/or national levels;
6. Demonstrate professional development involvement;
7. Demonstrate professional leadership in guidance/counselling and in their school, community, through initiatives, projects, and programs;
8. Have other experiences, honours, and/or recognitions that support eligibility.

School Psychologist of the Year

Purpose

To recognize the work of exceptional School Psychologists in Newfoundland and Labrador, and their personal and professional commitment to the profession.

Criteria for Eligibility

The nominee must:

1. Be a current NLCPA member in good standing;
2. Be a School Psychologist with NLESD;
3. Have a minimum of five (5) years working in the profession;
4. Demonstrate strengths in school psychology competency and practice;
5. Be an advocate for School Psychologists within the school system and wider community, including local, provincial, and/or national levels;
6. Demonstrate professional development involvement;
7. Demonstrate professional leadership in School Psychology/counselling in their assigned schools, at district and/or community level, through initiatives, projects, and/or programs;
8. Have other experiences, honours, and/or recognitions that support eligibility.



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Awards

Lifetime Achievement Award

Purpose

To recognize outstanding individual contribution and service to the Newfoundland and Labrador Counsellors' and Psychologists' Association (NLCPA).

Criteria for Eligibility

The nominee must:

1. Be a current NLCPA member in good standing;
2. Have an established history of contribution at the branch and/or provincial levels;
3. Demonstrate involvement in NLCPA special projects, initiatives, and programs;
4. Demonstrate professional leadership in the NLCPA through special projects, initiatives, and programs;
5. Have other experiences, honours, and/or recognitions that support eligibility.

Dr. Ron Martin Memorial Scholarship

The scholarship will be awarded during the annual NLCPA Conference and AGM. The value of the scholarship is \$500.00

Purpose

To recognize excellence demonstrated by a student member enrolled in the Master of Education Counselling Psychology Program of the Faculty of Education at Memorial University.

Criteria for Eligibility

The nominee must

1. Be a current NLCPA Student member in good standing;
2. Be enrolled in the Counselling Psychology Master of Education program at Memorial University;
3. Be in good academic standing;
4. Demonstrate proficiency within the field of school counselling and psychology through previous experience, volunteer work, course work, and internship placement.



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Year Awareness Dates

September

- Big Brother's Big Sister's Month
- Childhood Cancer Awareness Month (International)
- FASD Awareness Month (International)
- Suicide Prevention Month (National)
- World Muscular Dystrophy Month
- Sept. 8: International Literacy Day
- Sept. 10: World Suicide Prevention Day
- Sept. 9: International FASD Day
- Sept. 14: Terry Fox Run (National)
- Sept. 21: International Day of Peace (International)
- Sept. 21: World Gratitude Day (International)
- Sept. 21 - 27 Well-Being Week (Provincial)
- Sept. 22 - 28: International Week of Deaf People
- Sept. 23: Bi-sexual Awareness Day (International)
- Sept. 23: International Day of Sign Languages
- Sept. 29: World Heart Day (International)
- Sept. 30: Orange Shirt Day - Day of Truth and Reconciliation (National)

October

- Autism Awareness Month (National)
- Child Abuse Prevention Month (National)
- Learning Disabilities Awareness Month (National)
- LGBT History Month (National)
- Mi'kmaq History Month
- Muslim History Month
- National Foster Families Month
- Women's History Month (National)
- Oct. 5 - 11: Mental Illness Awareness Week (National)
- Oct. 5 - 11: Fire Prevention Week (International)
- Oct. 9 - 25: Canadian Down Syndrome Week
- Oct. 16: World Food Day
- Oct. 17 - 23: School Safety Week (National)
- Oct. 5: World Teacher's Day (International)
- Oct. 6: World Cerebral Palsy Day (International)
- Oct. 8: International Lesbian Day
- Oct. 10: World Mental Health Day (International)
- Oct. 11: Coming Out Day (International)
- Oct. 15: Pronouns Day (International)
- Oct. 20: Diwali (International)
- Oct. 22: Stuttering Awareness Day (International)
- Oct. 22: School Library Day (National)
- Oct. 26: Intersex Awareness Day (International)

November

- Adoption Awareness Month
- Crohn's and Colitis Awareness Month (National)
- CPR Awareness Month
- Diabetes Awareness Month
- Indigenous Education Month
- Nov. 10 - 14: Bullying Awareness Week (National)
- Nov. 13: World Kindness Day (International)
- Nov. 13 - 19: Transgender Awareness Week (International)
- Nov. 14: World Diabetes Day (International)
- Nov. 16 - 22: Addictions Awareness Week (National)
- Nov. 20: Transgender Day of Remembrance (International)
- Nov. 20: World Children's Day (International)
- Nov. 25: International Day for the Elimination of Violence Against Women
- 16 Days of Activism Against Gender-Based Violence: begins on Nov. 25 and ends on Dec. 10

December

- Dec. 1: World AIDS Day (International)
- Dec. 3: International Day of Persons with Disabilities
- Dec. 5: International Volunteer Day
- Dec. 6: National Day of Remembrance and Action on Violence Against Women
- Dec. 10: International Human Rights Day
- Dec 16 - 24: Simbang Gabi
- Dec. 26 - Jan 1: Kwanzaa

January

- Jan. 4: Ribbon Skirt Day (International)
- Jan. 4: World Braille Day (National)
- Jan 18 - 25: National Non-Smoking Week
- Jan 21: Weedles Wednesday (National)
- Jan. 24: International Day of Education
- Jan. 27: Family Literacy Day (National)
- Jan. 28 : Bell Let's Talk Day (National)

February

- Psychology Month (National)
- Black History Month (International)
- Feb. 2 - 6: School Counselling Week (National)
- Feb. 4: World Cancer Day (International)
- Feb. 9 - 13: Staff Appreciation Week
- Feb. 11: Safer Internet Day (International)
- Feb. 12: Sexual and Reproductive Health Awareness Day (National)
- Feb. 14 - 18: Sexual and Reproductive Health Awareness Week
- Feb. 15: Canadian Flag Day
- Feb. 15: International Childhood Cancer Day
- Feb. 17 - Mar 3: Chinese New Year
- Feb. 17 - Mar 19: Ramadan (International)
- Feb. 25: Pink Shirt Day - Anti-bullying (National)
- Feb. 20: World Day of Social Justice (International)



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Year Awareness Dates

February

- Psychology Month (National)
- Black History Month (International)
- Feb. 2 - 6: School Counselling Week (National)
- Feb. 4: World Cancer Day (International)
- Feb. 9 - 13: Staff Appreciation Week
- Feb. 11: Safer Internet Day (International)
- Feb. 12: Sexual and Reproductive Health Awareness Day (National)
- Feb. 14 - 18: Sexual and Reproductive Health Awareness Week
- Feb. 15: Canadian Flag Day
- Feb. 15: International Childhood Cancer Day
- Feb. 17 - Mar 3: Chinese New Year
- Feb. 17 - Mar 19: Ramadan (International)
- Feb. 25: Pink Shirt Day - Anti-bullying (National)
- Feb. 20: World Day of Social Justice (International)

March

- Cerebral Palsy Awareness Month (International)
- Music Therapy Awareness Month (International)
- Multi-cultural Month
- Nutrition Month (International)
- Youth Science Month
- Mar. 1: Zero Discrimination Day
- Mar. 1 - 7: Social Worker Week (International)
- Mar. 7 - 10: International Women's Week
- Mar. 8: International Women's Day/United Nations Day for Women's Rights & International Peace
- Mar. 13: World Sleep Day (International)
- Mar. 14: Pi-Day (International)
- Mar. 19 - 20: Eid al-Fitr
- Mar. 20: International Francophone Day
- Mar. 21: International Day for the Elimination of Racial Discrimination
- Mar. 21: World Down Syndrome Day (International)
- Mar. 26: Purple Day for Epilepsy (International)
- Mar. 27 - 29: National 30 Day Famine
- Mar. 30: World Bipolar Day (International)
- Mar. 31: International Transgender Day of Visibility
- Mar. 31: National Indigenous Languages Day

April

- Child Abuse Prevention Month
- Earth Month
- Oral Health Month
- Sikh Heritage Month
- Apr. 2: World Autism Awareness Day (International)
- Apr. 6: International Asexuality Day
- Apr. 6 - 10 - Assistant Principal's Week (National)
- Apr. 7: World Health Day (International)
- Apr. 14 Baisakhi
- Apr. 19 - 25: Volunteer Week (National)
- Apr. 22: Earth Day (International)
- Apr. 22: Administrative Professional's Day
- Apr. 22: National French Immersion Day
- Apr. 26: Lesbian Visibility Day (International)
- Apr. 29: International Dance Day

May

- Asian Heritage Month
- Food Allergy Awareness Month
- Jewish Heritage Month
- Speech and Hearing Awareness Month
- May 15 - June 15: Tourette Awareness Month (International)
- May 11 - 17: Mental Health Week (International)
- May 1: Principal Appreciation Day (International)
- May 4: School Bus Driver Appreciation Day (National)
- May 4 - 10: Screen Free Week (International)
- May 5: Red Dress Day (National Day of Awareness for Missing and Murdered Indigenous Women and Girls)
- May 5: World Asthma Day (International)
- May 7: National Child & Youth Mental Health Day
- May 4 - 10: Schizophrenia Awareness Week (National)
- May 29 - 31: CCPA National Conference in Halifax, NS
- May 17: International Day Against Homophobia, Transphobia and Biphobia
- May 18: Speech Language Pathologist Day (National)
- May 24: Pansexual and Panromantic Awareness and Visibility Day
- May 26 - 30: Eid al-Adha
- May 27: Red Shirt Day (National)
- May 30: Provincial Francophonie Day (National)
- May 31: World No-Tobacco Day (International)

June

- June 20: World Refugee Day (International)
- June 5: World Environment Day (International)
- June 6: National Health and Fitness Day (National)
- June 14: World Blood Donor Day
- June 21: National Indigenous People's Day



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**GREAT
BULLETIN
BOARD
IDEA**

**NEW
PROGRAM
IDEA**

**GREAT NEW
TEMPLATE**

WE NEED YOU!

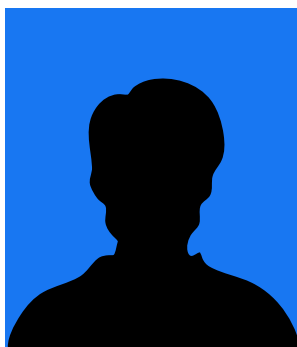


NLCPA wants to hear from you this year! We want to share with each other what great things are happening with our counsellors and psychologists in our schools and in this province. Please tell us what is going on in your schools and practices. Share with us any pictures that you have so we can celebrate and get great ideas from each other.

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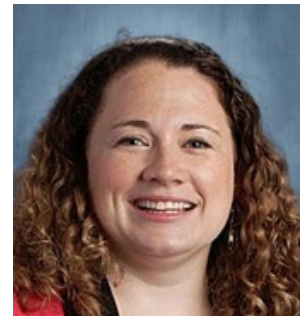
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