

PACIFIC RIM SCHOOL DISTRICT 70



# School-Based Mental Health Services

ERIN KOSTASHUK, PSYD(C)

REGISTERED CLINICAL COUNSELLOR  
CANADIAN CERTIFIED COUNSELLOR

# Your School Counsellor



Hello Families!

My name is Erin Kostashuk and I have been working in west coast schools since 2005. I began my career as an elementary school classroom teacher and I LOVED it!

In 2014 I took some time off to start my own family. Since then I have continued my own education journey, earning my Masters degree in Counselling as well as my DREAM JOB as a school counsellor! I am STILL a student to this day, and will complete my PhD in Psychology by the end of this school year!!!

I am passionate about serving our remote west coast communities with care and integrity, and I am obsessed with getting a good sleep!

Yours truly,  
Soon-to-be Dr. Erin





# Services Available at School

- 1 Consultation and support for families and school staff
- 2 Small group social skills support
- 3 In class targeted support for individuals (great for primary)
- 4 Individual assessment and therapeutic intervention
- 5 Grief and loss support group
- 6 Crisis response and intervention for **all** members of the school community

# How to Get Help – don't hesitate!

I am at the school every Monday (morning) and Wednesday

1

Leave a message with the school or with your child's teacher.

2

Email me directly : [ekostashuk@sd70.bc.ca](mailto:ekostashuk@sd70.bc.ca)

