



# Community Connections Newsletter

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Coastal Health brings together healthcare professionals dedicated to community wellness. Our team includes counsellors, psychologists, social workers, occupational therapists, speech-language therapist, as well as students completing their practicum hours. Together, we to provide high-quality services that are anti-oppressive, gender and sexuality affirming, trauma-informed, accessible, culturally-informed, and innovative.

## Important Dates

- February: Black History Month  
Psychology Month
- 5th: Eating Disorders Awareness Week
- 14th Sexual and Reproductive Health Day
- 20th - Family Day  
World day of Social Justice
- February 22: Pink Shirt Day

## Highlights:



Jessica Kieley R (OT) opens her pediatric OT Practice at Coastal Health.



Hilary Power receives her Provisional registration with NL Psychology Board!



Kayla Collier begins her role as Intake Coordinator.



Kayla is also a Commissioner of Oaths and is offering services related to name change for members of the 2SLGBTQ+ community. This service will be pay what you can.



## Our Services

Online or in-person appointments

- **NEW! OCCUPATIONAL THERAPY SERVICES**
- **NEW! SPEECH-LANGUAGE PATHOLOGY**
- INDIVIDUAL, RELATIONSHIP, AND FAMILY COUNSELLING AND PSYCHOTHERAPY
- ADULT ADHD ASSESSMENTS Full
- SURGICAL READINESS ASSESSMENTS
- ART THERAPY
- GROUP THERAPY
- PROFESSIONAL AND STUDENT SUPERVISION
- TRAINING
- PROFESSIONAL DEVELOPMENT
- CORPORATE SERVICES

### Upcoming groups:

- Our ADHD House<sup>®</sup> Parent Series 1-4  
Session 1: ADHD 101 & Validation  
Session 2: ADHD in your home  
Session 3: ADHD Toolbox  
Session 4: Superpowers and Advocating



Date/Time: Mondays - March 6th, 13th, 20th, and 27th  
12-1:30pm. Virtual.  
Registration now open!!

- Gender Affirming Voice & Communication:  
Contact [terrycampbell@coastalhealthnl.ca](mailto:terrycampbell@coastalhealthnl.ca) to find out more or to join the upcoming information session.

To find our more information on any of our services or to register for a group visit us at [www.coastalhealthnl.ca](http://www.coastalhealthnl.ca) or email: [contact@coastalhealthnl.ca](mailto:contact@coastalhealthnl.ca)

## About Us



JESSICA KIELEY OT(R).NL

Jessica is very excited be beginning her practice at Coastal Health. She graduated from Queen's University with a Master of Science in Occupational Therapy in 2022 and is a registered Occupational Therapist (OT) within the province of Newfoundland and Labrador.

### ACCEPTING NEW CHILD AND FAMILY REFERRALS

Occupational therapy (OT) helps to promote function and independence in the activities necessary to live and enjoy life. Jessica's service areas include (but are not limited to):

- **Classroom Skills:** printing/writing, scissor-use, friend-making
- **Sensory Needs:** coping with sensory-overload and incorporating sensory calming strategies
  - **Personal Hygiene:** dressing, bathing, toileting, teeth-brushing, shoe-tying
  - **Feeding:** picky eating, mealtime success, oral-motor skills
- **Self-Regulation:** coping with big feelings and managing responses to conflict
- **Motor Skills:** coordination, motor planning, fine-motor skills (small-body movements), gross-motor skills (big-body movements)
  - **Sleep:** sleep hygiene, bed-time routine
  - **Independence:** problem-solving ability, household chore support
  - **Use of Adaptive Aids:** accessibility apps, feeding equipment, sensory toys
  - **Functional Vision Abilities:** visual motor skills, visual perceptual skills
- **Routine Management:** transitioning between tasks, organization, motivation
- **Family Support:** education, resource connection, empowerment, co-regulation, social support

Reach out to Jessica directly at [ot@coastalhealthnl.ca](mailto:ot@coastalhealthnl.ca) for a [free consultation](#) to see if OT can help address your child's needs.

