



# Community Connections Newsletter

IMPORTANT DATES

HIGHLIGHTS

ABOUT US



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*

- May 1-7: Mental Health Week
- May 5: Red Dress Day
- May 7: National Child and Youth Mental Health Day
- May 15: International day of families
- May 17: International Day against Transphobia and Homophobia
- May 21: World Day for Cultural Diversity for Dialogue and Development
- May 24: World Schizophrenia and Psychosis Day
- May 28-June 3: National Accessibility Week

## *About us: page 2*

Coastal Health in the community  
New to Practice & Students

## *Highlights* \*\* DONATIONS NEEDED \*\*

### Epilepsy Newfoundland and Labrador (ENL)

1 in 10 people will have a seizure.

Over 10,000 people in Newfoundland & Labrador are living with epilepsy.

### *Previously Loved* **Clothes & Things**

Drop off M-F:  
351 Kenmount Rd  
Schedule a pick up:  
(709)-722-5571

[donationpickup@epillepsynl.com](mailto:donationpickup@epillepsynl.com)

ENL is a charitable organization formed in 1983 to improve the well being of those living with epilepsy in our province by providing support resources, education, and advocacy. ENL operates a Social Enterprise thrift store that help support its work and they are accepting donations of furniture, household goods, **100%** of the proceeds remain in the province to help develop programs and services.

To learn more visit  
<http://epillepsynl.com/>

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



Fiona Cunningham

Fiona was so happy to partner with our colleagues in the community. Thank you to Dr. Mari-Lynn Sinnot for the opportunity to present on "Trauma Informed Practice and Secondary Trauma" to the second year MUN Med School students. April

27th, 2023



We were invited to participate in OPEN as an exhibitor at the LSPU Hall on May 18th at 8pm. If you are attending, drop by the Cox & Palmer room to chat with William.



We officially celebrated these amazing students in finishing their student placements. We loved having you and hosting your placements! Left to Right: Quinn Morris, Marissa Maheu, Hilary Power, Fiona Cunningham, & Kayla Collier.

## New Faces

**Claire LeDrew** is a registered Social Worker and is excited to start her practice at Coastal Health. She provides counselling services and navigational support to adults facing challenges related to anxiety, depression, trauma, addictions, life transitions, stress, emotional regulation, dis(ability), and social issues.



**Leanne Wilkins** is a doctoral-level clinical psychology student at Memorial University. She has worked with adolescents and adults experiencing difficulties with anxiety, depression, self-esteem, body-image, grief and loss, relationships, life transitions, eating, and substance use.

**Darcie Valois** is a doctoral-level clinical psychology student at Memorial University. She has worked with adults experiencing a range of difficulties including anxiety, mood, interpersonal relationships, emotion regulation, sleep, self-esteem, body image, and eating disorders.

