

OUR COACHING & COUNSELLING TEAM

Degan Davis, M.Ed.

Counsellor To Students

Degan has been counselling at The Michener Institute for the last 14 years. He holds an M.Ed. in Counselling Psychology, is a Registered Psychotherapist and is a graduate from the Gestalt Institute. He draws on a mixture of Cognitive Behavioral, Expressive Arts and Gestalt strategies. These theories centre on a student's uniqueness, diversity and resilience, and recognize that all students have the power to take action and make positive changes in their lives. Degan can be reached at DDavis@michener.ca.

Kim Phillips, M.Ed.

Counsellor To Students

Kim is a Registered Psychotherapist in private practice and is a counsellor at the Michener Institute. She has an M.Ed in Counselling Psychology. Kim's counselling style draws from Relational, Gestalt, Cognitive-Behavioural (CBT) and Anti-Oppressive Therapies. Kim works together with students to help them manage difficult life situations and painful emotions, and develop greater self-awareness and coping skills to face challenges with greater ease and self-confidence. Kim can be reached at KPhillips@michener.ca.

Helen Reilly, MSW

Counsellor To Students

Helen is a counsellor at The Michener Institute and is a Registered Social Worker and has an Masters of Social Work from Ryerson University. She is also a Gestalt trained Psychotherapist in private practice. Helen's counseling style draws from Gestalt, Solution-Focused, Relational and Mindfulness Therapies. Helen works with students to support them in cultivating resilience and healthy coping strategies through difficult life experiences. She can be reached at HReilly@michener.ca.

Christina Yurchuk, B.Ed., M.Ed

Learning Facilitator

Christina has over 15 years of experience working with students in professional health care programs at The Michener Institute and at UofT. She develops and facilitates communication workshops, coaches students on academic issues, and supports students in their career development. She has a Master's degree in Adult Education from OISE/UT and is an ESL educator. Christina can be reached at CYurchuk@michener.ca.

STUDENT SELF-BOOKING

To make an appointment with a coach or counsellor, open Outlook Calendar, and click on New Appointment. From there, click Invite Attendees, and enter the email of the coach or counsellor you wish to see. Please choose a time that works for both of your schedules.

You can also email success@michener.ca directly to set up an appointment.

OFFERED BY THE STUDENT SUCCESS NETWORK

COACHING & COUNSELLING

IMPORTANT CONTACTS

The Michener Institute's Coaching and Counselling Office	416.596.3101 ext. 3468
The Michener Institute's Toll Free Number	1.800.387.9066
The Michener Institute's Student Health Office	416.596.3101 ext. 3320
U of T Health and Wellness Centre (Only for MRS Students)	416.978.8030
Office of Health Professions Student Affairs (Only for MRS students)	416.978.2764
Mental Health Services (CAMH)	416.535.8501 ext. 6885
Sexual Assault and Domestic Violence Care Centre	416.323.6040
Women's shelter locations	www.shelternet.ca
24 Hour Distress and Crisis Line	416.408.HELP (4357)
Good2Talk (University students support line)	1.866.925.5454

Workshops
Personal Counselling
Academic Coaching
Career Development
Mental Health First Aid (Basic) Training

**All Services Available
On-Line or by Phone**



M I C H E N E R . C A

[michener.ca/SSNFacebook](https://www.facebook.com/michener.ca/SSNFacebook)

WORKSHOPS ON DEMAND

Customized workshop topics include:

- Stress Reduction for Practical Assessments
- Time/Stress Management
- Multiple Choice Test Strategies

PEER TUTORING

Peer Tutoring is an excellent support for students who are seeking academic assistance. This FREE service matches students with their peers for one-on-one tutoring sessions.

CAREER DEVELOPMENT SERVICES

SSN offers a variety of workshops to support students' entry into the health care workplace. Scheduled workshops during the winter semester include:

- Writing a Targeted Health Care Resume and Cover Letter
- Preparing for a Health Care Job Interview
- Networking for a Job in Health Care
- Assertive Skills in the Health Care Workplace

We also offer one-on-one mock interview sessions and individual feedback on resumes and cover letters.

MENTAL HEALTH FIRST AID (BASIC) CERTIFICATE TRAINING

Mental Health First Aid is a 12-hour course developed to help you confidently provide initial help for a person who may have a mental health problem or is in a mental health crisis. Upon completion, you are well prepared to interact confidently about mental health with your family, friends, communities, and workplaces.

SSN ACADEMIC COACHING

SSN provides one-on-one support for students who would like to improve their:

- studying and test-taking strategies
- communication skills
- stress management skills

To make an appointment, please email Christina at CYurchuk@michener.ca or use the self booking service through Outlook Calendar. More details on the back of this brochure.

We also offer online resources on many topics.

Handouts are available to download at:

my.michener.ca/departments/student-success-network.

Scroll down and click on Resources for Learning, Communication and Stress Management.

WHAT STUDENTS HAVE SAID ABOUT SSN WORKSHOPS AND COUNSELLING SERVICES

"Your continued support through Covid-19 was a life-line."

- First Year Chiropractic Student

"The workshop on Oral Presentations did wonders for me."

- Rita D, Clinical Year MLT Student

"I am more confident in dealing with emotional situations with patients as a result of this summer's workshop"

- Clinical Year Respiratory Therapy Student

"The one-on-one counselling was really helpful in dealing with my long-term anxiety."

- Alumnus, Ultrasound Student

"SSN Workshops definitely helped me in dealing with negative feedback."

- Clinical Year Radiological Technology Student

Feeling stressed about Covid-19 and school? Depressed? Concerned about your relationship or a family challenge?

PERSONAL COUNSELLING

Michener's Coaching and Counselling Services offer caring, confidential and professional support for a wide variety of life's stresses.

- Manage anxiety, depression and trauma
- Cope with grief, loss and suicidal ideation
- Tackle misuse of alcohol, drugs or other addictions
- Get support for relationship and sexual identity issues
- Manage cultural adjustment and homesickness
- Receive assessment and support for medications

To see a counsellor or the psychiatrist, please call 416.596.3101 x3468, or email Degan at DDavis@michener.ca, Kim at KPhillips@michener.ca or Helen at HReilly@michener.ca.

Students can book through email, or use the self-booking service through Outlook Calendar. More details are provided on the back of this brochure.

For more information contact SSN at success@michener.ca