



*Supporting Island children and families to be the best they can be.*

## **Student Well-being Team Drop-in Clinics 2025-26**

Montague Regional High School, Hernewood Intermediate School, Three Oaks High School, Kensington Intermediate Senior High School, and Kinkora Regional High School will be hosting drop-in clinics. These clinics help with mental health or wellness challenges students may be experiencing, such as anxiety, depression, parent/teen conflict, challenging emotions or other common stressors. Sign up by completing a form that is posted on the wall outside of the SWT office.

The schedule for drop-in clinic services is as follows:

- **Hernewood Intermediate School:** Mondays from 12:00-3:00 pm
- Alternating weeks at **Kensington Intermediate Senior High School (KISH)** and **Kinkora Regional High School:** Wednesdays from 12:00-4:00 pm starting at KISH on September 17, 2025.
- **Montague Regional High School:** Thursdays from 12:30-3:00 pm
- **Souris Regional School:** Every other Monday from 10:00 – 12:30 pm, starting September 29, 2025
- **Three Oaks High School:** Thursday from 9:00-12:00 pm