



Conseil des
écoles publiques
de l'Est de l'Ontario

Ottawa, April 7, 2022

Mental Health and well-being resources

Dear parents and guardians,

I hope you and your loved ones are doing well as we begin April.

As the health and well-being of your children remain our priority, we would like to remind you that students with mental health and well-being needs can receive services in our schools. We invite you to visit the [Mental Health and Wellness](#) section of our website, as well as the [Back to School Guide](#) to access resources.

The staff at your child's school are also available to listen to you and continue to provide a safe and caring learning environment for your child. Please do not hesitate to contact them with any questions or concerns.

I thank you for your trust and wish you a wonderful spring weekend with your children.

Sylvie C.R. Tremblay
Director of Education