

What We Ask

We believe that all students have the desire to feel successful, and that they can be active agents in achieving mental wellness. Therefore, we believe that

- Full attendance at Ascent is essential for students in order to benefit fully from our program. We are committed to working with you to help mitigate barriers to attendance
- Students need to take a break from the distraction of smart phones during class time (unless they are being used for an educational purpose)
- An open mind is essential for a successful experience at Ascent!



How to Contact Us

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Welcome to Ascent

Our Mission Statement

Ascent is a supportive, nurturing community, which strives to effectively co-partner with youth and families to develop skills and strategies to address and manage mental health challenges, and to encourage wellness, personal growth and accountability.

We seek to reduce the impact of youth mental health challenges that impede personal and academic success.

“Smile,
breathe, and
go slowly.”
~Thich Nhat
Hanh

What We Do

- Deliver a half-day 18 week program (one semester)
- Work together to create a fun, safe, accepting and respectful community where students can begin to gain/regain both academic and social confidence, through:
 - Immersion into DBT (Dialectical Behavioural Therapy) concepts of mindfulness, emotional regulation, distress tolerance, interpersonal effectiveness and dialectics (seeing both sides of a ‘truth’).
 - Exploring and encouraging elements of personal wellness, which include, but are not limited to sleep, nutrition, movement and laughter.
 - Engaging with an integrated and adapted academic program for English Language Arts 9-12, Self-Efficacy 9-12, and Wellness 9-12.

