



YK1's 2025-2026

MENTAL HEALTH & WELLNESS TEAM

As a School-Based Mental Health and Wellness support, YK1's Wellness Mentors provide school level mental health and wellness promotion and prevention

WHAT IS A WELLNESS MENTOR?

Wellness Mentors support the development of mental health & wellness strategies for all YK1 students. Though they are NOT counsellors, they may work with individual students, small groups, school staff, and families

HOW MANY WELLNESS MENTORS ARE AVAILABLE?

YK1 has 5 Wellness Mentors

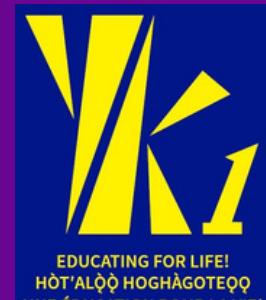
Wellness Mentors' diverse backgrounds offer a variety of perspectives in mental health and wellness support

A WELLNESS MENTOR CAN SUPPORT STUDENTS WITH...

- Social Emotional Wellness
- Regulation skills
- Healthy Communication
- Proactive mental health and wellness strategies
- Connecting with external Mental Health & Wellness counselling services (CYCs), when needed

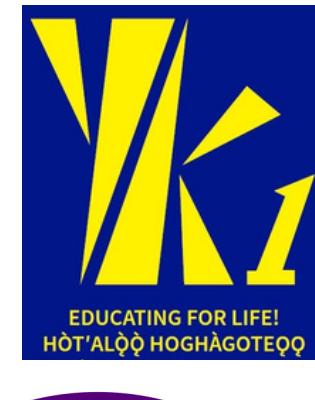
HOW DO WE CONNECT WITH THE WELLNESS MENTORS?

- Request Wellness Mentor support with any YK1 education staff at your child's school
- For further questions please email: wellness.mentors@yk1.nt.ca





Meet the Team



Tatiana Dufour, Wellness Mentor

Tatiana (Tat) is a French-Assyrian specialized educator from Ottawa, Ontario. She is knowledgeable in providing adapted interventions and inclusive mental health programming to neurodiverse students. She is ecstatic to be contributing her passion to the team. Outside of work, Tat enjoys playing DND, Magic The Gathering, beading, and camping.



Kehaya Febril, Wellness Mentor

Kehaya, originally from Terrace BC, and raised in Yellowknife, NT, brings an abundance of experience, working specifically with children and youth in care.

Her passion for making a difference in young lives has driven her through various roles within the field. Kehaya is enthusiastic about becoming a part of the

Wellness Mentor Team and creating meaningful relationships with those she'll work alongside.

Outside of work, Kehaya finds joy in the outdoors and is often out on a fishing adventure, cuddling her fur baby, or curled up with a good book.



Maximilien Schwering, Wellness Mentor

Max is a Franco-Ontarian educator specializing in mental wellness coaching, creating adapted learning plans, and crisis intervention. Max is an empathetic and down-to-earth mentor who puts great value on the social and emotional well-being of his students. On his time off he enjoys board games, playing music, video games, and cooking new and exciting recipes!



Louise Speakman, Wellness Mentor

Louise Speakman is Sahtu Got'ine from Deline, Northwest Territories. She brings a wealth of experience in social work, particularly in the realm of child protection. With a dedication to mental

health and wellness, Louise is thrilled to join the Wellness Mentor Team, where she can continue her commitment to fostering holistic well-being. In her downtime, she loves beading, diving into audiobooks, and spending time outdoors with her furry pal, Nellie.



Blair Duhamel, Wellness Mentor

Blair is an experienced and compassionate wellness practitioner who brings deep community-based knowledge, queer perspective, and a curious spirit to supporting youth and collective well-being. In her spare time, she enjoys many creative pursuits and cuddling up with her pets.

