



YK1 Welcomes...

THE MENTAL HEALTH & WELLNESS TEAM

The Mental Health & Wellness Team supports and promotes positive mental health and wellness in all YK1 schools.

WHAT IS A WELLNESS MENTOR?



A Wellness Mentor is a direct mental health & wellness support for all YK1 students. They may work with individual students, larger groups, school staff, and families.

HOW MANY WELLNESS MENTORS ARE AVAILABLE?



- YK1 has 4 Wellness Mentors + 2 Team Leads
- Our Mentors come from different backgrounds and offer diverse perspectives in mental health and wellness support

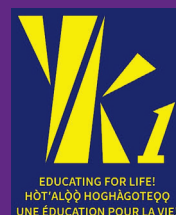
A WELLNESS MENTOR CAN SUPPORT STUDENTS WITH THINGS LIKE...



- Emotional Health
- Healthy Communication
- Supporting safe classrooms
- Connecting with helpful resources
- Connecting with local mental health & wellness services, when needed
- Proactive mental health and wellness strategies

HOW DO WE CONNECT WITH THE WELLNESS MENTORS?

- Request mentor support with any YK1 education staff at your school
- For further questions please email: Wellness.Mentors@yk1.nt.ca





Meet the Team



Tatiana Dufour, Wellness Mentor

Tatiana is a French-Assyrian Specialized Educator from Ottawa, Ontario. She brings a plethora of knowledge in providing adapted interventions and inclusive mental health programming to neurodiverse students. She is ecstatic to be contributing her passion to this exciting new Wellness Mentor Team. Outside of work, Tatiana 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.



Andrea Hyde, Mental Health and Wellness Team Coordinator

Andrea, originally from Ontario, has called Yellowknife home for the past eighteen years. Andrea brings experience working in the mental health field with a Master of Arts in Counselling Psychology. Andrea is excited to share her passion for mental health and awareness with the YK1 school community. Outside of work Andrea enjoys spending time with her family, watching their various sporting activities, going for walks, and early morning workouts at the gym.



Sandra Bowden, Mental Health and Wellness Team Facilitator

Sandra, born and raised in Nova Scotia, began her education career in Pangnirtung, Nunavut in 1983. A YK1 employee since 1991, she has worked in all YK1 schools in a variety of roles that held the well being of and advocacy for students at their core. She is so grateful for the opportunity to bring her experience in the fields of both education and counselling to work as a part of this team. Outside of work, you will find Sandra spending time with her children and grandchildren, running, reading or crafting.

