

# NCTS Counsellor Gloria Miller will be at ʔehtseo Ayha School October 7 to 11



## Meet Gloria:

'I am a Registered Clinical Counsellor and Art Therapist currently living in Regina, Saskatchewan where I provide counselling support to individuals and groups of all ages, workshops and training. I have worked in Yellowknife, Dehcho, and Sathu over my long career in the helping field and I am excited to return north! I have three children, no grandchildren, but several grand pets. When not working I am busy with many different art and craft activities. I look forward to visiting ʔehtseo Ayha School and meeting everyone!' - Gloria

## To book time to talk to Gloria

Phone: 306-861-8842

Email: [gmliller@nctscounselling.com](mailto:gmliller@nctscounselling.com)



**NCTS** NORTHERN  
COUNSELLING &  
THERAPEUTIC  
SERVICES



Sept 18, 2024

### **NCTS Counsellor visit to Colville Lake School**

Dear Parents/Guardians,

Northern Counselling and Therapeutic Services (NCTS) has partnered with your school and the Sahtu Divisional Education Council (SDEC) to provide in-person and remote culturally informed mental health and wellness support to students, their families and school staff.

The NCTS counsellor will work with your school to provide student wellness check-ins (individual or in groups), classroom support and activities, which may include; presentations on topics, such as, self-esteem, stress and anxiety, depression, making good choices, motivation, emotions and grief. All topics will be age appropriate and presented in a sensitive manner with a focus on the emotional and mental well-being of all students.

NCTS services will collaborate with school staff, families and community mental health support to ensure wrap-around care for students.



**Please meet your NCTS Counsellor Gloria:**

*Gloria Miller is a Registered Clinical Counsellor and Art Therapist currently living in Regina, Saskatchewan. Through her private practice she provides counselling support to individuals and groups of all ages and supports clients through provincial victim services. She has lived in NWT and worked in the Yellowknife, Dehcho and Sathu Regions, and she most currently provided support to schools in Kakisa and Tuktoyaktuk. In Regina, Gloria provides outreach support to rural First Nation schools across the province, and she previously provided Art Therapy Programming at the Muscowpetung Education Centre for Indigenous students. Gloria specializes in psychoeducational training/workshops for school staff and art therapy groups and activities for students to support well-being, self-regulation, and self-esteem.*

*Gloria has years of experience working with children and youth in and out of the school setting and she very much looks forward to meeting with students and their families at ıehtseo Ayha School.*

If you have any questions or concerns about this support, please contact your school principal.

With much kindness and care,

Northern Counselling and Therapeutic Service