

OK2BME Counselling Information for Schools

About OK2BME

OK2BME is a program of KW Counselling Services. It is a set of free, supportive services for LGBTQ2+ identified children, teens and their families in Waterloo Region. The OK2BME program consists of three unique areas including confidential counselling services, an OK2BME Youth Group for individuals 12-18, as well as public education, consulting and training around LGBTQ2+ issues.

OK2BME's services are provided by the staff and supervised placement students at KW Counselling Services. All of the staff at KW Counselling Services have a Masters level education and experience working with kids, teens, and families on a variety of topics including gender and sexuality exploration, depression and anxiety.

Who Can Access Counselling?

Counselling is available at no cost for LGBTQ2+ individuals 5-18 and their families in Waterloo Region. At the age of 12 a student does not need their parents consent to access counselling.


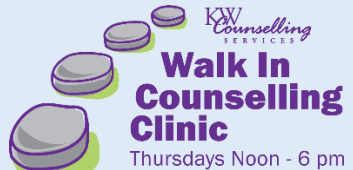
How can I refer a student to OK2BME Services?

A student can, alone or with a staff member, complete our OK2BME online intake form or call our intake line at 519.884.0000. Please Note: If a student does not want to leave their contact information on the form, WRDSB or WRCB contact information can be left, with clear instructions that the student gives their permission for OK2BME to contact them through the school.

Video Counselling Pilot Partnerships

Waterloo-Oxford District Secondary School
Cameron Heights Collegiate Institute
Eastwood Collegiate Institute
Huron Heights Secondary School
Jacob Hespeler Secondary School

What are the different options for students who want counselling?

In School Video Counselling	Out of School Video Counselling	Counselling at KW Counselling Services	Walk In Counselling Clinic
<p>We are collaborating with a select number of pilot schools in the WRDSB to offer video counselling.</p> <p>Students will meet with their OK2BME Counsellor once in person and then through OnCall Health. Students can access counselling via computer or phone app.</p>	<p>Students are eligible to receive video counselling outside of school hours if they are not a part of the schools participating in the Video Counselling Pilot Program.</p> 	<p>Students and their families can sign up for ongoing counselling at KWCS.</p> <p>We are able to provide bus tickets to support with transportation costs.</p>	<p>Students and their families can come to KW Counselling Services every Thursday between noon and 6pm to access a walk in counselling session. No appointment necessary.</p> 

***Please note** that unless there are exceptional circumstances in the 2018-2019 School Year OK2BME is no longer able to provide ongoing individual in person counselling at schools. We will do our best to support students either through Video Counselling or by supporting students to coming to KW Counselling Services for support.