



The holiday season often brings unwelcomed guests - known as stress and depression.

The holidays are a busy time with an array of demands such as shopping, cooking, entertaining, and so much more. All while celebrating during a pandemic.

If you are someone who struggles during the holiday season, you are not alone. Here are some tips to help you make the best of this holiday season:

Plan Ahead - Make a schedule of activities you'd like to do and tasks that need to get done, so you can avoid becoming overwhelmed.

Don't Worry – Know that everything will work out, even if you don't complete every task on your list or things don't go as planned.

Set Aside Differences –Go into the holidays with an open mind and enjoy one another's company, while talking about topics that bring joy and happiness.

Be Realistic – Accept that the holidays can be messy and don't look like what we see on TV. Don't stress yourself out by trying to create the perfect holiday.

Just Say No – Know that its ok to say no if you have too much on your plate. Reach out to friends and family for support and help.

Stay Active – Make time to exercise and do activities that help you cope with your mental health.

Acknowledge your Feelings – Admit you are struggling and reassure yourself that its normal to feel this way, especially during the holidays! Remind yourself that you are doing your best and that holiday stress and depression doesn't last forever.

Merry Christmas and Happy Holidays from you RCC Counselling Team:

Heather, Lindsay, and Chelsea!



As a counselling team, we've decided to expand our clientele to children (5-12) and youth (12-17).

We feel this is a need in the community and will eliminate waiting lists for parents waiting for their children to get into child and youth, or other counselling agencies. However, if the child requires more support than what can be offered by RCC counsellors, a referral formally/informally will be made to child and youth services. Referrals can be made through doctors as per standard with adults being referred, and a confidentiality form will be given to parents to review and sign before the child's appointment with a counsellor. It's best practice for both parents to sign the form, however if this is not possible, one parent is sufficient.

Our counsellors have extensive background with working with children and youth, and they come well-equipped to tackle this new journey.