

Meet your Student Services Team



Howard S. Billings High School
 210 McLeod, Chateaugay, QC J6J 2H4
 Tel: 450-691-3230
 Fax: 450-691-3234

As the Intake Coordinator, I am the first person students see at the front desk in Student Services. I determine which professional each child needs to meet with and make sure they are cared for in an appropriate time frame. Whether offering a band-aid, an appointment request, or an open heart and mind to hear a problem, I make the student my first priority and get them where they need to go as soon as possible.

My second priority is organization. I strive to maintain open communication and cooperation between the Student Services staff and Administration, teachers, and support staff, while respecting confidentiality standards. I also help parents to contact our part-time professionals if they are having difficulties reaching them. I want to make sure that no one falls through the cracks.



Kateri Duknic
 Guidance Counsellor

As the Guidance Counsellor at Billings, my main role is to support and guide students in their exploration of careers, identify their career goals, and prepare for the educational paths required to attain these goals. As a member of the Student Services team, I also provide support for students who may be experiencing personal issues and need to talk about their concerns in a confidential and caring environment. Another big part of what I do is keep students and staff informed about upcoming events of interest, such as career fairs, open houses at various CEGEPS & vocational schools, deadlines for applications to post-secondary programs, and scholarship and bursary information. The door is always open, so don't be shy to drop in if you have any questions or concerns.

Mary Leblanc
 Intake Coordinator



Tom Muirhead
 Career Outreach Technician



"I don't have a clue what kind of job or career I'd like."... "I think I would be a good nurse."... "I really like cars! Maybe I would be a good mechanic."... "I like people. I think I'll try teaching."... "I love to win arguments. I'd make a great lawyer."... "I'm so shy. I don't think I can really do anything."

Thinking about what you would like to do for the rest of your life can be mind-boggling! Usually, who you are, your likes and dislikes, and your strengths and weaknesses are great indicators of what kind of career you'd be most suited to. Even the kinds of things you most like to do in your spare time (hobbies, sports, games, movies, and books), are terrific hints as to what you might be really effective at later on in life. Maybe you'd like to try an internship (one day to one week). Maybe you'd like to visit a hospital, an airport, a restaurant, a kindergarten class, a law office. Or maybe you're a teacher and would like to have a career professional come and speak with your class. I would love to chat with you, get to know you a bit better, and start to see what your options are as far as school, training, jobs and careers are concerned. Whether you're in grade 7 or grade 11 doesn't matter. Let's have lunch and see what we can come-up with together.



Sylvianne Gendron
 (temp. replacement for Danielle Leger)
 CLSC Chateaugay Nurse

The School Nurse's role is to recommend, teach and reinforce healthy lifestyle habits to students. This can include promoting and providing up-to-date

vaccinations, providing first-aid, and offering help and information on safe sexual practices. I work to prevent the spread of infectious diseases by validating cases that may arise and coordinating and carrying out preventative immunizations each year according to the Quebec immunization protocol. I also aid the administration by providing individualized intervention plans for students with severe medical concerns, such as asthma, allergies, diabetes or other conditions. I am pleased to have individual consultations with students in order to maximize their autonomy and advance their academic learning.

Chloe Guilherme
 Social Work Technician



Victoria Parsons
 Social Work Technician

As Social Work Technicians, it is our goal to motivate and encourage the students at HSB to believe in themselves and to set goals for their futures. We believe that true self-esteem and empowerment come to us when we overcome the toughest times in our lives. Let's face it—being a teenager isn't easy! Through mediation, crisis intervention, and counselling, we support students going through some of their toughest social challenges. In the end we hope to help students take responsibility for their actions and grow to be well rounded, self aware, and confident individuals. These are characteristics that we feel will ultimately lead students to a successful future.

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
 Ralph Waldo Emerson

Syd Apel
 Psychologist



As the school Psychologist I help students with various situations. For example, when they are having academic difficulty, I can assess their needs and make recommendations that will help; when they are having problems at home or in other areas of life, I can offer skills and interventions that will hopefully bring about change and/or help them adapt to the situation; when a students' needs calls for expertise from another professional on the team or from the community, I can make the appropriate referral so that they get the help they need. I am also here to support other members of the school community, including the staff and administration; for example, when a teacher or principal needs to discuss a student's behavioural or academic needs, I am available for consultation. High school and adolescence bring about many changes in a young person's life and sometimes students, their families or their teachers need help coping with these challenges. Whether we are dealing with depression, anxiety, identifying and managing a learning difference, or any other challenge, it is my privilege to help.



Annie Henrichon
 CLSC Chateaugay
 Social Worker

My role as a Social Worker from CLSC Chateaugay is to work with teenagers and their families to help them cope with different kinds of issues. I deal with matters such as supporting parents, difficulties in relationships between parents and kids, suicidal thoughts, and depression, among others. Students can come to see me directly or can be referred by a teacher or administrator with a CLSC referral form available in Guidance.

Shannon Deslauriers
 Addiction Counselling
 Pavillon Foster



My role as an Addiction Counsellor from Pavillon Foster in your school is to meet with students who have issues with alcohol, drugs or gambling or who are concerned about someone close to them who has these issues. I offer students a place where they can have their substance use and/or gambling evaluated in a respectful, non-judgemental and confidential manner. I also collaborate with students on developing an appropriate treatment plan for their addictions and offer specialized individual counselling targeted at their needs. I am available to meet with students upon a referral from the Guidance Team. Furthermore, I provide individual counselling to parents of teens with substance use and/or gambling problems through our Entourage Program at CLSC Chateaugay.

Contact Info

Telephone: 450-691-3230 Ext. 350
 to verify the days of availability of each professional or leave a message on their personal line (may take up to one week to return your call):

Mary Leblanc, ext. 350
 Kateri Duknic, ext. 340
 Tom Muirhead, ext. 482
 Sylvianne Gendron, ext. 352
 Chloe Guilherme, ext. 349
 Vicky Parsons, ext. 349
 Syd Apel, ext. 311
 Annie Henrichon, ext. 354
 Shannon Deslauriers, ext. 363