



Greater St. Albert
Catholic Schools

Counsellor's Corner

December 2016

Celebrating the Christmas Season

As the famous carol tells us, Christmas is "the most wonderful time of the year" ...yet it is often filled with stress. The stress of mass preparations and meeting everyone's expectations (perfect gift, delicious meal, clean house, hockey tournaments!!!) often overshadow what is meant to be a restful and peace-filled time.

In the hope of helping us all, here are a few suggestions borrowed from both mindfulness practices and the Advent themes from our own Catholic traditions:

Week 1: Hope (Purple candle)

- Take the time to talk with your child about their hopes for the future, rather than their Christmas wish list. Help them understand the difference between hope and want.

Week 2: Faith (Purple candle)

- Consider discussing what is important to you in your own faith. Ask your teen in what they have faith ... you might be surprised by their answer!
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Week 3: Joy (Pink candle)

- In our culture of busy-ness and 'satisfaction guaranteed', we often forget about the power of GRATITUDE. Consider starting a family gratitude journal or "wall" for the month of December.

Week 4: Peace (Purple candle)

- Decide when enough is enough... save time for yourself to just sit and BE. Allow yourself and your teens to experience peace and groundedness.

If you are experiencing holiday strain related to a separation or divorce, this article may be helpful: www.childmind.org/article/divorced-for-the-holidays-what-to-give-the-kids/

FOR UNTO US
a child is born,
unto us a son is given:
and the government shall be upon his shoulder:
and his name shall be called
★ **WONDERFUL,** ★
COUNSELLOR,
THE MIGHTY GOD,
The everlasting Father,
THE PRINCE OF PEACE.
Isaiah 9:6



Christmas: The Light of
Baby Jesus, Emmanuel
(White candle)

École Secondaire Sainte Marguerite d'Youville (ESSMY)

Gillian Brinston-Kurschat

(Monday to Friday AOs, 780.459.5702 gbrinstonkurschat@gsacrd.ab.ca)