

COMMUNITY RESOURCES

We have curated a mental wellness and local resource document specifically for our youth. Scan the QR below to view various services within your community.



HERITAGE STUDENT SERVICES

SCAN THE
QR CODE
FOR MORE
INFO ON
HRHS
SERVICES!



OUR REASON

EVERYONE struggles with personal difficulties from time to time.

MENTAL AND EMOTIONAL WELLNESS & SUPPORT IS IMPORTANT

Students & staff need to know where & who to turn to when help is needed.

OUR PROMISE

HRHS is committed to supporting the varied needs of our student population by providing a range of support services and assistance programs.

WANT TO GET INVOLVED?

HRHS & their community partners will continue to develop this important work and we are always looking for support to help make it happen.
Staff AND students - everyone is welcome!

For more info please contact :

Jennifer Garofano on Teams or C-148

RESPECT. EXCELLENCE. PRIDE



HRHS IS COMMITTED TO YOUR WELL-BEING

This pamphlet contains mental health support services and resources at HRHS and within the community

Contact:

📍 7445 Ch. Chambly Rd

🌐 [HRHS.RSB.QC.CA](https://www.hrhs.rsbc.ca)

☎ 450-678-1070



HRHS RESOURCES

JUNIOR ASP

C-140 A

THE PLANNING ROOM

C-140 B

ASP (SENIOR)

C-138

RECREATION & EVENTS COORDINATOR

C-148

STUDENT SUPPORT AND GUIDANCE

C-242

SCHOOL NURSE

D-210

SOCIAL WORK TECHNICIAN

D-213

SOCIAL WORKER

D-212

THE HEART & HOPE ROOM

D-201

HRHS RESOURCES

GRAB & GO PROGRAM (MEALS)

*PLEASE CONTACT YOUR GRADE LEVEL
SECRETARY*

LEARNING COMMONS/LIBRARY

E-101

THE MINDFULNESS ROOM

E-101B

TRANSPORTATION (C-154)

DEVON POTTER-GILLERT 

STUDENT ACCOUNTS (C-144)

CINDY HELPS 

ACADEMIC ADVISING

LAURA YAWORSKI 

KHURRUM MIRZA 

KIM CARTER 

STUDENT COUNCIL

PASQUALE VARI 

ADMINISTRATIVE HRHS TEAM

SUJATA SAHA

PRINCIPAL

KELLY GILMORE

SCHOOL SECRETARY

THOMAS CROWE

**VICE PRINCIPAL
SEC. 1 & 2 (A TO K)**

SHARON HUGHES

SECRETARY

ANGELA CAVALIERE

**VICE PRINCIPAL
SEC. 1 & 2 (L TO Z)**

TAMMY CREE

SECRETARY

CARMELINA IPPOLITO

**VICE PRINCIPAL
SEC. 3, 4, 5 (A TO K)**

CRISTINA MARCOGLIESE

SECRETARY

ANDREA SCHELLENBERG

**VICE PRINCIPAL
SEC. 3, 4, 5 (L TO Z)**

HELINA CZERNY

SECRETARY

**REACH ALL
HRHS STAFF
THROUGH
TEAMS**



Project Collaborators



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