

## People who can help

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### **NORTH**

#### ***Counselling Services***

Vinnie Mitchell, Team Leader ext. 4613/5090  
Rose Anthony ex. 5678      Sophia Barna ex. 5446  
Camille Hannays-King ex. 4224

#### ***Disabilities Services***

Dawn Bryan ex. 4151

#### ***Health Services***

Adell Cattapan ex. 4533      Carole Gionet ex. 4534  
Patricia Reason ex. 4355

#### ***Professional Development***

Deborah Dunbar ex. 4949

#### ***School of Liberal Arts & Science***

Jean Choi ex. 4566      Wendy O'Brien ex. 4586

#### ***School of Health Sciences***

Jeff Caldwell ex. 4260      Erin Gray ex. 4302  
Anthony Natolino ex. 4396      Kamini Singh ex. 4643

#### ***School of Media Studies***

Judy Charles ex. 4666      Jerry Chomyn ex. 4913

#### ***School of Applied Technology***

Mark Rector ex. 5123

#### ***The Business School***

Franca Giacomelli ex. 4492/2564

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### **LAKESHORE**

#### ***Counselling Services***

Andrew Poulos ex. 4711/3052/3528

#### ***School of Liberal Arts & Science***

Judy Clarke ex. 3280      Les Takahashi ex. 3282/2333

#### ***School of Social and Community Services***

Henri Berube ex. 3266      Susan Davis Mendelow ex. 3344  
Sabra Desai ex. 3254

#### ***The Business School***

Guillermo Acosta ex. 3503      Rupen Das ex. 3032

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### **ORANGEVILLE**

#### ***Counselling Services***

Ann Barker-Voisin ex. 5904/5899/5902

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### **GUELPH-HUMBER**

#### ***Family and Community Social Services***

Cindy Clarke ex. 6320      Gabrielle Pitt ex. 6348  
Leo Smits ex. 6057

# Tragic Events Support Network

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***A Community Response***



## What is TESN?

The Tragic Events Support Network (TESN) is a volunteer service of Humber's faculty, staff, and administration offering confidential support to *all members of the College community* as they deal with the impact of tragic incidents. The service provides assistance to those involved in coping with LOSS of varying degrees of severity. TESN is part of Humber's coordinated response to emergencies and critical incidents.

## What is a Tragic Event?

"An incident which produces a significant sense of loss, which challenges our sense of security and wellbeing, and which disrupts the normal patterns of activities of individuals, groups, or community. Loss experiences include death, assault and serious injury or illness."

The after-effects to a tragic event vary with the severity of the loss and with individual reactions. Losses that are unexpected and involve death are the most distressing.

Some common reactions to loss include:

- Sadness
- Helplessness
- Anger
- Guilt
- Numbness of Feelings
- Loss of Concentration
- Sleep Disturbances
- Frequent Crying
- Re-experiencing the Event

Addressing reactions to loss as soon as possible will usually reduce their severity and prevent long term problems associated with grieving.

## What services can members of TESN provide?

### **Support Service**

- One-on-One Support - talking to someone trained to understand reactions to trauma and loss
- Group Support - immediate support to groups, classes or departments experiencing group loss
- Self Help Groups
- Death Notification to Affected Groups

### **Referral Service**

- Assessment to help determine when one needs professional help
- Referral to services or outside agencies that can support the individual through loss and bereavement

### **Information Service**

- Information and advice on various cultural and religious practices pertinent to bereavement
- Information and training to help interested members of the College community respond better to others experiencing tragic events

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**This service for the Humber community is coordinated by Humber's Counselling and Student Development Services.**

**For more information call  
416-675-6622 ext. 5090.**