

Reach out to youth considering an occupation in the health care field!

Health and Wellness in Ontario Secondary Schools

Specialist High Skills Major

Therapeutic Touch® lends itself well to the exploration and discussion of complementary therapies within health care education.

Many secondary schools have courses in health and wellness, preparing students for post-secondary studies in various health care fields, such as doctor, nurse, personal support worker, paramedic, fire services and others.

Some schools offer a **Specialist High Skills Major (SHSM)** program, a concentration of courses and out-of-school experiences with a Health and Wellness focus.

On the school board websites listed below by Ministry of Education regions you will easily find links to schools in your area. Note that these change from year to year.

Information about schools offering the Specialist High Skills Major program in Health and Wellness can usually be found under headings such as *Programs* or *Pathways* or by typing 'SHSM' into the school board *Search* box. Note: not all schools or school boards currently offer Specialist High Skills Major programs, but new programs are being added each year.

The following pages are organized by *region* and *city* (of the local school board office/s and include the website link to the school board home page. Be sure to consider public, Catholic, and French boards.

If you are having any challenges navigating the school board websites, or have questions about the Specialist High Skills Major program, contact Jim Metson at metsonj347@gmail.com.

Please note that the schools listed may change. Each year some are added and some schools no longer offer the Specialist High Skills Major for Health and Wellness.

North Region

Fort Frances	Northwest Catholic District School Board www.tncdsb.on.ca
Fort Frances	Rainy River District School Board http://www.rrdsb.com
Kenora	Keewatin-Patricia District School Board http://www.kpdsb.on.ca
Kenora	Kenora Catholic District School Board http://www.kcdsb.on.ca
Marathon	Superior-Greenstone District School Board http://www.sgdsb.on.ca
Moose Factory	Moose Factory Island District School Area Board https://mfidsab.ca/mfidsab/
Moosonee	Moosonee District School Area Board mdsab.ca
North Bay	Conseil scolaire de district catholique Franco-Nord https://www.franco-nord.ca
North Bay	Conseil scolaire public du Nord-Est de l'Ontario www.cspne.ca
North Bay	Near North District School Board http://www.nearnorthschools.ca
North Bay	Nipissing-Parry Sound Catholic District School Board www.npsc.ca
Sault Ste Marie	Algoma District School Board http://www.adsb.on.ca
Sault Ste Marie	Huron-Superior Catholic District School Board http://www.hscdsb.on.ca
Sudbury	Conseil scolaire de district catholique du Nouvel-Ontario www.nouvelon.ca
Sudbury	Conseil scolaire public du Grand Nord de l'Ontario http://www.cspgno.ca
Sudbury	Rainbow District School Board http://www.rainbowschools.ca
Sudbury	Sudbury Catholic District School Board http://www.scdsb.edu.on.ca
Terrace Bay	Superior North Catholic District School Board http://www.sncdsb.on.ca
Thunder Bay	Conseil scolaire de district catholique des Aurores boreales www.csdcab.on.ca
Thunder Bay	Lakehead District School Board http://www.lakeheadschoools.ca
Thunder Bay	Thunder Bay Catholic District School Board http://www.tbcschools.ca
Timmins	Conseil scolaire de district catholique des Grandes Rivières http://www.cscdgr.on.ca
Timmins	District School Board Ontario North East http://www.dsb1.ca
Timmins	Northeastern Catholic District School Board

Eastern Region

Belleville	Hastings & Prince Edward District School Board http://www.hpedsb.on.ca
Brockville	Upper Canada District School Board http://www.ucdsb.on.ca
Kingston	Limestone District School Board http://www.limestone.on.ca
Napanee	Algonquin and Lakeshore Catholic District School Board http://www.alcdsb.on.ca
Nepean	Ottawa Catholic School Board http://www.ocsb.ca
Nepean	Ottawa-Carleton District School Board http://www.ocdsb.ca
Oshawa	Campbell Children's School Authority https://campbellchildrensschool.ca/
Ottawa	CHEO School Authority https://www.cheo.on.ca/en/clinics-services-programs/school.aspx
Pembroke	Renfrew County Catholic District School Board http://www.rccdsb.edu.on.ca
Pembroke	Renfrew County District School Board http://www.renfrew.edu.on.ca
Peterborough	Peterborough Victoria Northumberland and Clarington Catholic District School Board http://www.pvnccdsb.on.ca
Peterborough	Kawartha Pine Ridge District School Board http://www.kprschools.ca
Whitby	Durham District School Board www.ddsb.ca

Toronto Region

North York	Conseil scolaire Viamonde http://www.csviamonde.ca
Toronto	Bloorview School Authority www.bloorviewschool.ca
Toronto	Conseil scolaire catholique MonAvenir http://www.cscmonavenir.ca
Toronto	Toronto Catholic District School Board http://www.tcdsb.org
Toronto	Toronto District School Board http://www.tdsb.on.ca

West Region

Brantford	Brant Haldimand Norfolk Catholic District School Board http://www.bhncdsb.ca
Brantford	Grand Erie District School Board www.granderie.ca
Chesley	Bluewater District School Board http://www.bwdsb.on.ca
Dublin	Huron Perth Catholic District School Board www.huronperthcatholic.ca
Guelph	Upper Grand District School Board https://www.ugdsb.ca
Guelph	Wellington Catholic District School Board www.wellingtoncdsb.ca
Hamilton	Hamilton-Wentworth Catholic District School Board http://www.hwcdsb.ca/
Hamilton	Hamilton-Wentworth District School Board http://www.hwdsb.on.ca
Hanover	Bruce-Grey Catholic District School Board http://www.bgcdsb.org
Kitchener	Waterloo Catholic District School Board http://www.wcdsb.ca
Kitchener	Waterloo Region District School Board www.wrdsb.on.ca
London	London District Catholic School Board http://ldcsb.on.ca
London	Thames Valley District School Board http://www.tvdsb.on.ca
Seaforth	Avon Maitland District School Board https://amdsb.ca
St Catharines	District School Board of Niagara http://www.dsbni.org
St Catharines	Niagara Peninsula Children's Centre School Authority www.npcc.on.ca
Sarnia	Lambton Kent District School Board http://www.lkdsb.net
Wallaceburg	St Clair Catholic District School Board http://www.st-clair.net
Waterloo	KidsAbility Education Authority www.kidsability.ca
Welland	Niagara Catholic District School Board http://www.niagaracatholic.ca
Windsor	Conseil scolaire catholique Providence www.cscProvidence.ca
Windsor	Greater Essex County District School Board http://www.publicboard.ca
Windsor	John McGivney Children's Centre School Authority http://school.jmccentre.ca

Windsor Windsor-Essex Catholic District School Board
<http://www.wecdsb.on.ca>

Central Region

Aurora York Catholic District School Board
<http://www.ycdsb.ca>

Aurora York Region District School Board
<http://www.yrdsb.ca>

Barrie Simcoe Muskoka Catholic District School Board
<http://www.smcdsb.on.ca>

Burlington Halton Catholic District School Board
[hcdsb.org](http://www.hcdsb.org)

Burlington Halton District School Board
<http://www.hdsb.ca/>

Lindsay Trillium Lakelands District School Board
<http://www.tldsb.ca>

Midhurst Simcoe County District School Board
<http://www.scdsb.on.ca>

Milton Provincial and Demonstration Schools
<https://pdsbnet.ca>

Mississauga Dufferin-Peel Catholic District School Board
<http://www.dpcdsb.org>

Mississauga Peel District School Board
<http://www.peelschools.org>

Penetanguishene Penetanguishene Protestant Separate School Board
<https://www.pssbp.ca>

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