

E-MENTAL HEALTH HIGHLIGHT

FEBRUARY 12, 2024

Online Program - Strongest Families Institute



Bridge  the gapp

nl.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.



An award-winning charity offering evidence-based, bilingual mental health services for children, youth, adults, and their families, when and where they need it.

PROGRAMS



NO WAIT



NO COST



WHEN IT'S
CONVENIENT
FOR YOU



Parents Empowering Kids (PEK): Helps caregivers of children, 3-12 years of age, learn to prevent and deal with common childhood behaviour problems, such as not listening, temper outbursts, and difficulties paying attention, through a variety of proven positive parenting strategies.



Chase Worries Away: Educates parents and children, ages 6-11, about anxiety, and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties separating from loved ones, worry about performance, and specific fears.



Defeat Anxiety: Helps youth, ages 12-17, learn skills to overcome, control and gradually face their anxiety surrounding school, social situations, peer acceptance, and many other common challenges they face.



Dry Nights Ahead: Designed to help children, ages 5-12, overcome nighttime bedwetting with the use of a urine alarm, reward system, and weekly telephone support.



ICAN: Anxiety and depression program, for ages 18+, designed to help individuals learn skills to control, face and deal with their emotions, and overcome and manage major life stressors.

To Access a Program

- call 1-866-470-7111 (press option 1 for English, press 1 again for the main line), or
- complete the electronic referral form at nl.bridgethegapp.ca.

REMOVE THE BARRIERS TO CARE

www.strongestfamilies.com
1-866-470-7111



Referral Process



Intake Questionnaire



Coach Assigned & Consent Completed



Weekly Coaching Calls



End of Program Questionnaire

Bridge  the gapp

LEARN MORE



VISIT OUR WEBSITE

nl.bridgethegapp.ca
Online Programs,
or scan the code



Join Us

Strongest Families Institute
Provincial Webinar
February 28, 2024

REGISTER NOW

11:00 AM - 12:00 pm NST
10:30 am - 11:30 PM AST

