

E-MENTAL HEALTH HIGHLIGHT

MARCH 11, 2024

Online Program - MindWell



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.

MindWell, a free, online program on Bridge the gapp, provides mindfulness-based e-mental health tools to learn simple and effective ways to decrease stress, minimize burnout, improve focus, and perform and feel your best, no matter what's happening in the world around you. It's for individuals 13+, and is available in English and French.



Evidence based training to improve daily life by reducing stress, improving resilience, and more. Earn a certificate to add to your resume.



Join a live class or 4-week program with leading experts on a variety of topics. New classes and themes each month.



Take a class on your own and learn how to tackle almost any life situation by watching leading experts inside the on-demand library.



Daily learning and habits to decrease stress and feel your best every day, no matter what life throws at you. Foster resilience anywhere, anytime.



A 4-week program to help leaders build resilience to bounce back quickly, feel confident leading in the modern workplace, and improve engagement and productivity in their teams.



A 4-week program for healthcare workers to help them feel confident, capable and calm amidst chaos, build resilience to bounce back quickly and improve overall well-being.

MindWell Offers



LEARN MORE



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Online Programs,
or scan the code



Join Us

MindWell Webinar
Wednesday, March 27

REGISTER NOW

1:30 PM - 2:30 PM NST
1:00 PM - 2:00 PM AST

