

MENTAL HEALTH GROUP

Provincial Virtual Group
(10 weeks)



WHEN:

TUESDAYS

1:30 - 4:00 ISLAND TIME

1:00 - 3:30 LABRADOR

STARTS:

JAN.28, 2025 (TO APRIL 1,
2025)

GAIN INFORMATION & LEARN SKILLS:

- *WHAT IS MENTAL HEALTH?
- *UNDERSTANDING THE BODY'S RESPONSE
- *MANAGING DIFFICULT THOUGHTS
- *CHANGING BEHAVIOURS
- *HEALTHY RELATIONSHIPS
- *COPING WITH TRIGGERS
- *SELF COMPASSION AND SELF CARE

DID YOU KNOW:

GROUPS PROVIDE A SAFE SPACE TO CONNECT AND LEARN WITH OTHERS.

GROUPS THERAPY IS AS EFFECTIVE AS INDIVIDUAL THERAPY TO TREAT MANY MENTAL HEALTH ISSUES



E-MAIL TO REGISTER

nlgroups@nlhealthservices.ca



OR SCAN

GROUP WILL BE FACILITATED BY
PROVINCIAL GROUPS COORDINATOR, JACKIE BUTT (MSW, RSW)
& MSW STUDENT ALISON GREENOFF (BSW, RSW)