

# MENTAL HEALTH GROUP

Provincial Virtual Group  
(10 sessions)



**WHEN:**  
MONDAYS  
9:30 (AM) - 12:00(PM)  
ISLAND TIME

**STARTS:**  
OCT.20 - DEC. 22, 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](mailto:nlgroups@nlhealthservices.ca)



OR SCAN

GROUP WILL BE FACILITATED BY  
PROVINCIAL GROUPS COORDINATOR, JACKIE BUTT (MSW, RSW)  
MENTAL HEALTH CLINICIANS - BRITTANY PIKE (MSW, RSW) & MELANIE BURT (MSW, RSW)