

MENTAL HEALTH GROUP

Provincial Virtual Group
(10 weeks)



WHEN:

THURSDAYS

9:30 - 12:00 ISLAND TIME

9:00 - 11:30 LABRADOR

STARTS:

JAN.29, 2026 (TO APRIL 2,
2026)

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
STEPPED CARE COUNSELOR, NICHOLA PARK
MENTAL HEALTH COUNSELOR, EM CHAFE