

# 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](mailto:nlgroups@nlhealthservices.ca)



OR SCAN

GROUP WILL BE FACILITATED BY  
STEPPED CARE COUNSELOR, NICHOLA PARK  
MENTAL HEALTH COUNSELOR, EM CHAFE