

MENOPAUSE AND MENTAL HEALTH

**6 SESSIONS
PROVINCIAL VIRTUAL GROUP
VIA WEBEX**



WHEN?

**TUESDAYS
1:30-3:30
OCT. 13
TO
NOV. 17, 2026**

WHAT?

**SAFE,
SUPPORTIVE
GROUP
TO EXPLORE &
LEARN**

FACILITATORS

**STEPHANIE RYAN (MSW, RSW, MMHPC)
&
JACKIE BUTT (MSW, RSW)**

**FOR MORE INFO OR TO REGISTER
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**NL Health
Services**