

MENTAL HEALTH SKILLS FOR EVERYDAY LIFE

Provincial Virtual Group
(10 sessions)



WHEN:

THURSDAYS

1:30 - 4:00 ISLAND TIME

1:00 - 3:30 LABRADOR

STARTS:

SEPT. 24 TO
NOV. 26, 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

NICHOLA PARK (BSW, RSW) - STEPPED CARE COUNSELOR - WESTERN ZONE
MELISSA NOSEWORTHY (BSW, RSW) - SOCIAL WORKER - RURAL AVALON ZONE