



Canadian Mental Health Association
New Brunswick
Mental health for all

Association canadienne pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous



Port Elgin Wellness



CMHA of NB 'Let's TALK' Series

The CMHA of NB "Let's TALK" series will be sharing conversation and getting to know and understand mental health in our community in the coming months. The series will teach you how to know what mental health looks like when it feels good and when it doesn't feel so good.

Have you ever wanted to know more information about mental health related topics, and be able to carry on meaningful conversations about them; **Anxiety...Depression...Mental Health...The Importance of Having a Positive Attitude...Aging...**and other mental health topics? This series could be just what you are looking for. Bring your questions and get some answers.

QUESTIONS LIKE...*SO JUST WHAT DOES MENTAL HEALTH REALLY MEAN?* Health is the way your body feels and works. Being healthy means more than just not being sick. When your body is healthy, you feel good; you are able to go to work or school, spend time with family and friends, and do every day things.

A healthy mind lets you learn, play, and understand others. Mental health means having good ways to deal with your feelings and how to enjoy life, even when things are hard. Having a healthy mind and body are both very important. Everyone has good days and bad days. A bad day doesn't mean you have a mental illness, but you can still improve your mental health. Join us!

Discussion Topics

Port Elgin Regional School

Depression	October 4, 2018	7:00-8:00 p.m.
Anxiety	December 13, 2018	7:00-8:00 p.m.
Positive Attitude	February 7, 2019	7:00-8:00 p.m.
Mental Illness	April 11, 2019	7:00-8:00 p.m.
Mental Health	June 20, 2019	7:00-8:00 p.m.

These sessions are open to the general public. Everyone will be welcomed!

More discussions in the Fall of 2019 to come...

Other upcoming events in Port Elgin:

CMHA of NB will be holding a three-session workshop called '**Kids Have Stress Too!**'. Developed by The Psychology Foundation of Canada, the **Kids Have Stress Too!** program helps parents, caregivers and educators understand childhood stress and how to provide children with the tools to deal with stress effectively.

Port Elgin Regional School - September 17th, 24th, and October 1st, 2018 6:30—8:30 p.m.

Port Elgin Regional School, - March 13th, 20th, and 27th, 2019 6:30—8:30 p.m.

To register: contact Denise Miller at 852-3270 or by email at: denise.miller@gnb.ca

Please note: 12 participants per session. If we have enough participants, we will have a wait list and offer another session!

Workshop on '**Taking Care of Me**'. This workshop will consist of four discussing topics such as; Depression, Thoughts and Feelings, Stress, and Taking Care of Me...My Needs.

This series will begin on May 1st and continue on May 8th, 15th, and 22nd, 2019.

To register: contact Denise Miller at 852-3270 or denise.miller@gnb.ca

Please note: 12 participants per session. If we have enough participants, we will have a wait list and offer another session!