

# CMHA of NB Virtual Services

## Information, Advocacy, and Referrals

- Access to resources, general inquiries, and support to understand navigating community services

## Education, Awareness, Promotion

- Interactive webinars, workshops, Q & A's, and information sessions

## Group Therapeutic/Psychoeducational Support

- Free support or self-help groups offered by CMHA of NB staff or mental health professionals

## Individual Therapeutic Support

- Access to a free single-session, solution focused counselling session in partnership with BreeLove Counselling Services

### City Offices

**Fredericton:** info@cmhanb.ca

**Moncton:** moncton@cmhanb.ca

**Saint John:** saintjohn@cmhanb.ca

### Peer Support:

lauren.white@cmhanb.ca

### Employment Services

**St. George:** michelle.deveau@cmhanb.ca

**St. Stephen:** jennifer.price@cmhanb.ca

### Community Education Coordinators

**Westmorland & Albert County:**

denise.miller@gnb.ca

**Kent County:** marie-cecile.leger@gnb.ca

**Sussex Region:** martha.chown@gnb.ca

**Charlotte County:** lisa.cheney@gnb.ca

**Woodstock Region:** kaitee.macdougall@gnb.ca

**Grand Falls & Perth:** jean-paul.soucy@gnb.ca

**Edmundston:** kimberly.hanot@gnb.ca

**Campbellton:** cecile.goulette@gnb.ca

**Acadian Peninsula:** lucie.robichaud@gnb.ca

**Bathurst:** julie.allain@cmhanb.ca

**Miramichi:** natalie.thibeau-rector@gnb.ca

For more information:

506-455-5231 / [www.cmhanb.ca](http://www.cmhanb.ca) / [info@cmhanb.ca](mailto:info@cmhanb.ca) / @CMHANB



Canadian Mental  
Health Association  
New Brunswick  
Mental health for all

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

# COVID-19 RESPONSE

We're still here for you

## CMHA of NB Virtual Services



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Health Association  
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*Mental health for all*

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pour la santé mentale  
Nouveau-Brunswick  
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### Information, Advocacy, Referral

Contact your local CMHA of NB office for more information

### Education, Awareness, Promotion

Webinars, Workshops, Q & A Video Sessions – Topics

- Topics include, but not limited to: Stress Management, Maintaining a Routine, How to Talk To Your Kids About COVID-19, Maintaining Healthy Connections, Self-Care, Self-Compassion. Transitioning From Social Isolation To Compassionate Social Distancing, Anxiety, Depression, Suicide Awareness, Aging And Stress, Self-Esteem, Q & A With A Therapist, Overview of Mental Health & Mental Illness, Additional workshops available upon request by contacting your local CMHA of NB office

For a full schedule of upcoming webinars, or to view videos/handouts of previously hosted webinars, visit: [www.cmhanb.ca](http://www.cmhanb.ca) / @CMHANB.

Recorded webinars are also available on our YouTube Page: CMHA of NB

### Group Therapeutic/Psychoeducational Support

CMHA of NB is offering free online support groups. Groups include but are not limited to: Mindfulness, Support Group For Frontline And Essential Workers, Kids Have Stress Too! For a schedule and information of upcoming groups visit: [www.cmhanb.ca](http://www.cmhanb.ca) / @CMHANB

### Individual Therapeutic support

In partnership with BreeLove Counselling Services, CMHA of NB is offering a Virtual Walk-In counselling clinic. Free 45 min single-session, solution focused video counselling with a therapist - Tuesdays-Thursdays 10am-4pm.

For more information, or to schedule an appointment: [diana.gregory@cmhanb.ca](mailto:diana.gregory@cmhanb.ca)