

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@cmhanb.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 / info@cmhanb.ca / [@CMHANB](https://www.instagram.com/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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Nouveau-Brunswick
La santé mentale pour tous

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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 / @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 / @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