



The Parent School Support Committee Presents

Canadian Mental Health Association of New Brunswick, in a series of Wellness Presentations for our school community

Come Join us for:

Coping Toolbox on Thursday, March 30th

Time: 7:30-8:30 pm

Join us in person at Gesner for viewing and discussion, or virtually from wherever you are.

Light snacks will be available for those attending in person.

Coping Toolbox covers a variety of topics such as the Mental Health Continuum, understanding stress, Cognitive Behavioral Therapy (CBT) and self-awareness. We talk about changing focus, challenging negative thoughts, and grounding techniques as well as self-care and relaxation techniques. Also included is connecting with others, exercise, removing unhelpful tools and building resiliency. We also cover managing stress during current events and other available resources.

Next in the Series:

Positive Attitude: Thursday, April 20th

Nurturing Self-Esteem in Children: Thursday, May 25th



Canadian Mental
Health Association
Mental health for all

New Brunswick