

CIRCLE OF FRIENDS

*A SAFE, CONFIDENTIAL PLACE TO CONNECT,
MEET NEW PEOPLE AND SHARE YOUR MENTAL
HEALTH JOURNEY.*

DETAILS:

Schedule: Every Wednesday from 10:00 a.m. to 11:30 a.m. AST

Where: This is a virtual program held over Zoom.

Eligibility: This program is open to everyone.

Fee: No fee.

Application process: Registration required by emailing or calling.

ABOUT:

Explore friendship and communication in a new way. Strong friendships give us the power to be our true selves; when we have strong friendships, we feel respected and valued.

This group offers a safe, confidential place for peers to connect and share their journeys and offer support to one-another.

Why join this group?

- COF is a safe and accepting space for people with mental health challenges to meet, share, and learn.
- Supports vulnerable people due to the isolation created by Covid-19.
- Creates opportunities to meet new people, build friendships, and relationships.



This group is:

- **Confidential**
- **COVID Safe**
- **Non-Judgmental**
- **Non-clinical**

To register or request information contact:

Keith Anderson, CMHA Peer Support Lead Email:

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or

Dawn Scott, Peer Support Facilitator Email: dawn.scott@novascotia.cmha.ca

To learn more, visit
www.novascotia.cmha.ca/programs-trainings-support-groups/