

**HELPING MEN HEAL THEMSELVES**

# **MEN'S MENTAL HEALTH SUPPORT GROUP**

**A place for men to share, seek information  
and gain insight.**

**Sessions will be  
held Wednesdays  
at 8 p.m. VIA  
ZOOM.**



**Canadian Mental  
Health Association**  
*Nova Scotia*  
*Mental health for all*

**The CMHA - NS Division is offering a support group for those who identify as male, looking for a safe place to talk about mental health. This group is non-clinical, peer led and completely confidential. This group is for males ages 19+ living in Kings County, NS. There is no fee to participate.**

**Contact Shobha Gashus at [education02@novascotia.cmha.ca](mailto:education02@novascotia.cmha.ca) to register**