



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



**Accredited**  
IMAGINE CANADA

# THRIVE

**LEARNING CENTRE  
FOR MENTAL WELLNESS AND WELLBEING**

Mental health. It wasn't a class at school.

So where can Nova Scotians go to learn about  
mental health and well-being?

The answer is "THRIVE."

Canadian Mental Health Association Nova Scotia Division  
Mailing Address: Suite 201 - 3-644 Portland Street, Dartmouth, Nova Scotia | B2W 6C4  
**Website:** [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca) | **Charitable Number:** 133465609RR0001

THRIVE is a virtual learning centre that offers free workshops where Nova Scotians can learn skills and tools to promote and support their mental health.

These workshops are updated quarterly and delivered in partnership with people with lived experience with mental illness and substance use.

### **THRIVE is low barrier:**

- No clinical referral is required
- No diagnosis is required
- Available virtually across the province

### **Who can take a THRIVE workshop?**

THRIVE is for anyone over the age of 18 who is interested in strengthening their health and well-being.

**Contact the team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca)**

**Scan to view the course  
calendar**

