

Indigenous Only CBT Skills Group



Small Group Format

Learn practices to
support mental health

Increase awareness of
mind and body

Self-compassion based



Register Now! Talk to
your Doctor for a
Referral to Mind Space

YOUR FACILITATORS:



Dr Darcy Good
Psychiatrist
Snuneymuxw First Nation



Dr Ellie Parton
Family Doctor
Kwakwakwa'wakw
First Nation