

E-MENTAL HEALTH HIGHLIGHT

JULY 17, 2023

Online Program - Strongest Families Institute

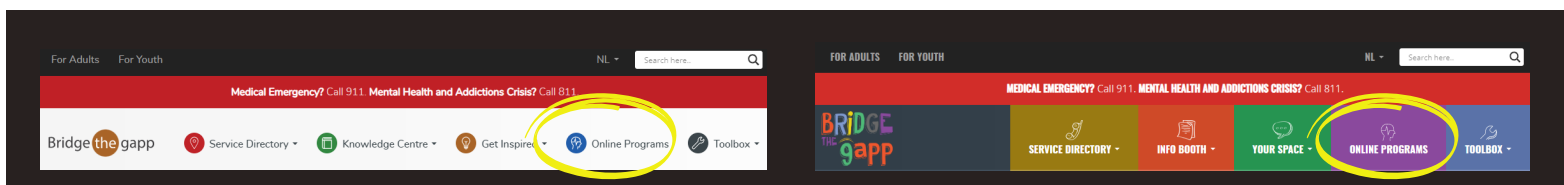


Bridge the gapp

www.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.



An award-winning charity offering evidence-based, bilingual mental health services for children, youth, adults, and their families, when and where they need it.

Programs



NO WAIT



NO COST



WHEN IT'S
CONVENIENT
FOR YOU



Parents Empowering Kids (PEK): Helps caregivers of children, 3-12 years of age, learn to prevent and deal with common childhood behaviour problems, such as not listening, temper outbursts, and difficulties paying attention, through a variety of proven positive parenting strategies.



Chase Worries Away: Educates parents and children, ages 6-11, about anxiety, and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties separating from loved ones, worry about performance, and specific fears.



Defeat Anxiety: Helps youth, ages 12-17, learn skills to overcome, control and gradually face their anxiety surrounding school, social situations, peer acceptance, and many other common challenges they face.



Dry Nights Ahead: Designed to help children, ages 5-12, overcome nighttime bedwetting with the use of a urine alarm, reward system, and weekly telephone support.



ICAN: Anxiety and depression program, for ages 18+, designed to help individuals learn skills to control, face and deal with their emotions, and overcome and manage major life stressors.

REMOVE THE BARRIERS TO CARE

www.strongestfamilies.com
1-866-470-7111



Referral
Processed



Intake
Questionnaire



Coach Assigned &
Consent Completed



Weekly
Coaching Calls



End of Program
Questionnaire

To Learn More

See the
Online Programs
section of
Bridgethegapp.ca,
or scan the code



How To Refer

TO ACCESS A PROGRAM

call **1-866-470-7111**
(press option 1 for
English, press 1 again
for the main line)

OR

complete the
electronic referral form
at **Bridgethegapp.ca**.