

UPCOMING HIGHLIGHTS

Bubble and Chalk Party July 13th
 Special interest day July 29th
 Walk and ice cream July 14th
 Cricut completion Day July 31st



THRIFT STORE UPDATE

Closed for
 Canada Day



WELCOME

*WELCOME TO JULY!
 WELCOME TO ANOTHER MONTH WITH THE M.I.N.D. PROGRAM! AS SUMMER SETTLES IN, JULY IS A GREAT TIME TO SLOW DOWN, RECONNECT, AND INVEST IN THE RELATIONSHIPS THAT MATTER MOST—INCLUDING THE ONE YOU HAVE WITH YOURSELF. THIS MONTH, WE'LL BE EXPLORING HEALTHY RELATIONSHIPS, TRUST, BOUNDARIES, AND CONNECTION THROUGH MEANINGFUL DISCUSSIONS, CREATIVE ACTIVITIES, AND SUPPORTIVE SOCIAL SPACES. WHETHER YOU'RE JOINING US FOR A WORKSHOP, A COFFEE CHECK-IN, OR SIMPLY LOOKING FOR A PLACE TO BELONG, WE'RE GLAD YOU'RE HERE. REMEMBER, RECOVERY ISN'T ABOUT BEING PERFECT—IT'S ABOUT TAKING ONE STEP AT A TIME. WE LOOK FORWARD TO GROWING, LEARNING, AND CONNECTING WITH YOU THIS MONTH. WELCOME TO JULY—WE'RE GLAD YOU'RE HERE!*



Brain Fact of the Month

STRESS CAN SHRINK YOUR THINKING—BUT ONLY TEMPORARILY. WHEN YOU'RE UNDER STRESS, THE BRAIN SHIFTS INTO SURVIVAL MODE, MAKING IT HARDER TO CONCENTRATE, REMEMBER THINGS, OR MAKE DECISIONS. AS YOUR NERVOUS SYSTEM CALMS, THOSE THINKING SKILLS RETURN.

Staff shoutouts

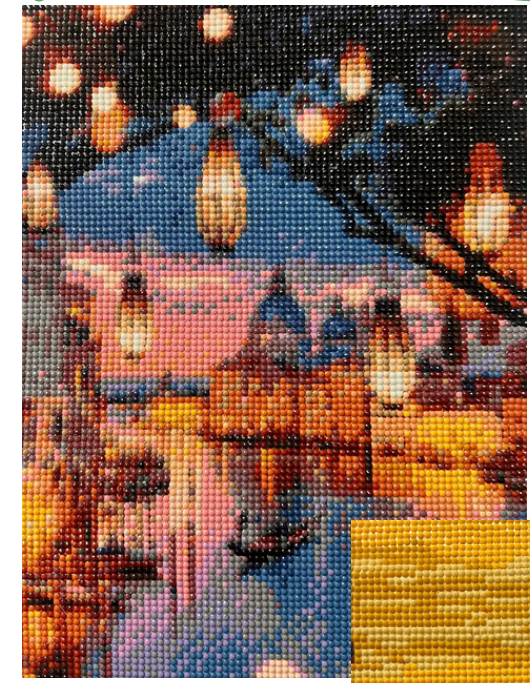
Shout-out to Tony for his outstanding dedication as a Work Coach. Thank you for consistently going above and beyond to support your clients and for the positive impact you make in our community.

shout-out to Myriam for always being there for everyone. Whether it's supporting our members or lending a hand to her colleagues, you consistently go above and beyond. Your kindness, dedication, and willingness to help create the welcoming, supportive community that makes M.I.N.D. so special. Thank you for everything you do—you truly make a difference every day!

Shout-out to Kenzie for always giving her best and showing up with a positive attitude. Your hard work and dedication don't go unnoticed—we're lucky to have you as part of the M.I.N.D. Team

shout-out to Trina for always being the person we can count on. No matter the situation, you're always there to offer support, guidance, and encouragement to both members and staff. Your kindness, generosity, and willingness to help make a lasting impact on everyone around you. Thank you for always giving so much of yourself and for being such an important part of our team and community!

M.I.N.D Moments



MENTAL HEALTH CORNER

Name It to Tame It

When emotions feel overwhelming, try naming what you're feeling.

"I'm feeling frustrated."

"I'm feeling anxious."

"I'm feeling disappointed."

Putting words to your emotions can help reduce their intensity and make it easier to decide what you need next.

CREATIVE SPOTLIGHT



B - I - N - G - O

Sent a kind text	Drank enough water	Went outside	Listened to your favorite song
Took a short walk	Reached out to someone	Ate something nourishing	Laughed today
Took 5 deep breaths	Did something creative	Practiced self-compassion	Set a healthy boundarie
Journalled or reflected	Asked for help	Tried something new	Attended the M.I.N.D. Program

IMPORTANT REMINDERS

PLEASE MAKE SURE TO SIGN UP FOR SIGN UP ACTIVITIES SO WE HAVE ENOUGH MATERIALS FOR ALL PARTICIPANTS

MAKE SURE TO LEAVE DIAMOND PAINTINGS IN THE M.I.N.D OFFICE

REMINDER TO TRY TO KEEP ONE-ON-ONE SESSIONS TO MONDAYS AND WEDNESDAYS TO ENSURE STAFF IS ABLE TO WORK ON OTHER PROJECTS AS WELL, THANK YOU FOR YOUR UNDERSTANDING. THIS DOES NOT APPLY IF A MEMBER IS IN CRISIS.

REMINDER THAT THE M.I.N.D PROGRAM WILL BE CLOSED JULY 2ND AND 3RD FOR MAINTENECE

THANK YOU FOR BEING A PART OF THE M.I.N.D COMMUNITY.

Connection Challenge

Ask someone a question you don't already know the answer to.
Instead of the usual "How are you?", try:
"What's something you're looking forward to?"
"What's been on your mind lately?"
"What's a hobby you'd like to try?"
Sometimes connection starts with simple curiosity.



Helpful App of the Month

♥ Paired (Free with optional premium features)
Paired offers conversation starters, quizzes, and relationship-building exercises for couples. It's designed to encourage healthy communication, trust, and understanding.
💬 How We Feel (Free)
A simple app that helps you identify your emotions, understand what you're feeling, and learn healthy ways to respond. Great for building emotional awareness and improving communication.

Community Resources

NEED SUPPORT? YOU'RE NOT ALONE.
• 211 NEW BRUNSWICK - DIAL 2-1-1
FOR COMMUNITY RESOURCES
• CHIMO HELPLINE - 1-800-667-5005 (24/7 SUPPORT)
• CMHA NEW BRUNSWICK - MENTAL HEALTH INFORMATION AND PROGRAMS
• TALK TO M.I.N.D. STAFF ABOUT LOCAL RESOURCES AND PANTRY SUPPORTS
SOMETIMES REACHING OUT IS THE HARDEST STEP—AND THE MOST IMPORTANT ONE.

Adulting Without Losing Your Mind

The Two-Minute Rule
If something takes less than two minutes to do—reply to the text, wash the dish, book the appointment—do it now.
Small tasks are easier to finish than to keep remembering.

A Note From the M.I.N.D Team

As we move into July, we're focusing on something that affects all of us—relationships, trust, and connection. Whether it's learning to trust ourselves, setting healthy boundaries, or building meaningful relationships with others, these skills take time and practice.

This month, we invite you to be curious about the connections in your life. Notice the people who help you feel safe, supported, and accepted. Just as importantly, remember that building trust with yourself is just as valuable as building trust with others.

Recovery isn't about having perfect relationships. It's about learning, growing, and finding the courage to keep showing up—even when it's difficult. Every conversation, every boundary, every act of kindness, and every step toward connection matters.

Thank you for continuing to make the M.I.N.D. Program a welcoming, supportive community. We look forward to spending another month learning, creating, and growing alongside you.

We're glad you're here. ♥

Recipe Corner

Rainbow Fruit Skewers with Maple Yogurt Dip

☀️ Perfect for hot summer days!

Ingredients

For the Skewers

- 1 cup strawberries, halved
- 2 peaches, cut into chunks
- 2 bananas, sliced
- 1 cup grapes
- 1 cup pineapple chunks

Wooden skewers

For the Dip

- 1 cup plain Greek yogurt
- 1 tbsp pure maple syrup
- ½ tsp cinnamon (optional)

Directions

Wash and prepare all fruit.

Thread fruit onto skewers, alternating colors.

Stir together the Greek yogurt, maple syrup, and cinnamon until smooth.

Serve the fruit skewers with the yogurt dip.

☀️ M.I.N.D. Tip

Fruit is naturally hydrating and packed with vitamins, making it a great snack for warm summer days. Try making these with family or friends—sometimes preparing food together is just as nourishing as eating it! 🍓🍌🍌

Red Flag / Green Flag

Someone remembers a small detail you mentioned weeks ago and asks you about it later.

♥ Green Flag or 🚩 Red Flag?

Playlist of the Month

☀️ Feel Good Summer

A mix of classic summer anthems and feel-good favourites that are perfect for BBQs, beach days, or simply enjoying the sunshine. Feel Good Summer Playlist

🌻 Feel Good Happy Hits

Packed with upbeat pop hits and nostalgic favourites to boost your mood and brighten your day. Feel Good Happy Hits

🌴 Happy Summer Runaway

An indie-inspired collection of road trip, beach, and summer evening vibes that's easy to listen to all day long. 🌻

Journal Prompt

Trust is built one small moment at a time.

Think about someone who makes you feel safe, respected, or accepted. What do they do that helps you feel that way? As you reflect, consider how you can bring those same qualities into your own relationships—with others and with yourself. ♥



ECHO & CINDER CORNER

Mental health is health.

Trust and attachments help us feel safe, seen, and strong. ♥

I don't have to do this alone. Having you here helps. ♥

I'm here for you, just like you're here for me. ♥



TRUST

It grows with time, consistency, and kindness. ♥



ATTACHMENT

Safe connections help us feel secure and understood. ♥



MENTAL HEALTH

You are not a burden. You are human. You are enough. ♥



BOUNDARY LESSON: It's okay to protect your peace. Saying "no" can be an act of self-care. ♥

THANK YOU FOR BEING A PART OF THE M.I.N.D COMMUNITY.