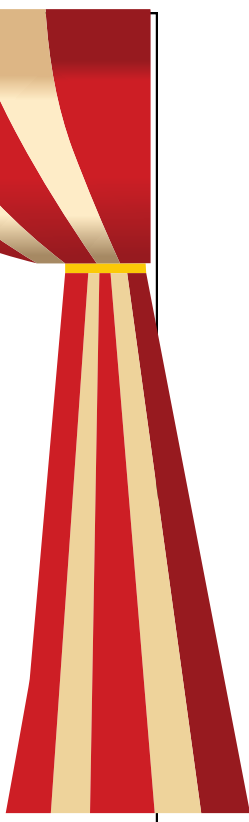


UPCOMING HIGHLIGHTS

ERGON CARNIVAL
August 26th 11 AM – 3PM



Self Esteem & Confidence



THRIFT STORE UPDATE

Back to School sale!
50% off all clothing in the store
from August 17th– August 22nd



WELCOME

Welcome to August
Welcome to a new month at the M.I.N.D. Program!
This month, we're focusing on Self-Esteem & Confidence—learning to quiet our inner critic, recognize our strengths, and build confidence one small step at a time.
Remember, you don't have to be perfect to be worthy. Every step forward, every challenge you face, and every act of self-kindness is part of your growth. We're glad you're here and look forward to growing together this month.
– The M.I.N.D. Team 🌟

Brain Fact of the Month

Did you know your brain can't always tell the difference between real criticism and self-criticism?
When you repeatedly tell yourself things like "I'm not good enough," your brain can begin to accept those thoughts as true. The good news? The opposite is also true. Practicing self-compassion and positive self-talk helps create new neural pathways, making it easier over time to think more kindly about yourself.

Member Shoutouts

This month, we'd like to celebrate every member of the M.I.N.D. Program.
Thank you for showing up—for yourself and for one another. Whether you've attended one session or many, shared your story, offered encouragement, tried something outside your comfort zone, or simply walked through our doors, you are an important part of our community.
Recovery isn't about being perfect. It's about taking one step at a time, even on the difficult days. Your resilience, honesty, kindness, and willingness to keep moving forward inspire us every day.
Thank you for the laughter you bring, the friendships you build, and the courage you show by continuing your journey. Every small step you take matters, and we're honoured to walk alongside you.
Keep believing in yourself—you've already come farther than you may realize. We're proud of you, and we're so glad you're part of the M.I.N.D. family. 🌟

M.I.N.D Moments



MENTAL HEALTH CORNER

Be Kind to Your Inner Voice
The way you speak to yourself matters. If your inner voice is harsh, critical, or constantly points out your flaws, it can slowly affect your confidence and self-esteem.
This month, try asking yourself:
"Would I say this to someone I care about?"
If the answer is no, see if you can replace that thought with something more compassionate and realistic.
🌟 Remember: You don't have to believe every thought you think. Treat yourself with the same patience and kindness you would offer a good friend.

CREATIVE SPOLIGHT



IMPORTANT REMINDERS

Please make sure to sign up for the upcoming ergon carnival so we as staff can be sure to have enough materials for everybody! Thank you!

B - I - N - G - O

🌟 Gave myself a compliment	🌱 Tried something new	😊 Accepted a compliment without dismissing it	🌟 Celebrated a small win
🪞 Said one kind thing to myself in the mirror	💬 Challenged a negative thought	🙋 Asked for help when I needed it	❤️ Wrote down one personal strength
☀️ Stepped outside my comfort zone	★ Did something I was proud of	🎉 FREE SPACE – I am enough.	🧠 Replaced self-criticism with self-compassion
📖 Wrote in my journal	👏 Set a healthy boundary	🎵 Listened to a confidence-boosting song	🌸 Did one thing just for me

Connection Challenge

Give one genuine compliment this week.

It could be to a friend, family member, staff, or even a stranger.

Notice how it feels to brighten someone else's day—and allow yourself to receive kindness, too.

Small acts of connection build confidence, for ourselves and

others. 



Helpful App of the Month

ThinkUp: Positive Affirmations

Why we love it:

ThinkUp helps you build confidence and self-esteem by creating personalized affirmations in your own voice. Listening to encouraging messages recorded by you can help challenge negative self-talk and reinforce healthier beliefs over time.

Great for:

Community Resources

211 New Brunswick

Need help but not sure where to start? 211 connects you with free local community and social services, including mental health supports, housing, food programs, financial assistance, employment services, and more.

Dial 2-1-1

www.nb.211.ca

Remember: Reaching out for support is a sign of strength, not weakness. Everyone deserves help when they need it.

Adulting Without Losing Your Mind

Being an adult isn't about having all the answers—it's about figuring things out one step at a time. Give yourself permission to learn, make mistakes, and celebrate the small wins. Progress beats perfection, every time. 

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

Welcome to August

As we welcome a new month, we're inviting everyone in our M.I.N.D. community to explore a topic that touches every part of our lives—self-esteem and confidence.

Many of us have spent years carrying labels, self-doubt, or believing that our struggles define who we are. Recovery gives us the opportunity to write a different story. It reminds us that we are more than our mistakes, our diagnosis, our past, or the difficult experiences we've lived through.

This month isn't about becoming someone new. It's about reconnecting with the person who has been there all along—someone with strengths, courage, and value, even if those qualities have felt hidden for a while.

Throughout August, we'll explore how our inner voice is shaped, challenge the beliefs that keep us feeling "not enough," and practice self-compassion instead of self-criticism. Together, we'll discover that confidence isn't about being fearless or perfect—it's about trusting ourselves one small step at a time. Whether this is your first visit or you've been part of our community for months, we're grateful you're here. Every conversation, every workshop, every shared laugh, and every small victory matters.

Thank you for allowing us to be part of your journey. We look forward to growing alongside you this month.

Welcome to August. Let's continue moving in new directions—together.

With gratitude,
The M.I.N.D. Team

Recipe Corner

Strawberry Yogurt Parfait

A quick, healthy snack that's perfect for breakfast or an afternoon pick-me-up!

Ingredients

1 cup vanilla or plain Greek yogurt

½ cup fresh strawberries, sliced

¼ cup granola

1 tsp honey (optional)

Directions

Layer half the yogurt into a glass or bowl.

Add a layer of strawberries and granola.

Repeat the layers.

Drizzle with honey if desired and enjoy!

 **MIND Tip:** Nourishing your body is one way to care for your mind. Even small choices can make a big difference.



Red Flag / Green Flag



Red Flag or Green Flag?

You only celebrate your achievements if they're "perfect."

Playlist of the Month



Self Love Playlist: Best Songs to Boost Confidence

Journal Prompt

What is one thing you're proud of that no one else may know about?



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