



FAMILY TALK

News and Events from CMHA North Bay & District Family Program

COPING WITH LONELINESS

Loneliness is an experience that means our current relationships don't meet our needs. Despite the name, you don't always have to be alone to feel lonely. Loneliness can come up whenever we feel alone, unwanted or isolated. Loneliness can come up when:

- We're around a lot of people but feel like we don't quite fit in
- We're around a lot of people but don't receive the support or connection we're looking for

- We lose an important person in our life, like a partner, family member, or close friend
- We're alone and want to be with others.

To read more about how to cope with feelings of loneliness visit <https://cmha.ca/brochure/coping-with-loneliness/>



LOOKING FOR FAMILY SUPPORT FOR YOUR ORGANIZATION?

Are you an organization in the North Bay or surrounding area that works with families? The Family Program can assist. We offer in-house educational programming, Peer Support, and help with navigating resources. We can offer presentations and informational sessions, as just two examples. If your organization is interested in learning more, send an email to familysupport@nbd.cmha.ca or call 705-845-0080.



MINDFUL MOMENT

**What you think, you become.
What you feel, you attract.
What you imagine, you create.**

HELLO FEBRUARY!



Want to know if the Family Program is right for you?

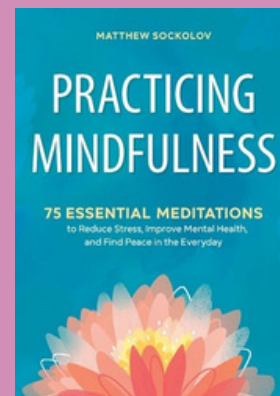
CALL TO CHAT OR BOOK A VISIT

Monday - Friday
8:30 a.m. - 4:30 p.m.

705-845-0080

OFF THE SHELF

This month's must-read



Practicing Mindfulness
(Amazon, Indigo, Audible)

Whether you are new to mindfulness and meditation, or a pro, this book is essential for "Finding Peace in the Everyday." This book has meditations that will grow with your confidence level. This helps to reduce stress and anxiety, enhance resilience, and maintain mental well-being. Being able to practice even short meditation can help turn around a bad day. Begin each day with patience and peace to help be on a calm path.

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