



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

NEWFOUNDLAND AND LABRADOR DIVISION

Holiday Greetings from CMHA-NL

During the bustle of the holiday season, we would like to extend warm wishes for good mental health, healthy work-life balance and peace of mind.

There is a lot of pressure this time of year to keep up with the celebrations, shopping and gift giving, but one of the best gifts we can give ourselves and others is **the gift of time**.

So take some time to remember the good times. Get together with loved ones. Meet someone new. Volunteer. Listen to your favorite music. Make a handmade gift for someone special. Call someone who would love to hear from you.

Most importantly, **take time for you** and take good care during the holiday season.

**Wishing you and your loved ones all the best for
a healthy and safe 2011!**

**From the Board and Staff of the
Canadian Mental Health Association,
Newfoundland and Labrador Division.**

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