



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Holiday Greetings from CMHA-NL

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

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 2009!

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

Canadian Mental Health Association
Newfoundland and Labrador Division
Suite 302, 95 Bonaventure Avenue
St. John's, NL A1B 2X5
(709)753-8550, toll free 1-866-509-3937
office@cmhanl.ca
www.cmhanl.ca