



Resources to support your mental health & wellness

Resource	Description	Website
Interlake-Eastern RHA	Advice and resources to support your mental health.	<a href="#">Your Mental Health &amp; COVID-19</a>
Shared Health Manitoba	Online resource and information including the <b>new Virtual Therapy Program.</b>	<a href="#">Care for Your Mental Health</a> <a href="#">Manitoba Health Virtual Therapy Program</a>
Anxiety Disorders Association of Manitoba	Anxiety support line, help and resources	<a href="#">Anxiety Disorders Association of Manitoba Support Line</a> <a href="#">Help and Resources</a> <a href="#">Anxiety Videos, Audio Relaxation</a>
Alcoholics Anonymous	Manitoba groups are holding <b>online meetings</b> , you are not limited visiting to the meeting closest to you...no online meeting is too far to attend!	<a href="#">AA Online Meetings in Manitoba Schedule</a> <a href="#">AA Online Meetings in Manitoba Instructions</a>
Senior Centre Without Walls	Provides educational and recreational programs in a fun and interactive atmosphere over the phone from your own home.	<a href="#">Senior Centre Without Walls</a> , Programming topics include educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. <b>All programming is free of charge.</b>
KIDTHINK healthy minds, thriving children	KIDTHINK is a mental health treatment center and outreach program that focuses on improving mental health and well being for children aged 12 and under in Manitoba.	<a href="#">Resources</a> <a href="#">Events &amp; Webinars</a> <a href="#">Programs &amp; Services</a>