



# SERVICES

## New Foundations

New Foundations offers a range of supports to assist people in developing skills in education, employment, housing, and social rehabilitation.

If an individual would like to join New Foundations, an intake will be completed in order to determine personal strengths and goals. The Intake Worker will then schedule a program orientation to further identify service options and to connect new participants to a primary worker.

**ELIGIBILITY:** 16 and over

For more information, visit:

[cmha-tb.on.ca/new-foundations](http://cmha-tb.on.ca/new-foundations)



Canadian Mental  
Health Association  
Thunder Bay  
*Mental health for all*

**Contact:**

New Foundations, CMHA Thunder Bay  
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# New Foundations Program

Program participants and staff work together in a structured day program. Each individual self directs their own recovery journey through full participation. Opportunities to develop meaningful relationships, enhance skills, and to connect with resources are experienced through:

- Employment initiatives
- Educational opportunities
- Social and recreational activities
- Supportive housing

The skills, talents, creative ideas and efforts of each person are valued and encouraged each day. By trying new experiences in a safe, inclusive environment, we ensure respect to each individual as they work toward their recovery goals.

## Contact

Intake and Referral Worker: 345-5564  
Monday through Friday, 8:30am-4:30pm

For more information, visit:

[cmha-tb.on.ca/new-foundations](http://cmha-tb.on.ca/new-foundations)

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