

CMHA THUNDER BAY BRANCH



NEW FOUNDATIONS

New Foundations provides employment, education, social recreation and rehabilitation, housing support, advocacy and brief case management for people with mental health issues as they work towards their recovery goals.

If an individual would like to join New Foundations, an intake will be completed. The Intake Worker will then schedule a program orientation to further identify service options that match individual strengths and recovery goals .

For more information, visit:
thunderbay.cmha.ca/programs-services/new-foundations



Canadian Mental
Health Association
Thunder Bay
Mental health for all

Contact:

New Foundations, CMHA Thunder Bay
200 Van Norman St., Thunder Bay ON P7A4B8
Tel: 807-345-5564 cmhatb@cmha-tb.on.ca

NEW FOUNDATIONS PROGRAM

Program participants and staff work together in a structured day program. Each individual self directs their own recovery journey through active participation. The ability to develop meaningful relationships, enhance skills and to connect with resources are experienced through a wide variety of opportunities.

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, respect is ensured to each individual as they work toward their recovery goals.

Contact

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

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