



For all of us, COVID-19 means uncertainty like never before.

Return to resilience and hopefulness, with uplifting guidance from our team of mental health experts.



Nurturing Kids
with Dr. Khush Amaria



Mental Wellbeing
with Dr. Cristina Busila



Better Sleep
with Dr. Leorra Newman



Acceptance and Mindfulness
with Dr. Andrew Gentile



Building Resilience
with Dr. Peter Farvolden

Stronger Minds is a completely free digital program by BEACON, created to support all Canadians through the COVID-19 crisis.

Get guidance that's created to help with the specific emotional well-being concerns stirred by the pandemic, through easy-to-digest resources from our team of caring clinical psychologists.

Check in as much or as little as you wish. Fresh resources will be added ongoing, in response to the evolving needs and interests expressed together by Stronger Minds participants, including:

- Overcoming worry, fear and stress
- Staying positive and hopeful
- Dealing with isolation and loneliness
- Parenting, maintaining motivation, getting better sleep, and much more.

With **Stronger Minds**, you'll get:



Timely videos and quick reads from our mental health experts.



Activities to help you gain resilience.



Ask an Expert videos in response to questions we receive.

Stronger Minds is for all Canadians – on its own or with an existing course of mental health therapy. It is not mental health treatment.

→ Join Stronger Minds today.
mindbeacon.com/strongerminds

BEACON has provided guided digital therapy for thousands of Canadians to improve their mental wellbeing and live to their fullest potential.



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