

# 2014

## Resource Calendar for Mental Fitness



# Living in a community that encourages mental fitness and resilience

This calendar is designed to support individuals and communities by helping people to experience feelings of competence, autonomy and relatedness through healthy choices and by taking greater responsibility for their own personal well-being and that of others. It can be used in different ways. Here are a few ideas:

- **Want to be an active community member?** Distribute copies of the calendar to your neighbours. Get yourself and your neighbours involved in the activities suggested for each month.
- **Are you a student or involved with a school?** Suggest holding the calendar activities in the classroom or read the information for each month over the intercom and participate in the activities proposed.
- **Are you a community leader, a local organization or a business?** Set up partnerships with your community or school and serve as a community model by following the ideas for the activities suggested in the calendar.

## Wellness in Nackawic is moving at full speed!



In the last year, the *Wellness Movement* has made major strides in Nackawic. The town has rallied together to take home the title of *Wellness Community of New Brunswick 2013!* Excellent leaders and champions in the community are strong factors of motivation, and Nackawic would not have been able to win the title without the active involvement of their residents.

As a member of a community, we all have the opportunity to become wellness champions and invite our community to join the *Wellness Movement*. For more information or to be inspired by New Brunswick's community stories, visit [wellnessnb.ca](http://wellnessnb.ca)

## What is Mental Fitness?

Mental fitness is a sense of well-being (positive thoughts and feelings) experienced when our needs for competence, autonomy and relatedness are met.

Mental fitness leads the way to a healthy lifestyle and increases our ability to face life's challenges.

### Competence

The community recognizes the strengths and talents of the residents and uses these skills to accomplish common objectives. Residents feel valued and are proud of their accomplishments in the community.

### Autonomy

The community listens to the residents and involves them in the process of decision-making. Residents support the decisions taken in the community.

### Relatedness

Residents are proud to belong to their community; it is a place where they feel supported and encouraged. Residents support each other and nurture strong connections.

*Do you need more information on Mental Fitness?*

Visit [www.gnb.ca/wellness](http://www.gnb.ca/wellness)

# December 2013

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# Happy New Year!

*Let's make 2014 a celebration of our strengths and skills!*

We all have a role to play in wellness, but where do we start? The following questions might help you identify the skills, talents, and assets around you. You can answer the questions on your own, with your family, friends, or at your next group meeting.

- **What are your gifts of the head?** What do you know about the history of the community, nature, science, culture, etc.?
- **What are your gifts of the hands?** What can you do? Do you know how to play a musical instrument, cook, do carpentry, etc.?
- **What are your gifts of the heart?** What do you care about? Children, the environment, education, veterans, etc.
- **What clubs, groups, and associations are there in your community?** Do you belong to a group?

Write your answers on a big poster and invite the people around you to add their answers. You will soon find out that you are surrounded by skills and talents.



### **Promoting a Smoke-free Community**

*National Non-Smoking Week* is from January 19 to 25. It's not easy to quit smoking, but with support and encouragement you can face any challenge. Become a wellness champion in your community by supporting local residents who want to live smoke free. *Smokers' Helpline* suggests the following to help people who want to quit smoking:

- Show that you care about them. Ask how you can help, and follow their advice.
- Show that you have confidence in them and congratulate them on their efforts from time to time.
- Ask them how things are going and listen to them.
- Help them stay busy.

For more information, go to: [www.smokershelpline.ca](http://www.smokershelpline.ca)  1-877-513-5333

# January

*Any human anywhere will blossom in a hundred unexpected talents  
and capacities simply by being given the opportunity to do so.*

— Doris Lessing —

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## Show your appreciation!

We celebrate love during the month of February. We all need to be loved and accepted for the person that we are. Why not show your appreciation to your neighbours or your community?

### How to do it

- Shovel your neighbour's driveway or clear off their car after a snowstorm.
- Prepare some spaghetti sauce or maybe some chili. Double the recipe and give some to your neighbour.
- Find out when neighbours' birthdays are and put a card in their mailbox on the day.
- Offer to take care of their children or their pets for that day.



### Speedy Salsa Beef Chili

Serves: 12 (1-cup servings) | Prep time: 15 minutes | Cook time: 30 minutes

#### INGREDIENTS:

1 tsp (5 ml) vegetable oil  
1½ lbs (700 g) extra lean ground beef  
1 large onion, chopped  
3 celery stalks, diced  
1 green pepper, chopped  
3 garlic cloves, minced  
1 - 2 tbsp (15 - 30 ml) chili powder (depending upon taste)  
1 tbsp (15 ml) cumin  
1 can (26 oz / 750 ml) can no-salt-added diced tomatoes  
1 cup (250 ml) low-sodium beef broth  
1 cup (250 ml) mild salsa  
1 cup (250 ml) frozen corn  
1 can (19 oz / 540 ml) black or kidney beans, drained and rinsed  
salt and pepper, to taste

#### INSTRUCTIONS:

1. Heat oil in large saucepan, add beef, cook over medium heat, stirring frequently to break up meat until no pink remains. (5 - 8 min). Drain excess fat.
2. Add onion, garlic, chili powder and cumin to beef. Cook, stirring occasionally until onion is soft; about 3 minutes. Add celery, green pepper, tomatoes, broth, salsa and corn. Bring to a boil, stirring occasionally. Cover, reduce the heat to medium and simmer about 20 minutes.
3. Add beans, salt and pepper. Continue cooking until heated through.

# February

*It is through accepting other people in our own countries that we shall come to respect our neighbours and be respected in our turn.*

— Tahar Ben Jelloun —

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January 2014

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February is Heart Month

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Groundhog Day

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Valentine's Day

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Pink Shirt Day

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## It's National Nutrition Month!

The 2014 *National Nutrition Month* campaign theme is "Simply Cook and Enjoy!" and its objective is to help Canadians get cooking as we focus on food skills and preparation.

Here are some ideas on how to celebrate *National Nutrition Month* in your community:

- **March is perfect for planning a community garden** where community members learn food skills from the time the seeds are planted, to when the produce is harvested and prepared.
- **Share your knowledge** by organizing a cooking night with neighbours or by offering a cooking workshop in your community.
- **Organize a visit to the grocery store** with the help of a local dietician who can help you to identify wise food choices and share hints to help you save money!

You can contact your Regional Wellness Consultant (see the map on the back of the calendar) to assist you with your project and if you are looking to grow your knowledge on food skills and preparation, visit [www.dietitians.ca](http://www.dietitians.ca)



### ***Edmundston recognizes the importance of healthy eating!***

Edmundston's *Community Garden Project* is an excellent example of how people can use their talents and gifts in the community by encouraging a *Wellness Movement*. This initiative is a partnership between local volunteers and the *New Brunswick Botanical Garden*. Overall, more than 20 gardeners take care of their vegetables from planting to harvest. They follow organic values and practices and plant diverse crops. In addition to favouring greater environmental management and a higher quality of foods that land on our plates, this project encompasses both a social and economic facet by providing customers with locally grown vegetables at low cost. The objective of this project is also to encourage people to do gardening, whether at their community garden, their home or even on their deck!

### **World Salt Awareness Week**

Did you know that over 75% of the salt we consume comes from processed foods such as pizza, sauces and soups? It is no wonder that most Canadians will consume twice as much as their daily recommendation. *World Salt Awareness Week*, March 10-16, is an ideal week to pay attention to your salt consumption. Learn more by visiting the *Healthy Canadians* website: <http://www.healthycanadians.gc.ca/eating-nutrition/sodium/index-eng.php>

**Don't miss the 2014 *Wellness Conference*, May 14 and 15  
Register at [www.gnb.ca/wellness](http://www.gnb.ca/wellness)**

# March

*A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.*

— Tom Stoppard —

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Ash Wednesday

International Women's Day

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Daylight Savings Time begins  
"Spring Ahead"

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St. Patrick's Day

First Day of Spring

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## Let's celebrate Earth Day!

*Earth Day is celebrated around the world every April 22.*

Research shows that nature has a positive impact on our mental health. Taking a walk in a natural setting or going kayaking can give you an energy boost and encourage more positive thoughts. Nature has a calming effect. From an economic and societal standpoint, it is beneficial to both physical and psychological health to establish a natural environment (parks, trails, gardens, etc.) in the community to give residents a natural area in which to be active.

### *What can you do?*

- **Plan a cleaning/recycling day** either at home or in your neighbourhood. Do some spring cleaning by collecting bottles and other containers in your community and taking them for recycling.
- **Reduce your impact on the environment** by inviting the residents of your community to choose a day on which you can reduce your environmental impact. For example, take a quick shower instead of a bath, use public transportation or your bicycle instead of the car, turn off the lights and use candles.
- **Start composting** to reduce the amount of garbage collected. You can buy or build your own composting container and encourage your neighbours to participate. For more information, visit *Compost Council of Canada* at [www.compost.org](http://www.compost.org).

### **Outdoor activity**

*Let's celebrate Earth Day with an outdoor activity!*

Be inspired by the *New Brunswick Association for Community Living* (NBACL) who organized a special Nature Day for local residents living with intellectual disabilities. The NBACL organized the day in partnership with other local organisations and local businesses. During Nature Day, all participants met at Glazier Lake for a day of exercise, social interaction, nature and healthy eating. With more than 25 organizers, volunteers and participants, the day was a huge success.

Don't miss the 2014 Wellness Conference, May 14 and 15.  
Register at [www.gnb.ca/wellness](http://www.gnb.ca/wellness)

# April

*Nature does not hurry, yet everything is accomplished.*

— Lao Tzu —

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## Mental fitness: promote mental health!

*Mental Health Week*, which is from May 5 to 11, is the best opportunity to talk about mental fitness. Mental fitness emphasizes our strengths. It's the positive side of life and putting things into action that keep us healthy. Here are a few ideas that may help you take action to meet the three mental fitness needs:

### COMPETENCE

- Participate in activities related to your interests like reading, drawing, or photography. Join a social group where you can share your knowledge while celebrating the skills and abilities in your community.
- Learn something new by asking your neighbours to share their skills and knowledge with you. You'll be surprised at the hidden talents in your community.

### AUTONOMY

- Positively affect your community by participating in activities organized in your area or choose an organization in which you'd like to volunteer.
  - Visit local groups and offer your ideas and suggestions for wellness activities.

### RELATEDNESS

- Empathize with your neighbours by taking the time to talk to them and offering help when they need it.
- Connect with the people in your community by taking the time to get to know them.

### *SMYLE develops cultural belonging and future community leaders!*



The *St Mary's Youth Leadership Enrichment (SMYLE)* is a group of First Nation youth that encourage the autonomy in local youth. The group aims to nurture and help develop future leaders. When kids have a better idea of who they are and where they come from, they can get a better sense of where they're going. As such, the group has put an increased importance on the art of storytelling, particularly how it relates to their own native heritage which is a very important component of mental fitness.

# May

*Think thoughts that make you feel good, make choices that make you feel good, and take actions that make you feel good.*

— Louise L. Hay —

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	Mental Health Week						
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Mother's Day	Canada Health Day		Wellness Conference				
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	Victoria Day	Aboriginal Awareness Week					
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							World No Tobacco Day
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## Recreation and Parks Month

Did you know that in New Brunswick we have eight provincial parks and two national parks (not to mention all of our municipal parks)? *NB Trail* also suggests more than 40 trails to visit in the province.

Celebrate *Recreation and Parks Month* by taking part in the *in motion Parks and Trails Day* event celebrated in communities around New Brunswick on June 1. This day helps to promote active living in New Brunswick through the use of trails and green spaces.

For more information on the day, or to find the trails near you, visit <http://www.sentiernbtrail.com> or contact your local Consultant (see map on the back of the calendar).

### June 21 is the longest day of the year

Take advantage of the day with the most natural light and participate in the *Longest Day of Play*, an initiative of *ParticipAction*. Here are some suggestions for fun:

- **Sugarloaf Provincial Park** offers outdoor activities for the whole family. Whether you climb to the top of the 305-metre mountain or cycle the over 25 km of trails, the park offers a full day of activities and enjoyment. For more information, visit <http://parcsugarloafpark.ca>
- **Mactaquac Provincial Park** is a great place to have fun. It has a fresh-water beach where you can relax or have a picnic. The park has numerous trails and an aerial adventure course. For more information about this and other provincial parks, visit [www.parcsnbparks.ca](http://www.parcsnbparks.ca)

You will also find a list of activities offered in your area on the *New Brunswick Wellness Facebook Page*.

# June

*All those hours exploring the great outdoors  
made me more resilient and confident.*

— David Suzuki —

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## Back to your roots

In July, we celebrate Canada, the country in which we live. It's also the month when we begin harvesting the vegetables and fruit from our gardens, such as lettuce and strawberries. Going back to your roots can have different meanings. It can mean recharging your batteries (taking a vacation), thinking about the food you eat and the choices you make related to your health and the environment, or even asking questions about your cultural identity.

### Family Dinner Topics

- *What does "going back to your roots" mean? For you? For your family? For your community?*
- *How can you celebrate your cultural identity and that of your community?*
- *How can you, your family, and your community support the farmers in your area?*

### ***Under One Sky puts the emphasis on a healthy lifestyle!***

*Under One Sky* is an off-reserve, aboriginal head-start initiative for children between the ages of 2 to 6. In the last year, *Under One Sky* has begun putting a major focus on healthy living by adopting a healthier menu and by playing outdoors for a longer period. The center has had a great success influencing the children by educating the parents on the importance of proper nutrition, adequate physical activity, and by promoting wellness for very young children.

Research suggests that a child's self-esteem is a key factor in their school success and *Under One Sky* believes that a child's self-esteem is strongly connected to their identity (relatedness). Their goal is to support the family and child by providing opportunities to highlight and celebrate their language, culture and traditions, and honor the contributions of the Maliseet & Mi'kmaq people to the province of New Brunswick, the country of Canada and the world!



# July

*As the soil, however rich it may be, cannot be productive without cultivation, so the mind without culture can never produce good fruit.*

— Seneca —

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## Become an inclusive community

An inclusive community respects its citizens and is an easily accessible network in which every resident is valued for his or her talents and skills. You can recognize an inclusive community by its ability to value diversity and to involve its citizens in the decision-making process.

Encouraging your community to be inclusive, and promoting and supporting the people who live there can be achieved in two steps:

1. **Get more information.** Visit [www2.gnb.ca/content/gnb/en/departments/esic/community\\_inclusionnetwork.html](http://www2.gnb.ca/content/gnb/en/departments/esic/community_inclusionnetwork.html) to see if your community is part of a *Community Inclusion Network*.
2. **Get involved.** If your community has a *Community Inclusion Network*, ask if you can join the group. If not, speak to your community leaders about it or become a leader! There may be some interest in developing a network in your community.

***Vibrant Communities  
celebrate inclusion!***



*Vibrant Communities*

*Saint John (VCSJ)* was established in 2004 to support a coordinated approach to reducing poverty in the Saint John area. They work closely with various partners to help reduce poverty. One of their projects is the *Learn and Go Leadership Initiative*, which offers mentoring in community leadership skills for residents in priority neighbourhoods who want to undertake a neighbourhood development project to improve their community.

This is a perfect example of a mental fitness approach since the initiative enables residents to take charge (need for autonomy) while offering them the ability to use their talents and develop their skills.

# August

*So much talent comes from the base of poverty and those in the margins. You limit the base, you miss too much talent.*

— Jesse Jackson —

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July 2014

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New Brunswick Day

World Acadian Congress  
[www.cma2014.com](http://www.cma2014.com)

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National Acadian Day

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## Be active!

Being active does not necessarily mean that you have to join a gym or run. Being active is defined as being lively, dynamic, and energetic. That said, there are many ways of being active. The key is to find an activity you like.

Some examples are...

- **Geocaching, a treasure hunt for everyone.** Did you know that New Brunswick has over 10,000 geocaches hidden all over the province and that it provides an ideal playground for geocaching? Visit the Tourism New Brunswick website for more details: <http://tourismnewbrunswick.ca/Do/OutdoorActivities/Geocaching.aspx>
- **Cycling day.** Why not encourage your community members to participate in a cycling day. You can organize a tour for residents to help promote greater participation.
- **Multigenerational walk.** September 7 is *Grandparents' Day*, so why not organize a multigenerational walk when young and old can share their memories, knowledge, and happiness while walking. You can also visit [wellnessnb.ca](http://wellnessnb.ca) where you will discover other similar activities in the toolkit called *Aging Well*.



### *A small step in your day... A big step for your health*

Réseau mieux-être Péninsule acadienne, in cooperation with various doctors in the Acadian Peninsula, launched an initiative that uses a wellness placard called "I park far away and walk". This wellness placard is designed to encourage people to park as far away as possible from the door and walk a bit more during the day instead of circling around for five minutes to find the closest parking spot.

This initiative enables participants to be physically active while taking care of the earth. In addition to being beneficial to the body and the environment, it promotes a feeling of well-being, because walking releases endorphins, the feel-good hormones.

# September

Walking is man's best medicine.  
— Hippocrates —

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# THE wellness MOVEMENT

Celebrate New Brunswick's  
Wellness Stories



## Wellness Week is here!

New Brunswick Wellness Week (October 1 to 7) was proclaimed to give us the opportunity to mark and celebrate the efforts we make, the action we take, and the progress we achieve as individuals, families, organizations, schools, communities, and workplaces, to improve wellness and create a culture of wellness.

It is a golden opportunity to join the *Wellness Movement* at [wellnessnb.ca](http://wellnessnb.ca). The *Wellness Movement* encourages communities, groups, schools, and workplaces to adopt a healthy lifestyle. Groups that got involved last year are invited to renew their commitment.

*Wellness Week* is also an opportunity to celebrate New Brunswick's wellness stories to inspire more groups and individuals to make a wellness commitment at [wellnessnb.ca](http://wellnessnb.ca).

Check out our *Wall of Wellness* and add your family, school, community or workplace story.

### ***It's Healthy Workplace Month!***

The *Wellness Movement* has hit the workplace.

Get your workplace involved and **Take 5!** at [wellnessnb.ca](http://wellnessnb.ca)

Also, did you know that New Brunswick has a *Workplace Wellness Community of Practice*?  
For more information or to get involved, visit [www.heartandstroke.nb.ca/workplacewellness](http://www.heartandstroke.nb.ca/workplacewellness).

### **Get your school involved in the *Wellness Movement!***

Visit [wellnessnb.ca](http://wellnessnb.ca) – commit to participate in *Wellness in Action* and tell us what your school is doing.

# 2014

# October

*It is by doing well that we bring about well being.*  
— Chinese proverb —

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## Building age-friendly communities

An age-friendly community is a community that calls upon seniors' wealth of talent, skills, and knowledge. It is also a community that respects and protects the needs of seniors with respect to healthy aging. The strength of an age-friendly community is its ability to recognize that seniors have a lot to offer and that their participation in all aspects of community life is essential for an active and engaged community.

To build an age-friendly community, some of the keys to success are as follows:

- Relationships are based on respect;
- Seniors have opportunities to be socially active;
- Seniors have opportunities to hold volunteer, civic, and professional positions.

For more information, visit <http://www.phac-aspc.gc.ca/seniors-aines/caa-afc-eng.php>. You can also access a toolkit entitled *Aging Well* by contacting your Regional Consultant (see the map at the back of the calendar). This toolkit suggests ideas for activities that you can do in your community.

### *Dieppe's raised gardens are lifting the spirits of the community's seniors*

The local branch of *l'Association acadienne et francophone des aînés et aînées du Nouveau-Brunswick*, in collaboration with the city of Dieppe, started a community raised garden for interested local seniors. The raised gardens project was a great way to encourage the gardeners to eat well and enjoy a heightened level of physical activity, and the project fostered many new friendships and relationships, resulting in seniors socializing outside of the garden.

The group has major plans lined up for the coming years, such as inaugurating a new, inter-generational garden project and inviting local children to participate. This is a great example that shows how community can recognize the skills of senior residents (competence) and offer an opportunity for them to socialize (relatedness) and contribute to their community (autonomy). As you can see from Dieppe's experience, building an age-friendly community improves the wellness of seniors and the community as a whole!



# November

*Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy.*

— John Hoeven —

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2014							December 2014							
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Daylight Savings Time ends  
"Fall Back"

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Remembrance Day

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National Child Day

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## Rethinking the holidays

If you ask your grandparents how the holidays were celebrated in their family, you will soon find out that it was a magical time when the family got together for a delicious meal. Why not organize a special activity in your community? Encourage your family and the members of your community to spend less money and cut down on their stress by showing them that the holidays are a time to be appreciative and to celebrate with the people you love.

Plan an activity with your family to exchange gifts that you've made. For example, offer "favour" cards in which you put a coupon describing a favour that you would like to offer that person.

You can also organize a *Give back to my family/ community day?* Plan a day when your family or neighbours can donate items they don't use any more (still in good condition). It's a good way to clean out your house and give back to the community during the holidays.

### **Sharing information while giving back to the community!**

The *Tantramar Family Resource Centre* found an ideal solution to encourage sharing in their community by launching its first *Little Free Library*. The Library is a mailbox like structure which sits outside of the Centre and, in it, you can find free information on nutrition, active living, mental fitness and information on the resources offered in the community.

This initiative is a great way to share knowledge in the community while enhancing the community sense of belonging. It is also a great location for residents to meet (bumping space).



# December

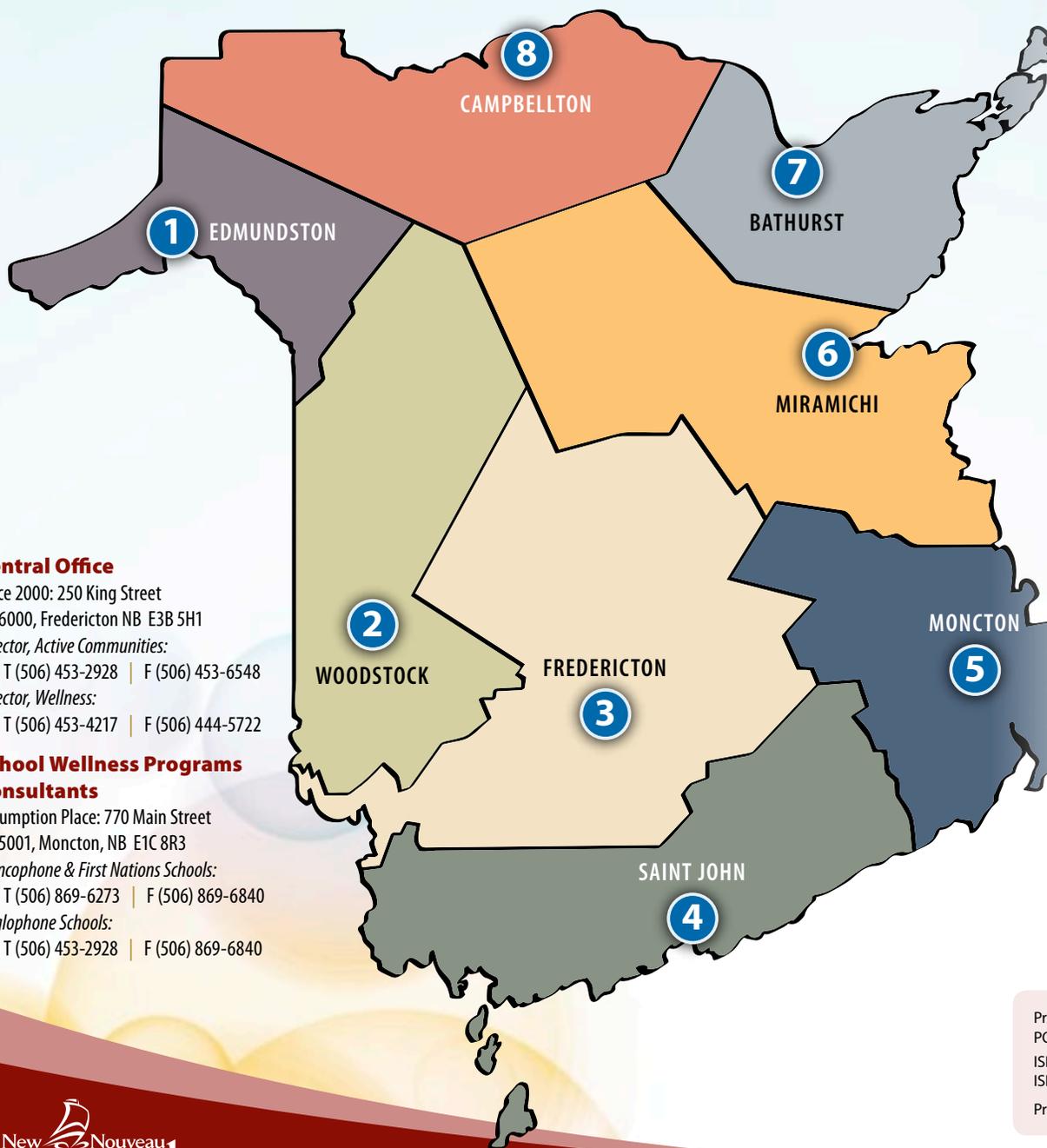
*Communication leads to community, that is, to understanding, intimacy and mutual valuing.*

— Rollo May —

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28	29	30	31	<p>New Year's Eve</p> <table border="1"> <thead> <tr> <th colspan="7">November 2014</th> <th colspan="7">January 2015</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>30</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>	November 2014							January 2015							S	M	T	W	T	F	S	S	M	T	W	T	F	S							1						1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	31							30							
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# Healthy and Inclusive Communities

## Wellness Branch and Active Communities Branch



### Central Office

Place 2000: 250 King Street  
PO 6000, Fredericton NB E3B 5H1  
Director, Active Communities:  
T (506) 453-2928 | F (506) 453-6548  
Director, Wellness:  
T (506) 453-4217 | F (506) 444-5722

### School Wellness Programs Consultants

Assumption Place: 770 Main Street  
PO 5001, Moncton, NB E1C 8R3  
Francophone & First Nations Schools:  
T (506) 869-6273 | F (506) 869-6840  
Anglophone Schools:  
T (506) 453-2928 | F (506) 869-6840

### Region 1: North West

Carrefour Assomption: 121 Église Street  
PO 5001, Edmundston NB E3V 3L3  
Active Communities Consultant: T (506) 735-2278 | F (506) 735-2310  
Wellness Consultant: T (506) 735-2279 | F (506) 444-5722

### Region 2: Western Valley

Former Woodstock Jail: 108 Maple Street  
PO 5001, Woodstock NB E7M 5C6  
Active Communities Consultant: T (506) 325-4650 | F (506) 325-4934  
Wellness Consultant: T (506) 277-6024 | F (506) 325-4934

### Region 3: Capital

Place 2000: 250 King Street  
PO 6000, Fredericton NB E3B 5H1  
Active Communities Consultant: T (506) 457-4841 | F (506) 453-6548  
Wellness Consultant: T (506) 453-4217 | F (506) 444-5722

### Region 4: Fundy

School District 8 Office  
490 Woodward Avenue, Saint John NB E2K 5N3  
Active Communities Consultant: T (506) 658-2492 | F (506) 658-2497  
Wellness Consultant: T (506) 643-2114 | F (506) 658-2497

### Region 5: South East

Assumption Place: 770 Main Street  
PO 5001, Moncton, NB E1C 8R3  
Active Communities Consultant: T (506) 856-2950 | F (506) 869-6840  
Wellness Consultant: T (506) 453-4217 | F (506) 444-5722

### Region 6: Miramichi/Kent

152 Pleasant Street, Miramichi NB E1V 1Y1  
Active Communities Consultant: T (506) 778-6688 | F (506) 624-5482  
Wellness Consultant: T (506) 624-2123 | F (506) 624-5482

### Region 7: Chaleur/Peninsula

Bathurst Agriculture Building: 1425 King Avenue, Bathurst NB E2A 1S7  
Active Communities Consultant: T (506) 547-2478 | F (506) 547-2064  
Hédard Robichaud Building: 22 St-Pierre Boulevard East, Caraquet NB E1W 1B6  
Wellness Consultant: T (506) 726-2029 | F (506) 726-2419

### Region 8: Restigouche

113 Roseberry Street, Campbellton NB E3N 2G6  
Active Communities Consultant: T (506) 789-2387 | F (506) 789-2999  
Wellness Consultant: T (506) 789-2933 | F (506) 789-2999

Province of New Brunswick  
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