



Living



Working



Learning



Socializing



Recreation for Mental Health: Inspiring Programs

# Beacon Program

Nova Scotia Valley Region

2014

## Mental Health & Addiction Services

Annapolis Valley Health

Andrew Livingstone & Val Davis

The **Beacon Program** is a community based Psychosocial Rehabilitation program for persons with severe and persistent mental illness. It is a voluntary program which empowers individuals to make choices, gain skills and find a more-satisfying life in the community with the greatest amount of independence possible.

The goal of the Beacon Program is to help individuals who live with severe and persistent mental illness work towards improving functional abilities, increasing community integration and increasing success and satisfaction.

For more information on this program please visit [www.beaconprogram.ca](http://www.beaconprogram.ca) or call (902) 678-8361.



*Beacon House, Kentville, N.S.*

Recreation for Mental Health



Connecting Nova Scotia



Submit your inspiring program to [mentalhealth@recreationns.ns.ca](mailto:mentalhealth@recreationns.ns.ca)

To view other inspiring programs or to discover resources for recreation and mental health please visit [www.recreationns.ns.ca/mental-health-and-recreation/](http://www.recreationns.ns.ca/mental-health-and-recreation/)

