



Recreation for Mental Health: Inspiring Programs

Getting Through the Door

Nova Scotia Central Region

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Canadian Mental Health Association Halifax-Dartmouth Branch

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Getting Through the Door was developed to help isolated adults, eighteen years and older, living with mental illness and/or addictions access recreation and volunteer activities in their communities. The goal of the program is to increase social inclusion.

Getting Through the Door offers small group and one-on-one workshops to explore opportunities, interests, and skills related to community recreation and volunteerism. Participants gather resources, set goals, navigate barriers, and access individualized support.

Getting Through the Door also empowers people living with mental illness/addictions to share their leisure interests with others and lead group activities.

For more information please visit gttdcmhahd.wordpress.com/ or call (902) 455-5445.



Recreation for Mental Health
Connecting Nova Scotia

Submit your inspiring program to
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/

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