

# OUR VISION:

is to provide integrated  
health and wellness  
services

to youth

in a safe and supportive  
environment.

## CONTACT US

Andrea Hughes, BN RN  
Mon-Fri 8am-4pm: 897-2114  
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### 24hr Emergency Contacts:

Mental Health Crisis Line  
1-888-737-4668

Kids Help Phone  
1-800-668-6868



Labrador-Grenfell  
**Health**



**Wellness  
Café**

# What is the Wellness Café?

The café is a safe space within the school where students can discuss issues related to their health and development.

Services are provided in a supportive and confidential manner.

## Access to Care

The goal of this project is to increase access to health services among youth.

### WHO?

Andrea Hughes, BN RN  
Public Health Nurse

### WHAT?

Discuss and seek support for:

#mental health

#sexual health

#substance use

#injury prevention

#nutrition

#active living

#MMCWellnessCafé

### WHEN?

Tuesdays from 10am to noon

### WHERE?

Room 232  
Mealy Mountain Collegiate  
Happy Valley-Goose Bay, NL

## PARTNERS

The Wellness Café is led by Labrador-Grenfell Health and supported by the Newfoundland and Labrador English School District and Mealy Mountain Collegiate. It is modelled after a similar program in Eastern Health among rural communities.

This initiative supports the provincial government's mandate to create school settings that promote healthy living and learning.