



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

Return to *I can get through this*, with guidance every day from the BEACON team of 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.

Our team of psychologists will help you protect your emotional wellbeing, so you can regain the resilience to get through today – and tomorrow.

Get day-by-day guidance that you can use – all based on Canadians’ concerns, and always adapting to new stresses as they arise.

Stronger Minds cuts through all the information overload, to provide relief from your everyday worries sparked by current events.

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.



stronger minds