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with *Our Donors*

Fall 2017

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Caring Connections

An update for Friends Supporters

HELPING PATIENTS HEAL

Rooftop garden will provide therapeutic recreational area for Addiction and Mental Health Inpatients

Completely Funded with Donor Dollars

A new \$230,000 rooftop garden, located on the third floor of The Moncton Hospital, will be used as a therapeutic space to enhance wellness for patients who have been admitted to the Provincial Child and Adolescent Psychiatry Unit (PCAPU), Youth Wellness Unit (YWU) or Adult Psychiatry Unit.



The garden will allow patients to enjoy therapeutic, recreational and physical activities. It will also be an area for group educational sessions, including wellness, relaxation and peer support groups.

"An outdoor space is critical to the therapy of our clients while in the care of psychiatric health care

professionals," says Dr. Dinesh Bhalla, Chief of Psychiatry.

"This space will encourage clients to be active and creative, and enhance their hope that they have a life beyond their illness."

The creation of the garden has been made possible thanks to donors of the Friends Foundation. The Foundation covered the cost for garden construction, renovations, materials and labour.

"We are proud to partner with the Friends Foundation to create a calming outdoor space for patients, families and staff," says Karen McGrath, Horizon, President and CEO."

In New Brunswick, one in four people will experience mental health problems during their lifetime, and this space is helpful to the recovery of many."



Former patients Susan Duquette (left) and Alicia Robichaud took part in the official opening held in August.