

Mind-Gut Health Support Group

January 30, 2025
7-8:30 pm AT

East Dartmouth Community Centre - Board Room 103
50 Caledonia Rd, Dartmouth, NS B2X 1K8

This meeting is in person only. If you are living with a digestive or liver disease or disorder, join our support group to connect with others and discover ways to care for both your gut and your mind. This group is primarily for individuals living with irritable bowel syndrome (IBS), inflammatory bowel disease (Crohn's disease, ulcerative colitis), and obesity, but all others struggling with gastrointestinal diseases or conditions are welcome. We will discuss these as they relate to mental health.

All are welcome. For helpful resources on mental health, visit www.badgut.org/mental-health.

The GI (Gastrointestinal) Society is a national registered charity offering patient resources on all digestive diseases and disorders, including obesity, at www.badgut.org.

RSVP at: badgut.org/support-group-for-mind-gut-health



For more information contact the GI Society: 1-866-600-4875 or groups@badgut.org