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## **ST. JOSEPH'S CARE GROUP LAUNCHES NEW WEB SITE FOR MENTAL HEALTH & ADDICTIONS**

(Thunder Bay, ON, December 2, 2004) [www.mha.sjcg.net](http://www.mha.sjcg.net) – This is the address to view the new Web Site for Mental Health and Addictions (MHA) for St. Joseph's Care Group which was officially launched today.

The Web Site outlines the programs and services offered at the Sister Margaret Smith Centre. Once viewers log on to the Internet and reach the MHA site, they can learn more about the services offered to the people of Thunder Bay and District, the Northwest Region and the Province of Ontario.

Nancy Black, Manager, Addiction Services and Community Mental Health Programs, stated, "Mental Health and Addiction services receives more than 10,000 clients per year who have courageously embraced a willingness to take responsibility for their lives and learned to use their strengths to achieve a healthier lifestyle. This web site is designed to keep our clients, family members, referents and community informed about new developments in service delivery which are constantly changing in response to your feedback and identified community needs."

Some popular links on the home page are:

- Drug Facts and Youth
- Adult Spirituality Program
- Have an Eating Disorder?
- Diets are Dangerous
- Understanding Grief and Loss
- Friends of Gamblers

The site has been organized by programs and services to be user friendly to all who visit the web site. Utilizing a consistent interface, the web site has been designed for simple navigation, but users can always return to the home page.

It is our hope that the Mental Health and Addictions Web Site will assist the public in getting to know us better. The address again is – [www.mha.sjcg.net](http://www.mha.sjcg.net)

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