



Dave Ritcey, MLA, centre, is flanked by 14 of the 15 people he recognized by presenting them with the Queen Elizabeth II Platinum Jubilee Medal at a ceremony in Bible Hill on December 11th. (Contributed)

## New Chamber of Commerce Members

The following is the list of companies and individuals who joined the Truro and Colchester Chamber of Commerce during the month of December 2022.

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## The Shoreline Tid-Bits

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### Premier Focuses on Healthcare Labour Mobility

Premier Tim Houston emphasized the importance of making it easier for healthcare workers to move from one province to another during a meeting of Canadian trade ministers in Toronto on December 8.

"Obviously, the most important issue facing Nova Scotians is healthcare and we have to do whatever we can to make entry for healthcare workers easy," said Premier Houston. "If a healthcare worker can be certified to practice in any other province in this country, there is absolutely no reason I can see why they shouldn't be able to come and work in Nova Scotia without being buried by paperwork and regulations."

The Premier, also Nova Scotia's Minister of Trade, discussed labour mobility and reducing barriers in a variety of fields during the Committee on Internal Trade meeting on the ongoing implementation of the Canadian Free Trade Agreement.

Premier Houston will continue to lead this labour mobility initiative when the Council of the Federation convenes on December 9, and when the Council of Atlantic Premiers meets December 19.

### New Online Program Helps Manage Depression, Anxiety

Nova Scotians with mild to moderate depression or anxiety can now get free online coaching and skills development to help them cope.

The Province has expanded an agreement with Tranquility, a program that helps people experiencing depression and anxiety better understand their emotions, thoughts and behaviours and build skills and coping strategies. People using the program are supported by a coach who checks in on their progress and offers ongoing help and motivation.

Brian Comer, Minister responsible for the Office of Addictions and Mental Health said, "Having resources at our fingertips to help us manage in the early stages will help promote mental wellness and keep people healthy. I'm happy to be able to bring this made-in-Nova-Scotia program to people across the province."

Until December 6, Tranquility has only been available by referral through primary care providers or the Mental Health and Addictions Intake Program. More than 150 Nova Scotians have benefited from the program since it was launched in March.

People can access the cognitive behavioural therapy program 24 hours a day, seven days a week at <https://www.tranquility.app/novascotia>. Participants keep a journal of their responses to situations and events and practise new skills through educational modules, interactive tools and one-on-one coaching over messaging, phone or video.

Annual costs will be based on uptake and are anticipated to be between \$340,000 and \$510,000.

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**Merry Christmas and a Happy, Healthy & Safe New Year in 2023**

**Tom Taggart MLA Constituency Office**  
 Location - 10653 HWY 2 Masstown, B0M 1G0  
 The building beside Masstown Petrocan  
 Contact Info - 902-641-2335  
 Email - tom.taggartmla@gmail.com  
 Hours - 8:30am - 3:30pm  
 Use the lower level entrance - Look for the Entrance Sign in Parking Lot