



Canadian Mental  
Health Association  
New Brunswick  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Nouveau-Brunswick  
*La santé mentale pour tous*

As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

**Contact:**

***Martha Chown***

**Community Education  
Coordinator**

Canadian Mental Health  
Association of New Brunswick

(506) 432-2101  
martha.chown@gnb.ca  
www.cmhanb.ca

**Program is free  
Seating is limited  
Pre-registration is required**



## CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

**Sussex region**



## ENGAGING FAMILIES IN RECOVERY

A ten-week education and support program designed for individuals who are caring for a loved one with mental illness.

**Every Wednesday**

**January 15 through March 25  
6:30 p.m. to 8:30 p.m.**

**38 Park Street  
Sussex, NB**

## ABOUT THE PROGRAM

*Engaging Families in Recovery* is a ten-week education and support program designed to help people who **are caring for a loved one with mental illness.**

A trained facilitator and other professionals discuss potential difficulties related to having a loved one with a mental illness. Related difficulties include: navigating resources, boundaries, effective communication, and self-care.

The aim of *Engaging Families in Recovery* is to offer assistance and support, as well as, encouragement in a safe and relaxed atmosphere.

This program does not replace counselling or therapy. **Confidentiality and privacy of sharing within the group is strongly promoted.**



**Advanced registration required.**

**Please contact us at  
martha.chown@gnb.ca  
(506) 432-2101**

## WEEKLY AGENDA

- I. Understand—Mental Health/Illness**  
An introduction to the goals of *Engaging Families in Recovery*. An overview of mental health, mental illness, and the community-based resource model.
- II. Navigate—Resources and Systems**  
Information on the process of reaching out for help, the law, community resources and services, overcoming challenges, and navigating the system.
- III. Relate—Relationships and Boundaries**  
Information on healthy relationships, boundaries, your rights as a caregiver, including the Caregivers' Bill of Rights.
- IV. Communicate—Effectively and Impactfully**  
Focuses on important elements of communication, communication styles, how to effectively communicate, as well as, overcoming negative thinking patterns, and dealing with difficult behaviors.
- V. Recover—Understanding Recovery**  
Focuses on the stages of recovery and moving through change. In addition, there is a guest presentation from a Peer Support Worker.
- VI. Open Discussion Session**  
Group members have the opportunity to discuss what they have learned thus far and review previous material.
- VII. Collaborate—Towards Recovery**  
Information on how to support your loved one's recovery and the maintenance of their recovery.

**VII. Collaborate—Towards Recovery**  
Information on disclosure, confidentiality, and being an effective advocate. Lastly, an introduction to self-care is covered.

**VIII. Self-Care—Caring for the Caregiver**  
Explores the common feelings individuals have about caregiving, burn-out, compassion fatigue, and vicarious trauma. Information on the impact of self-care, and barriers to self-care. Group members develop a self-care plan and learn about developing self-compassion.

**IX. Explore—Building Caregiver Support**  
Information on acceptance, commitment, stigma, negative family and friends, and building a support network.

**X. Plan—For the Future**  
Focuses on the importance of social connections and staying positive. Review tools and resources from program.

***If you or someone you know is experiencing symptoms of a mental illness, please contact your family doctor or Addiction & Mental Health Services.***

