



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:

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Coordinator**

Canadian Mental Health
Association of New Brunswick

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**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
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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.

