



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.

This program is made possible by:



## CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



## FROM DEPENDENCY TO RECOVERY

A six-week education program for individuals who are living with an addiction, unhealthy behaviours, or families affected by addiction.

Program dates and location:

October 2 - November 6, 2019  
March 18 - April 22, 2020  
6:30 to 8:30 p.m.

Mental Health Recovery Services

### Contact:

Canadian Mental Health  
Association of New Brunswick  
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## Types of Addictions

- Alcohol
- Smoking
- Marijuana
- Gambling
- Opioids
- Gaming

If you or someone you know is experiencing addiction and / or mental health issues please contact your family doctor or Addiction and Mental Health Services.

## ABOUT THE PROGRAM

*D2R: From Dependency to Recovery* is a six-week education program for individuals who are living with an addiction, unhealthy behaviours, or families affected by addiction. The program will provide information and resources to assist individuals in staying focused on recovery which takes effort and a strong support system.

A trained facilitator will discuss issues that relate to addiction; including information on symptoms, treatment options, coping strategies and community resources.

The aim of *D2R: From Dependency to Recovery* is to offer assistance 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.**

There is no cost to attend this program. Seating is limited to 25 participants.

***This program will be held every Wednesday evening from 6:30 to 8:30 p.m. at Mental Health Recovery Services, located at 157 Duke Street in Uptown Saint John.***

**Advanced registration required.  
Please contact us at  
(506) 633-1705**



## WEEKLY AGENDA

### I. **Cycle of Addiction**

This session will focus on the progressive nature of addiction and how it manifests itself in thinking, emotions and behavior over time. Concepts of tolerance and withdrawal are discussed with a focus on some early recovery strategies.

### II. **Letting Go**

This session focuses on releasing attempts to control addiction, but rather surrendering as a new strategy to gain control. Concepts of admittance, acceptance, surrender and forgiveness are discussed with a focus on recovery strategies in this area.

### III. **Support**

Often times people can get clean but have a harder time staying clean. This session focuses on the importance of developing a support network to start learning how to share feelings rather than stuff them. Concepts will include trust, guilt, shame and self-concept.

### IV. **Harm Reduction**

This session will explore some new ways of thinking about early recovery to shift the focus from slips and relapse to vision and positivity. Recovery strategies include discussion around how to promote self-worth.

### V. **Re-connecting**

This session will provide information and discussion on the realities of the dissociative nature of addiction - how denial works - and the difficulties associated with re-connecting to self and others. Recovery strategies will include mindfulness, self-compassion, spirituality and meditation.

### VI. **Staying True**

This session will focus on elements of recovery that can be challenging in the long run. Concepts such as boundaries, communication, intimacy, relationships, and underlying mental health issues will be discussed.