



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

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

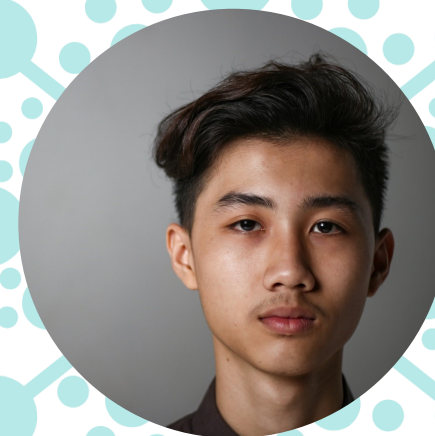
As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

This program is sponsored by:



# CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



## DEPRESSION

A six-week education program for individuals diagnosed with depression

Program dates and location:

January 12 - February 16, 2022  
6:30 to 8:30 p.m.  
Simonds Lions Club

### Contact:

Canadian Mental Health  
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CMHANB Saint John & Region  
Facebook Group

### Symptoms of depression:

- Irritability
- Poor memory or concentration
- Feelings of emptiness
- Cannot enjoy regular hobbies
- Hopelessness
- Ongoing fatigue / lack of energy
- Unexplained aches and pains
- Sleep disturbances
- Suicidal thoughts or actions

If you or someone you know is experiencing several of these symptoms, please contact your family doctor or Addiction and Mental Health Services.

## ABOUT THE PROGRAM

*Depression* is a six-week education program designed to help people who **have been diagnosed** with depression.

A trained facilitator and health care professionals discuss issues that relate to depression. These include information on symptoms, treatment options, coping strategies and community resources.

The aim of the *Depression* program 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. Space is limited due to public health protocols.

***This program will be held every Wednesday evening from 6:30 to 8:30 p.m., Simonds Lions Club located at 185 Loch Lomond Rd in Saint John.***

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



## WEEKLY AGENDA

### I. Understanding Depression

An overview of depression and treatments including symptoms, triggers and risk factors. Also reviewed are the types of psychotherapy, cognitive behavioural approaches and alternative therapy methods.

### II. Medication as Part of Therapy

Information on the latest medications used, how they work, side effects and benefits.

### III. Levels of Recovery

How to identify personal triggers and preventive strategies, including daily structure, physical appearance, taking one step at a time and getting enough sleep.

### IV. The Importance of Sleep

The role of healthy sleep habits in maintaining good mental health.

### V. Feeling Good: Ten Distorted Thoughts to Avoid

Strategies for avoiding negative thought patterns, such as discounting, all-or-nothing thinking, overgeneralizing, personalization and blame.

### VI. Relaxation

How to ease depression with relaxation techniques.