



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.

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CMHANB Saint John & Region
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MindCare

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Pour le mieux-être de l'esprit

CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



UNDERSTANDING ANXIETY & PANIC DISORDER

An eight-week education program
for individuals diagnosed with
generalized anxiety and / or panic
disorders

Program dates and location:

September 29 - November 16, 2021
March 16 - May 4, 2022
6:30 to 8:30 p.m.
Simonds Lions Club

Symptoms of generalized anxiety disorder:

- Constant worrying
- Aches and pains for no reason
- Trouble relaxing
- Difficulty falling / staying asleep
- Not able to concentrate

Symptoms of panic disorder:

- Difficulty breathing
- Chest pains or racing heart
- Overwhelming terror
- Dizziness
- Excessive sweating

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

Understanding Anxiety & Panic Disorder is an eight-week education program designed to help people who **have been diagnosed** with generalized anxiety and / or panic disorder.

A trained facilitator and health care professionals discuss issues that relate to generalized anxiety and / or panic disorder. These include information on symptoms, treatment options, coping strategies and community resources.

The aim of *Understanding Anxiety & Panic Disorder* 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 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 Anxiety & Panic Disorder

An overview of anxiety, panic and generalized anxiety disorder including symptoms, triggers and risk factors. Also reviewed are the types of psychotherapy, cognitive behavioural approaches and alternative therapy methods.

II. Managing Anxiety and Medications

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

III. Anxiety-Provoking Traits

Information about common personality traits, such as perfectionism, excessive need for control and the tendency to ignore physical signs of stress.

IV. Identifying and Challenging Negative Behaviours / Thoughts

Introduction of practical tools to change negative self-talk, distorted thinking patterns and attitudes that lead to negative thinking.

V. Recovery: A Comprehensive Approach (Part 1)

Review of contributing causes of anxiety: physical, emotional, behavioural, mental, interpersonal and spiritual. Also tools to help build a personal recovery program.

VI. Recovery: A Comprehensive Approach (Part 2)

Introduces coping strategies for dealing with anxiety and panic attacks at the early stages, as well as techniques to encourage deep relaxation and anxiety reduction.

VII. Mindfulness

Session to provide information on mindfulness, what it is and how to practice it.

VIII. Taking Care of Me: Wellness Strategies

Up-to-date information on the role of nutrition and exercise in promoting a calmer mood.