



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 Miramichi & Region
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CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Miramichi & Region



EMOTIONAL REGULATION

A six-week program helps people recognize and handle emotions in a healthy way.

Program dates and location:

January 19 - March 9, 2022
6:30 to 8:30 p.m.
St Paul's Anglican Church

Participants will learn:

- How to see the more positive side of things
- How to be kinder to themselves and others
- Helpful coping skills
- How to confidently express themselves in ways that will not hurt themselves or others.

ABOUT THE PROGRAM

Emotional Regulation is a six-week education program that enables people to recognize what they feel, why they feel it and how to handle their emotions in a healthy way.

A trained facilitator will discuss topics that relate to regulating emotions. These include information on symptoms, treatment options, coping strategies and community resources.

The aim of the *Emotional Regulation* 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., St Paul's Anglican Church in Bushville NB.

**Advanced registration required.
Please contact
(506) 808-1821**



WEEKLY AGENDA

I. Emotions vs Feelings

During this session, we learn the difference between emotions and feelings, the fight or flight response and how being angry can affect all aspects of our lives.

II. Anger is Normal

We discuss the connection between our thoughts, behaviours and emotions, and how anger affects each.

III. How do you cope with your anger?

This session teaches us that the way we cope with anger affects us and how we can possibly change our communication style to be less threatening to others.

IV. Warning Signs and Coping Strategies

We discuss how we all have warning signs when it comes to getting angry. We learn to notice our signs earlier and use a vast amount of healthier coping skills brought to light this week.

V. Setting SMART Goals & Managing our Anger

We learn a new way to set goals and achieve a healthier way to cope when we are angry.

VI. Stress and Anger

The symptoms of stress and anger are strangely similar. We spend this session discussing stress management and reviewing what we have learned.