



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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CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



FROM DEPENDENCY TO RECOVERY

An eight-week education program
for individuals who are living with
an addiction or unhealthy behaviors

Program dates and location:

October 12 to November 30, 2022
6:30 p.m. to 8:30 p.m.
Simonds Lions Club

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 an eight-week education program for individuals who are living with an addiction or unhealthy behaviors. 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. Pre-registration is required.

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

**Advanced registration required.
Please contact us at
(506) 652-1447**

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. **Forgiveness**

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 & Boundaries**

Often times people can get clean but have a harder time staying clean. This session focuses on the importance of developing safe boundaries and a support network.

IV. **Relapse Prevention**

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. **Emotion Management**

This session will focus on how to manage the feelings that come out after we get clean. Discussion will include how to identify, communicate and process difficult feelings so we can start to heal.

VI. **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.

VII. **Recovery and Mental Health**

Balancing recovery and mental health can be a challenge. This session will focus on the interaction between recovery and certain mental health issues such as anxiety, depression, and trauma.

VIII. **Staying True**

This session will combine some spiritual elements of recovery with the importance of having fun and celebrating our recovery. The focus will be on how to keep it going, and implement recovery into each day.