

CANADIAN MENTAL HEALTH
ASSOCIATION OF NEW BRUNSWICK
SAINT JOHN OFFICE

**OUR
2022 / 2023
PROGRAMS**
Open for registration

**Understanding Anxiety &
Panic Disorder**

October 4 to November 22, 2022
Tuesdays, 6:30 - 8:30 p.m.

This eight-week program for individuals who have been diagnosed with generalized anxiety and / or panic disorders. A trained facilitator and health care professionals discuss issues related to anxiety and panic disorders, including information on symptoms, treatment options, coping strategies and community resources.

**D2R: From Dependency to
Recovery**

October 12 to November 30, 2022
Wednesdays, 6:30 - 8:30 p.m.

An eight-week program for individuals who are living with an addiction or unhealthy behaviours. The program will provide information and resources to assist individuals in staying focused on recovery which takes effort and a strong support system.

Engaging Families in Recovery

March 16 to May 18, 2023
Thursdays, 6:30 - 8:30 p.m.

This 10-week program for family members, caregivers and friends of someone living with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best be a supporter and caregiver in ways which are healthy and effective for all parties.

**Life After Loss:
Survivors of Suicide**

September 29 to December 1, 2022
Thursdays, 6:30 - 8:30 p.m.

This 10-week program is for individuals who have lost a loved one to suicide. A supportive environment that encourages listening and sharing stories with others who have experienced a loss through suicide, while enhancing your understanding about suicide and helping you move forward in the healing process.

Mindfulness

October 6 to November 10, 2022
March 16 to April 20, 2023
Thursdays, 6:30 - 8:30 p.m.

A six-week skills-based program designed to introduce you to the benefits and practice of mindfulness in your everyday life and to teach you the basics of mindfulness meditation. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

Depression

January 24 to February 28, 2023
Tuesdays, 6:30 - 8:30 p.m.

A six-week program designed to help people who have been diagnosed with depression. A trained facilitator and healthcare professionals discuss issues that relate to depression. These include information on symptoms, treatment options, coping strategies, and community resources.

For more information or to register for these programs, please contact
(506) 652-1447
dawn.odell@cmhanb.ca

These programs do not replace counselling or therapy. Confidentiality and privacy of sharing within the group is strongly promoted.

 Join CMHANB Saint John & Region Facebook group for info on programs & events