

CANADIAN MENTAL HEALTH
ASSOCIATION OF NEW BRUNSWICK
SAINT JOHN OFFICE

PROGRAMS 2023

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.

Mindfulness

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.

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.

To register, visit our office at:
**560 Main St, Suite A315,
Saint John NB E2K 1J5**

For more information:
(506) 652-1447
dawn.odell@cmhanb.ca

Must pre-register at least one week in advance of start date

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