

SAINT JOHN PROGRAMS SPRING 2024

Understanding Anxiety & Panic Disorder

March 12 to April 30, 2024
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.

Mindfulness

March 14 to April 18th, 2024
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.

Life After Loss: Survivors of Suicide

March 12 to May 14, 2024
Tuesdays, 6:30 - 8:30 p.m.

Explore the grieving process, self-care, coping strategies and community resources with a trained facilitator. All while being in 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.

Engaging Caregivers in Recovery

March 14 to May 16, 2024
Thursdays, 6:30 - 8:30 p.m.

This ten-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.

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

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

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

For more information:
(506) 652-1447

dawn.odell@cmhanb.ca



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



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous



These programs are made possible, in part, by the Government of NB's Department of Health

SAINT JOHN PROGRAMS WINTER/SPRING 2024

Depression

January 16 to February 20, 2024
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.

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