

CANADIAN MENTAL HEALTH
ASSOCIATION OF NEW BRUNSWICK
SAINT JOHN OFFICE

PROGRAMS 2022



Canadian Mental
Health Association
New Brunswick
Mental health for all

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

Depression

January 12 - February 16, 2022
Wednesdays, 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.

Sponsored by MindCare New Brunswick

Mindfulness

March 14 - April 18, 2022
Mondays, 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.

Sponsored by 50 Plus Women Who Care SJ

Engaging Families in Recovery

March 15 - May 17, 2022
Tuesdays, 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 to be a supporter and caregiver in ways which are healthy and effective for all parties.

Sponsored by MindCare New Brunswick

D2R: From Dependency to Recovery

March 16 - May 4, 2022
Wednesdays, 6:30 - 8:30 p.m.

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

Sponsored by ANBL Community Fund

Understanding Anxiety & Panic Disorder

March 16 - May 4, 2022
Wednesdays, 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.

Sponsored by MindCare New Brunswick

Life After Loss: Survivors of Suicide

March 17 - May 19, 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.

Sponsored by MindCare New Brunswick

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

For more information or to register for these programs, please contact
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