

# EDUCATION PROGRAMS



**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



## Mindfulness

Thursday Evenings Beginning September 22<sup>nd</sup>, 2016

Thursday Evenings Beginning March 30<sup>th</sup>, 2017

6:30 to 8:30 PM

This six-week skill-based program is designed to teach individuals the benefits and practices of mindfulness and how to focus on the art of living deeply in the present moment. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

## Understanding Anxiety & Panic Disorder

Tuesday Evenings Beginning October 18<sup>th</sup>, 2016

Tuesday Evenings Beginning March 14<sup>th</sup>, 2017

6:30 to 8:30 PM

This eight-week program is designed 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.

## Building Self-Confidence

Thursday Evenings Beginning November 3<sup>rd</sup>, 2016

6:30 to 8:30 PM

This six-week program focuses on helping **women** learn to believe in themselves and to push the limits of their abilities. Self-confidence makes you happier when you learn to take responsibility for yourself, which leads to a more successful life. The program covers what self-confidence is, how it affects our lives and the step-by-step approaches necessary for developing it.

## Depression: Help Can Make a Difference

Tuesday Evenings Beginning January 24<sup>th</sup>, 2017

6:30 to 8:30 PM

This six-week program is designed for individuals who have been diagnosed with depression. A trained facilitator and health care professionals discuss issues that relate to depression, including information on symptoms, treatment options, coping strategies and community resources.

## Building Assertiveness Skills

Thursday Evenings Beginning January 26<sup>th</sup>, 2017

6:30 to 8:30 PM

This six-week program is designed to teach **women** how to stand up for their personal rights - expressing thoughts, feelings and beliefs in direct, honest and appropriate ways while still respecting the thoughts, feelings and beliefs of others.

## Hope & Healing:

### Coping with the Suicide of a Loved One

Tuesday Evenings Beginning March 28<sup>th</sup>, 2017

6:30 to 8:30 PM

This ten-week program is for individuals who have lost a loved one to suicide. A trained facilitator and health care professionals offer information on the grieving process, self-care, coping strategies and community resources.

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

CMHA of NB Saint John Office

Phone: (506) 633-1705

Sponsored by:

