

CANADIAN MENTAL HEALTH ASSOCIATION
OF NEW BRUNSWICK
SAINT JOHN OFFICE

WINTER SPRING 2024 PROGRAMS

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 18, 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.

Engaging Caregivers in Recovery

March 14 to May 16, 2024
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 be a supporter and caregiver in ways which are healthy and effective for all parties.

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.

Life After Loss: Survivors of Suicide

March 12 to May 14, 2024
Tuesdays, 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.

To register, visit our office at:

**560 Main St, Suite A315,
Saint John NB E2K 1J5**

For more information:

(506) 652-1447

or 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

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



Canadian Mental
Health Association
New Brunswick
Mental health for all

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

