



Canadian Mental  
Health Association  
New Brunswick  
*Mental health for all*

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

As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

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

**Contact:**

Canadian Mental Health  
Association of New Brunswick  
Saint John office  
560 Main Street, Suite A315  
Saint John, NB  
E2K 1J5

**Tel:** (506) 652-1447

**Email:** dawn.odell@cmhanb.ca

[www.cmhanb.ca](http://www.cmhanb.ca)

CMHANB Saint John & Region  
Facebook Group

# CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



## ENGAGING CAREGIVERS IN RECOVERY

A 10-week education and support program designed for individuals who are caring for a loved one with mental illness

**Program dates and location:**

**March 14 to May 16, 2024**  
**6:30 to 8:30 p.m.**  
**Carleton Kirk United Church**

# ABOUT THE PROGRAM

*Engaging Caregivers in Recovery* is a ten-week education and support program designed to help people who **are caring for a loved one with mental illness.**

A trained facilitator and other mental health professionals discuss potential difficulties related to having a loved one with a mental illness including navigating resources, boundaries, effective communication, and self-care.

The aim of *Engaging Caregivers in Recovery* is to offer assistance and support, as well as, encouragement in a safe and relaxed atmosphere.

This program does not replace counselling or therapy. **Confidentiality and privacy of sharing within the group is strongly promoted.**

There is no cost to attend this program. Seating is limited. Pre-registration required.

**Advanced registration required.  
Please contact us at  
(506) 652-1447**

***The program will be held every Thursday evening from 6:30 to 8:30 p.m. at Carleton Kirk United Church located at 3 Carleton Kirk Place in Saint John.***

**If you or someone you know is experiencing symptoms of a mental illness, please contact your family doctor or Addiction and Mental Health Services.**

## WEEKLY AGENDA

### I. Understand - Mental Health / Illness

An introduction to the goals of *Engaging Caregivers in Recovery*. An overview of mental health, mental illness, and the community-based resource model.

### II. Navigate - Resources and Systems

Information on the process of reaching out for help, the law, community resources and services, overcoming challenges, and navigating the system.

### III. Relate - Relationships and Boundaries

Information on healthy relationships, boundaries, your rights as a caregiver, including the Caregivers' Bill of Rights.

### IV. Communicate - Effectively and Impactfully

Focuses on important elements of communication, communication styles, how to effectively communicate, as well as, overcoming negative thinking patterns, and dealing with difficult behaviours.

### V. Recover - Understanding Recovery

Focuses on the stages of recovery and moving through change. In addition, there is a guest presentation from a Peer Support Worker.

### VI. Open Discussion Session

Group members have the opportunity to discuss what they have learned thus far and review previous material.

### VII. Collaborate - Towards Recovery

Information on how to support your loved one's recovery, maintenance of their recovery, information on disclosure, confidentiality, and being an effective advocate. Lastly, an introduction to self-care is covered.

### VIII. Self-Care - Caring for the Caregiver

Explores the common feelings individuals have about caregiving, burnout, compassion fatigue, and vicarious trauma. Information on the impact of self-care, and barriers to self-care. Group members develop a self-care plan and learn about developing self-compassion.

### IX. Explore - Building Caregiver Support

Information on acceptance, commitment, stigma, negative family and friends, and building a support network.

### X. Plan - For the Future

Focuses on the importance of social connections and staying positive. Review tools and resources from program.