



Canadian Mental
Health Association
New Brunswick
Mental health for all

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

This program is sponsored by:



CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John Office



BUILDING ASSERTIVENESS SKILLS

A six-week program designed to teach **women** how to stand up for their personal rights - expressing thoughts, feelings and beliefs while still respecting the thoughts, feelings and beliefs of others

Program Dates and Location:

**January 28th to March 3rd, 2016
6:30 to 8:30 PM**

Mental Health Recovery Services

Contact:

CMHA of NB Saint John Office
Suite 1500 City Hall Building
15 Market Square
Saint John, NB
E2L 1E8

Tel: (506) 633-1705

Fax: (506) 633-2892

Email: cmha@nb.aibn.ca

www.nb.cmha.ca

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ABOUT THE PROGRAM

Building Assertiveness Skills is a program 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. The program will teach what assertiveness is, how it affects your life, where it comes from and how it is developed. After assertiveness skills are taught, participants will then have the opportunity each week to practice using these skills within the group setting.

The program will cover the differences between aggressive, submissive, passive-aggressive and assertive behaviors, as well as the effect your self-worth has on your ability to be assertive.

In all your interactions with other people, whether at home with family or at work, with employers, or colleagues, assertiveness can help you to express yourself in a clear, open and reasonable way, without undermining the rights of yourself or others.

“Don’t be afraid of opposition.
Remember, a kite rises against, not
with, the wind.”

Hamilton Wright Maybe

The goals of *Building Assertiveness Skills* are:

1. To learn assertive communication skills used in a variety of settings to improve your relationships, both work and personal;
2. To distinguish assertiveness from aggressive and passive communication coping skills;
3. Anger and assertiveness - what is the connection;
4. To distinguish assertive rights from myths about assertive behavior; and
5. To explore your fears about being assertive.

Confidentiality and privacy of sharing within the group is strongly promoted.

There is no cost to attend this program. Seating is limited to 25 participants.

This program will be held every Thursday evening from 6:30 to 8:30 PM at Mental Health Recovery Services, located at 157 Duke Street in uptown Saint John.

**Advanced registration required.
Please contact us at
(506) 633-1705**

WEEKLY AGENDA

- I. **An Introduction to Assertiveness**
To learn about the overall goals of the program and to discover your assertiveness behavior.
- II. **To Look at the Three Modes of Communication**
To learn about assertiveness, passive-aggressive and aggressive behaviors and your verbal and non-verbal behaviors.
- III. **What are your Non-Assertive Beliefs and Behaviors? And Where do they come from?**
To learn practical assertive techniques, compliments, feedback and how to counter against people who try to manipulate you.
- IV. **Coping with Stress, Anger and Emotions**
To learn effective ways of overcoming stress and to deal with your emotions and how this can improve your relationships.
- V. **Assertiveness Skills**
To learn assertiveness skills such as communication, assertive listening and how to take an assertive stand for yourself through the assertive “no”.
- VI. **Conflict Resolution and Negotiation**
To explore your fears surrounding conflict, need for control, making requests and how to develop constructive confrontation.