



EDUCATION PROGRAMS

BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Depression: Help Can Make a Difference

Tuesday Evenings Beginning January 26th, 2016

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 28th, 2016

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 15th, 2016

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.

Understanding Anxiety & Panic Disorder

Tuesday Evenings Beginning March 22nd, 2016

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.

Mindfulness

Thursday Evenings Beginning March 31st, 2016

6:30 to 8:30 PM

This six-week skill-based program is designed to teach individuals the benefits and practice 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. Each week, new mindfulness techniques will be taught and practiced within the group setting.

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

CMHA of NB Saint John Office

Phone: (506) 633-1705

Sponsored by:



Canadian Mental Health Association
New Brunswick
Mental health for all

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