



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

Education Programs

General Mental Health

Depression: Help Can Make a Difference

Tuesday Evenings Beginning January 20th, 2015 from 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.

Hope & Healing: Coping with the Suicide of a Loved One

Tuesday Evenings Beginning March 10th, 2015 from 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 10th, 2015 from 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.

Women's Mental Health

Mindfulness

Wednesday Evenings Beginning March 11th, 2015 from 6:30 to 8:30 PM

This six-week program is designed for women to learn how to focus on the art of living deeply in the present moment. Practicing mindfulness allows us to calm the mind, and it gives us a deeper awareness and acceptance of who we are.



For more information or to pre-register,
please contact:
**Canadian Mental Health Association
of New Brunswick
Saint John Office**
Phone: (506) 633-1705

Sponsored by:

MindCare

Funding Hope and Understanding
Pour le mieux-être de l'esprit