



### Contact:

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CMHANB Saint John & Region  
Facebook group



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

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



This program is made possible by:



## CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



## FROM DEPENDENCY TO RECOVERY

An eight-week education program  
for individuals who are living with  
an addiction, unhealthy behaviors,  
or families affected by addiction.

**Program dates and location:**

**October 13 to December 1, 2021**  
**March 16 to May 4, 2022**  
**6:30 p.m. to 8:30 p.m.**  
**Teen Resource Centre**

### Types of Addictions

- Alcohol
- Smoking
- Marijuana
- Gambling
- Opioids
- Gaming

If you or someone you know is experiencing addiction and / or mental health issues please contact your family doctor or Addiction and Mental Health Services.

## ABOUT THE PROGRAM

*D2R: From Dependency to Recovery* is an eight-week education program for individuals who are living with an addiction, unhealthy behaviors, or families affected by addiction. The program will provide information and resources to assist individuals in staying focused on recovery which takes effort and a strong support system.

A trained facilitator will discuss issues that relate to addiction; including information on symptoms, treatment options, coping strategies and community resources.

The aim of *D2R: From Dependency to Recovery* is to offer assistance 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 due to current public health protocols.

***This program will be held every Wednesday evening from 6:30 to 8:30 p.m. at Teen Resource Centre (28 Richmond St).***

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

## WEEKLY AGENDA

### I. Cycle of Addiction

This session will focus on the progressive nature of addiction and how it manifests itself in thinking, emotions and behavior over time. Concepts of tolerance and withdrawal are discussed with a focus on some early recovery strategies.

### II. Forgiveness

This session focuses on releasing attempts to control addiction, but rather surrendering as a new strategy to gain control. Concepts of admittance, acceptance, surrender and forgiveness are discussed with a focus on recovery strategies in this area.

### III. Support & Boundaries

Often times people can get clean but have a harder time staying clean. This session focuses on the importance of developing safe boundaries and a support network.

### IV. Relapse Prevention

This session will explore some new ways of thinking about early recovery to shift the focus from slips and relapse to vision and positivity. Recovery strategies include discussion around how to promote self-worth.

### V. Emotion Management

This session will focus on how to manage the feelings that come out after we get clean. Discussion will include how to identify, communicate and process difficult feelings so we can start to heal.

### VI. Re-connecting

This session will provide information and discussion on the realities of the dissociative nature of addiction - how denial works - and the difficulties associated with re-connecting to self and others. Recovery strategies will include mindfulness, self-compassion, spirituality and meditation.

### VII. Recovery and Mental Health

Balancing recovery and mental health can be a challenge. This session will focus on the interaction between recovery and certain mental health issues such as anxiety, depression, and trauma.

### VIII. Staying True

This session will combine some spiritual elements of recovery with the importance of having fun and celebrating our recovery. The focus will be on how to keep it going, and implement recovery into each day.