



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
SAINT JOHN BRANCH INC.

- ❑ Have you lost interest in things, feel hopeless or feel sad most of the time?
- ❑ Do you worry all the time?
- ❑ Have you been diagnosed with Depression or an Anxiety Disorder?
- ❑ Have you lost a friend or family member to suicide?



CMHA Can Help

Depression: Help Can Make a Difference

6-Week Education & Support Program begins

March 2nd – April 6th (Tuesday evenings)

From 6:30 – 8:30 p.m.

Understanding Anxiety & Panic Disorder

8-Week Education & Support Program begins

March 11th – April 29th (Thursday evenings)

From 6:30 – 8:30 p.m.

Hope & Healing

10-Week Education & Support Program

Coming in May 2010

(contact the branch for more details)

Please call 633-1705 to pre-register

Free of Charge

Sponsored by MindCare New Brunswick



CMHA is a United Way Member Agency

