



MINUTES

Southeastern Firefighters Association

Association des Pompier du Sud-est

Representing Albert, Kent and Westmorland Counties

Sunday, June 9, 2019 at Riverview Fire Department

Attendees: - to update

*Platoon Chief Paul Bruens - Moncton
Colleen Gallant – Saint-Paul
Chief Dave Gallant – Saint-Paul
Tim Gaudet – Saint-Paul
James Lyman – Alma
David Rossiter – Alma
Tim Dryden – Salisbury
Charles Agnew – Beersville-Harcourt
Chief Marcel Leblanc – Bouctouche
Leo Allain – Bouctouche
Rene Saulnier – Bouctouche
Stephane Dallaire - Bouctouche
Chief Steven Goguen – Cocagne
Adam Allain – Cocagne
Denis Metcalfe - Beaubassin
Daniel Dupuis – Dorchester
Dennis Reid - Dorchester
Darrell Weir – Riverside-Albert
Tammie Morrissey – Riverside-Albert
Chief Denis Pleau - Riverview
Chief Julien Boudreau - Dieppe
Ferdinand Vautour – Cap Pelé
Derrick Fillmore – Petitcodiac
Michelle Bannister – Petitcodiac
Gary Woodard – Hillsborough
Ian C McCormack - Hillsborough
Raymond LeBlanc – Office of the Fire Marshal*

This meeting was held at Riverview Fire Rescue. The meeting was called to order by President, Paul Bruens.

There were 25 members in attendance representing 14 departments plus 1 member of the Fire Marshal's office.

1. GUEST SPEAKERS

Moncton Firefighter Chris Jackson and Annie Claveau of Horizon Health Network – addictions and mental health. Discussion regarding mental health.

Contact info:

Annie Claveau

Annie.Claveau@HorizonNB.ca

506-869-6655 or 506-856-2444

506-869-6569 (office)

506-863-8098 (cell)

Christopher Jackson – TWMFR Trainer

christopher.jackson@moncton.ca

chrisjackson1@gmail.com

506-875-5188 (cell)

506-853-3445 (work - Moncton FD)

Scanned copy of handouts are attached.

2. APPROVAL OF MEETING MINUTES FROM APRIL 14, 2019

A copy of the minutes were distributed to members via e-mail, posted on the website and distributed to those in attendance at this meeting.

Motioned by: Chief Dave Gallant

Seconded by: Daniel Dupuis

MOTION CARRIED

3. REPORTS FROM OFFICERS

President's Report – Paul Bruens

NBAFC BOD meeting was held in Fredericton on May 3 and 4.

- President's report was given by Mike Walton.
 - MBU is moving ahead, as the Unit has been ordered although they are still short approx. 190k, funding is being actively sought after.
 - A meeting is being request Mr. Carl Urquhart for additional sponsorship and funding
 - A motion was passed in support of the MBU.

- Estimated delivery will be in the spring of 2020
- Staffing for the MBU will require two personnel and it will be rotated thru all association for Training with no cost to the associations.
- Past President, Chief McCoy reported the goal of the Government is to have a PTSD program in place in regards to Mental Health with regards to both support and treatment for responders.
- The plan is to have training this fall for responders with the program “Answering the call” sponsored by CAFC
- CAFC conference is 13-16 Sept 2019, in Calgary Alberta <https://cafc.ca/page/Conference>
- MFCA convention is once again at Casino NB, July 12-14
<https://www.mfca.ca/index.php/conferences/upcoming-conferences>
- NBAFC Convention – an agreement with the Fredericton Inn is in place and the NBAFC annual convention will be held in Fredericton until 2022.
- Hall of Flame nominations - Chief Mike Walton, Chief Dan McCoy and Chief Charlie Kavanagh
- Nominations for Certificates of Courage – 3 personnel from Saint John Fire
- President’s Award - Chief Andrew Cougal
- HAZMAT Program is moving forward and Moncton Fire completed training and now has 35 Techs trained
- DNR fees and EMO fees paid by the province have increased and will be reported in the NBAFC minutes.
- Reminder that NBC of C and NFC of C are now free online as well as the CSA standards.
<https://www.ciph.com/news/445226/Announcement-Free-National-Codes.htm>

Audit 2025 – Two representatives, Fire Marshal Raymond Leblanc and myself will be conducting the audit for SEFFA.

Miramichi workshop is scheduled for Sept 6/7th. Student registration will be online again (first come first served).

MBU for 2019 is postponed to move funding towards new MBU (President Mike Walton).

I discussed an auto/car marking program for NB, similar to EHS program in NS to avoid unnecessary repeated calls for abandoned vehicles during winter storms.

NBAFC convention in Fredericton was held on 24-26 May

- Election of new Executive
- President Charles Kavanaugh
- Past President Mike Walton
- 1st VP Scott Poupart

- 2nd VP David McKinley
- Executive Director Nadine LeBlanc
- Board members were sworn in at the Banquet
- This year's guest speaker was Deputy Chief Tyler J. Pelke who spoke on "Understanding the Art of Resilience".

BIO - The Early Days

At the age of 14, Tyler's friend Curtis was murdered while he was sexually assaulted, his throat slit, set on fire and left to die by the same attacker. Refusing to let an event or circumstance define him, he pressed on to understand his purpose in life.

Featured on the Biography Channel's acclaimed series - "I Survived", Tyler tells the compelling story of confronting his attacker in prison and finding peace and purpose in life through his journey of forgiveness.

Professionally, despite sustaining 3rd degree burns to 25% of his body, Tyler went on to pursue a career as a firefighter and has continued to rise within the ranks of the Canadian fire service, working today as a Deputy Chief.

Humbled by those who supported and helped him over the years, he believes in the power of paying it forward and has volunteered many years within the burn survivor community and serves as a victim of violent crime advocate with the Parole Board and Corrections Canada.

Tyler is a sought after speaker and facilitator, having reached audiences as far as Central America. His goal is simply to help others build resilience through inspiration & education.

<https://www.tylerpelke.com/>

Exercise Bravo is being pushed to the fall and future EMO exercises will not be held during the spring due to NB flooding.

Attended the Public and Security meeting on 15 May 2019

Vice President, Westmorland County – Daniel Dupuis

Westmorland County Contact Information List

We are working on getting contact information updated, please send me your contact information and advise if there are any changes or you are not getting emails. We would like to get phone numbers of contacts and emails for chief, deputy, training, fire prevention or captains. We sometimes have key information that can be passed along as well as getting a good communication within the association and the fire departments.

Highlight Westmorland County Fire Departments

Cap Pele Fire Department

Chief Ronald Cormier

Deputy Chief Ferdinand Vautour

28 members

160-170 calls

Meet every Monday night

Our department does off road rescue, medical, mva and boat rescue

For fundraising we do boot drives and canvassing local businesses

Special challenges include wilderness, water, a few large structures, smokehouses, 2 lane highway

Equipment

Engine (2004 International pumper tanker 2000 gal)

Engine (1994 International pumper/tanker 1300 gal)

Rescue (1999 International rescue)

Truck (2004 Ford 1/2 ton)

Off road (2017 Kawasaki side by side)



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Vice President, Kent County – Adam Allain

Pump course went well. 10 members from 4-5 departments.
Realized what is required mutually to work together.

Vice President, Albert County – James Lyman

Pump training conducted recently.
Fire Prevention Officer Tammie Morrissey did a fire safety with the Brownies.
Route 114 is down to one lane due to repairs to the bridge.

Financial/Treasurer's Report – Tim Dryden

Transactions listed below and distributed via the meeting agenda:

Date	Chq #	Amount	Payable to	Purpose
		\$30,821.85		OPENING BALANCE
April 14	166	-2,850.00	NBCC	Fire Officer Training
May 2		2,000.00		Dues received (see below)
May 17		-2.25		Service charge
		\$29,969.60		CLOSING BALANCE

Dues received @ \$100 each (total of \$1,300) from:

Alma	Beaubassin-Est	Cap-Pele
Dieppe	Petitcodiac	Riverside-Albert
Riverview	Rexton	Shediac
Salisbury	Saint-Antoine	Richibucto
Bouctouche	Province of NB for the LSD fire Departments (total \$700)	

There are 5 more cheques on hand to deposit from Moncton, Memramcook, Sackville, Saint-Louis-de-Kent, and Hillsborough.

Cost of the books for the Fire Officer Training will be billed to each of the respective departments.

Motioned by: Chief Denis Pleau

Seconded by: Chief Steven Goguen

MOTION CARRIED

4. COMMITTEE REPORTS

ATC Report – Daniel Dupuis

Level 1

Firefighter level 1 is finished in Sackville with 18 students from Sackville, Dorchester, Shediac, Cap Pele and Riverview. The course went very well. A logbook sign-off day may come up if students and instructors can decide a date.

We are also looking to centralize a course in Kent county and are very close to the number of students needed. Please advise me and confirm if you have any firefighters interested in this course (looking to host in Richiboucto Village). Saint Louis also has a number of students. Elsipogtog with a few also. David Cail is working with Richiboucto Village on scheduling beginning in the fall. Please advise if you have any firefighters interested in attending.

May be a Level 1 course in Petitcodiac in the fall.

Level 2

We have requests for level 2 and possibly enough to make a course in Kent county. Please advise ATR if you have any firefighters interested in taking the course. We would centralize a course if we have the numbers (not enough students at this time)

We will possibly host a level 2 in Sackville in the fall or early next spring. Please advise if you have any firefighters interested in attending.

Basic Off-Road Rescue

We have had a request to do a basic off-road rescue course, possibly in Shediac and Bouctouche. If you have any new firefighters who are interested in attending this course, please advise ATR so we could run this session (not enough students at this time).

We are working on getting the material here and get these courses going. David Cail will be putting on a few sessions starting in Kent.

Low Angle Rope Rescue

We have had a request for a low angle course and there are currently 5-6 students interested. The pre-requisites are to have the off-road rescue training. If you have any firefighters interested in attending such a course, please advise ATR so we could centralize this training (not enough students at this time).

Auto Extrication

We have also had requests for an auto extrication course. Again, please advise ATR if you have any firefighters interested in this course; pre-requisites are firefighter level 1 (not enough students at this time).

Spring Training - Attack Line Operations

We will be doing 5 stations in rotation with some of the most knowledgeable firefighters and instructors in the region when it comes to moving charged and flowing hand lines.

1. advancing 1 $\frac{3}{4}$ handlines
2. advancing 2 $\frac{1}{2}$ handlines
3. moving up/down stairs
4. water mapping
5. task force tip demo

Our instructors have put in a lot of time and effort traveling and training abroad to show you how to move water fast and efficiently on the fireground. When seconds count and lives are on the line, these tactics will definitely improve life safety and property conservation with well executed attack line management.

18 spots are still available, please register ASAP.

If you have any training ideas or have firefighters interested in attending mentioned training sessions, please advise me ASAP so we can start planning these sessions.

Meeting at NBAFC Conf in Fredericton on May 24

- Burn unit has been ordered at the cost of \$1.2m. Delivery may be next spring.
- Edition 7 will be coming out soon.
- FF1 could possibly include R2MR
- ICS100 is free online and good training to have.
- IFSAC issue is still a hot topic. If you have L1 certification through NB, you can challenge IFSAC, order the test and do JPR's through OFM. \$175.00 for test. JPR's to be done as a group.

NBAFPO – Tim Dryden

June 1 meeting was cancelled and postponed to the fall. Tentative date for next year's conference is Apr 3-5, 2020.

Paul Bruens noted that the NBAFPO and NBAFC conference will be held together starting next year.

OFM – Raymond Leblanc

Public Safety day in Saint-Louis on May 25 went well. Next one is Saint Antoine Oct 6. More info to follow.

Mike Lewis is now the Provincial Fire Marshal.

5. UNFINISHED BUSINESS

Safety trailer will be towed to Bouctouche. Tim Dryden will be POC for bookings. Will have to set up a calendar for bookings/availability.

Texas/IFSAC – NS now has moved forward that they will not recognize training from Texas as well as other provinces. Concern is the quality of the JPR's being tested.

If you have a certificate from Texas training division, it will not be recognized as IFSAC certification in NB. Fredericton is still accepting. Riverview will continue to hire and will go through the volunteer process first.

Every provincial authority that is responsible for their IFSAC seals has their own level of acceptance. i.e. NB is 0 failure.

6. NEW BUSINESS

2025

Meeting scheduled this week in Fredericton for more discussion.

Will look at a few people from within the association to go out and assist the Fire Marshal's office with evaluations.

Contact Raymond Leblanc if you have any questions.

Chief Pleau is working on protocols for departments who have medical first responders and respond to medical calls. When complete he will share.

Chief Pleau spoke of Assist Course. Very good course and will hold one in the Fall.
Cost approx. \$170 per student - includes lunch and materials. Full 2 day course will be Sept 28-29
Attendees must commit to full two days. This course is not just for Fire Chiefs. People on peer support teams should attend. Course will take place at Riverview FD.

Paul Bruens asked if there was interest in holding a media awareness training day

- 3-4 hours in length
- 1-3 members of a department
- Keep group under 20
- Could do more than one if needed.
- Communications dept of City of Moncton will sponsor. No cost.
- Or could bring in a lady from Times and Transcript but there could be a cost involved.

This session would be to know how to deal with media and what you should/shouldn't say. Factual.
Paul will try to set something up for January.

Chief Steven Goguen asked about a Fire Safety Officer course. There is a course available online
FSO course out of the U.S. – course can be done online and the exam can be written here – Paul can arrange for the exam.
Fire Department Safety Officer's Course – It is an IFSAC ProBoard seal.

<https://www.fdsaa.org/certification/>

There currently isn't a Fire Safety Officer training scheduled with NBCC.

Derrick Fillmore spoke about Fire Q Program. The info is transferrable to FIRS. It is an internet based pilot program.

Charles Agnew noted that the old blow up safety house did not have a smoke machine in it. Just the house and the inflator.

7. ANNUAL ELECTION OF THE EXECUTIVE

At the April 14 meeting, President Paul Bruens motioned that we appoint Tim Gaudet to chair the nominations for the June 2019 election. The motion was passed.

The following positions were nominated and accepted:

President – Chief Paul Bruens
Vice President, Albert County – James Lyman
Vice President, Kent County – Adam Allain
Vice President, Westmorland County – Derrick Fillmore
Treasurer – Tim Dryden

Secretary – Colleen Gallant

MOTION BY:

SECOND BY: xxx

MOTION CARRIED

The positions of ATR (Daniel Dupuis) and NBAFPO (Tim Dryden) are in-house positions and are not part of the Executive or the Constitution.

We reviewed the process outlined in the Constitution regarding amendments.

A motion proposed to amend the constitution document to add the ATR and NBAFPO as Executive Officers in the Association.

MOTION BY: Chief Denis Pleau

SECOND BY: Derrick Fillmore

MOTION CARRIED

This will be voted and changed at the next meeting in September.

8. NEXT MEETING

The next SEFFA meeting will be on Sunday, September 22, 2019 at 10:00 am, Riverview Fire Dept.

MOTION FOR ADJOURNMENT: Darrel Weir

SECOND BY: Julien Boudreau

MOTION CARRIED

Critical Incident Stress Management (CISM)



*A program for
New Brunswick's
Front Line Workers*

New Brunswick
Nouveau Brunswick



What is a critical incident?

A critical incident is a situation that is traumatic for the front line worker involved. The incident causes the worker to experience an unusually strong emotional reaction either during or after the incident.

Examples of critical incidents include:

- serious injury or death of a co-worker in the line of duty;
- loss of a patient after prolonged rescue attempts;
- incidents that attract considerable media attention;
- personal identification with a victim or his/her circumstances;
- suicide of a co-worker;
- serious injury or death of a person; and,
- death of, or violence towards, a child.



What is the program?

The program is intended to reduce the buildup of stress in people who work in high stress fields and to promote a culture of wellness and positive mental health in the workplaces of New Brunswick's valued front line workers.

A provincial team, made up of mental health and addiction professionals and front line peer support personnel trained in critical incident stress management, has been established in collaboration with Mental Health Services and the College of Psychologists of New Brunswick. The team is responsible for providing stress management education, creating a culture of wellness in the workplace, and responding to individuals and groups following critical incidents.

Why is it needed?

There is a commonly held belief that front-line workers are super-human and immune to the stress they routinely encounter in their jobs. However, no one is fully prepared to deal with things like loss of life and human suffering on a regular basis. When stress builds up it may contribute to burn-out, disruption in normal routine, or the loss of front line professionals from their chosen field.

Understanding the impact of critical incident stress and applying appropriate interventions when incidents occur have been found to be helpful to front line workers in dealing with the abnormal stress they may encounter in their daily work. This can improve job satisfaction and morale in the workplace and reduce time lost due to illness.





What are the services?

Critical incident stress management services are a range of interventions aimed at educating front line workers about stress and its impact, making recommendations that create a healthy workplace and responding to individuals impacted by critical incidents.

- stress awareness sessions, offered in the workplace;
- immediate small group support (defusing) for individuals or work teams immediately after a critical incident response has been completed;
- powerful event group support (debriefing) of multi-agency groups of responders following a critical incident response, to enable workers to share their thoughts and reactions while discussing the incident. This is an educational session. Confidentiality is assured;
- follow-up contact and referral of individuals to mental health or private service providers for further assistance, if needed;
- demobilization for front line workers during the course of an ongoing, major response to a critical incident;
- on-going education and training for team members.



Who and where are the teams?

The New Brunswick CISM team is made up of representatives from 14 regionally-based Critical Incident Stress Management Teams located in the province's Addiction and Mental Health Services. Team members include addiction and mental health professionals, such as psychologists, social workers and nurses. In addition, there are also peer support personnel from front line professions, such as firefighters, police officers, emergency medical technicians, hospital emergency room staff, child protection workers and clergy to name just a few.

Who to contact?

Your regional Community Mental Health Centre will be able to provide you with the name and phone number of the regional Critical Incident Stress Management Team Coordinator. That person is responsible for arranging any CISM interventions as needed.

Community Mental Health Centers or Addictions Services

Moncton.....	856-2444
Richibucto.....	523-7620
Saint John.....	658-3737
Sussex.....	432-2090
St. Stephen.....	466-7380
Fredericton.....	453-2132
Woodstock.....	325-4419
Edmundston.....	735-2070
Grand Falls.....	475-2440
Campbellton.....	789-2440
Bathurst (Addiction Services).....	547-2086
Caraquet.....	726-2030
Miramichi.....	778-6111
Perth-Andover.....	273-4701

Provincial Contacts

Diane Maillet, Clinical Director
diane.maillet@gnb.ca
(506) 523-7789

Heidi FitzGerald, Education Director
heidi.fitzgerald@gnb.ca
(506) 466-7646

Sylvie Martin, Director of Adult Services
sylvie.martin@gnb.ca
(506) 444-5241

GS-9207/03-2013



Albert-Westmorland
Suicide Prevention
Committee
Comité communautaire
de prévention du suicide
de la région
d'Albert-Westmorland

EMERGENCY PHONE NUMBERS

2017

Community Mental Health Centres

Moncton: Horizon Health Network 856-2444
(Monday to Friday 8:15am – 4:30pm)

Vitalité Health Network 862-4144
(Monday to Friday 8am – 4:30pm)

Richibucto: 1-866-662-1166 (Monday to Friday 8:15am - 4:30pm)

EMERGENCY SERVICES:

Hôpital Dr. G.-L. Dumont	862-4114	CHIMO (24 hr/Provincial).....	1-800-667-5005
The Moncton Hospital	857-5353	Albert County Health & Wellness Centre.....	882-3100
Sackville Memorial Hospital ..	364-4100	Beauséjour Family Crisis Resource Centre	
Kids Help Line	1-800-668-6868	Shediac (24 hr)	533-9100
RCMP	1-800-665-6663	Crossroads for Women Crisis Line (24 hr) ..	853-0811

Mental Health Mobile Crisis Team (12:00pm – 10:00pm) 1-866-771-7760

EMERGENCY = 911





The Working Mind First Responders (TWMFR)

Formerly known as *Road to Mental Readiness*, TWMFR is an education-based program designed to address and promote mental health and reduce the stigma of mental illness in a first-responder setting.

OBJECTIVES

- Use the mental health continuum to recognize changes in your mental health and that of others
- Be prepared to use skills to improve coping and resiliency
- Reduce both public and self-stigma
- Be willing to be a part of a supportive workplace



"I can now recognize the signs of mental health difficulties in myself and my family, and have tools to understand mental health in the workplace - what I should practice for myself and how I can support others."

Course Participant

COURSE FORMAT

PRIMARY (4HRS)

- A focus on dispelling the myths of mental health problems
- Self-awareness of one's own mental health
- Strategies one can apply at each point along the continuum

LEADERSHIP (8HRS)

- Everything covered in the primary course
- Workplace accommodations and return to work
- How to observe changes in employees along the continuum
- Tips on communication with employees about mental health

BECOMING A TRAINER (5 DAYS)

The 5-day train-the-trainer course equips people with the tools and skills to present both the **Primary** and **Leadership** formats of The Working Mind First Responders.

PROGRAM BENEFITS

First responders who take the TWMFR training have shown:

- an **increase** in resiliency skills
- a **decrease** in stigmatizing attitudes
- an **increase** in mental health wellbeing

CENTRAL COMPONENTS

- **The Mental Health Continuum Model** categorizes one's mental health along a continuum:



- **"Big 4"** - a set of cognitive behavioural therapy-based techniques that help individuals cope with stress and improve their mental health and resiliency
- **Scenario-based practical applications and custom videos** of people with lived experience of mental illness
- **Dispelling the myths** of mental health problems and illnesses, to reduce associated stigma

To learn more, register for a course or become an instructor:

The Working Mind Mental Health Commission.ca
1.866.989.3764
theworkingmind.ca

The Working Mind First Responders is a program of the Mental Health Commission of Canada (MHCC)
Suite 1210, 350 Albert Street, Ottawa, ON K1P 1A4 • Tel: 613.883.3755 • Fax: 613.758.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca

#MHCC #TheMHCC #TWMFR #JettMHCC #MentalHealthCommissionofCanada



Mental Health
Commission of
Canada

Commission de
la santé mentale
du Canada

The Working Mind



Federal contribution from
Health Canada
Santé Canada

Testimonials from Participants

- "I really enjoyed group therapy. Listening to others and receiving guidance from counsellors has given me the knowledge and tools I didn't have before".
- "I benefited a lot from group. I've learned how to use coping skills and that I'm stronger than I thought I was and I would like to thank you for the group support in my recovery!".
- "I really like these groups, I feel a lot better after each group it makes the weeks that much easier".
- "This is an excellent program."
- "All topics focus on positive movement towards life without addiction."

We promote a confidential and respectful environment

All groups are co-facilitated by trained psychologists, nurses and social workers. If you are registered and are unable to attend (illness or unforeseeable circumstances), please advise co-facilitators prior to the session by calling the group cancellation line at 856-2778 and leaving a message.

Please note that if you require the assistance of an on-call addictions counselor. **Please call 856-2333, press 1.**

If you require an admission into the Addiction Services detoxification in-patient unit. **Please call 856-2333, press 2.**

Horizon Addiction and Mental Health Services -

Moncton

The Moncton Hospital:

- Emergency Department
- Adult and Child Psychiatry

125 Mapleton Road:

- In-patient Addiction Services (Detoxification Treatment)
- Methadone Treatment Program
- Non-Residential Detox Program (Dr. Lord) (Pilot Project)

81 Albert Street:

- Outpatient Addiction Services
- Community Mental Health Services
- Mobile Crisis Services

Community Mental Health Services

Adult Treatment Team

- ✓ Individual therapy
- ✓ Case management
- ✓ Psychoeducational programs
- ✓ Group therapy
- ✓ Psychiatric treatment
- ✓ Early psychosis program
- ✓ Injectable long-acting medication
- ✓ Human Service Counsellor Services

Horizon

Addiction & Mental Health Services

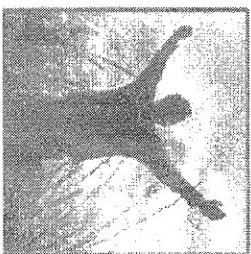
"A New Chapter..." Recovery Group Program

Hope

Healthy

Recovery

Journey



Adult Out-patient Treatment Team

Addiction & Mental Health Services
81 Albert St. Moncton, NB, E1C 1B3

Tel. 506-856-2333
Fax. 506-856-2995



Recovery Group Program

The recovery group program is a free 10 group session program consisting of educational and therapeutic sessions within a group setting. Sessions will address the following topics/skills:

- Understanding Problematic Gambling or substance use
- Decisional Balance
- Goal Setting
- Coping Skills
- Relapse/Set-Back Prevention
- Support Systems
- Managing the urges
- Having fun in your journey
- Coping with anxiety and relaxation
- Coping with unpleasant feelings and assertiveness

What is a psychoeducational group?

Psychoeducational groups are designed to educate. This type of group presents structured, group specific content, often taught by means of videos and/or lectures.

Once you have completed the Addiction Services Recovery Group program, you may choose to continue your treatment with a one on one counsellor or by participating in more in depth groups. This next phase of treatment would be aimed at helping you integrate the life skills you have learned and help process difficult thoughts and feelings in a supportive environment.

Advantages of Participating in Groups

- Provide useful information
- Reduce waiting time for treatment
- Provide positive peer support
- Allow you to see how others deal with similar problems
- Overcome past harmful family experiences
- Encourage, coach and support, each other as you undertake difficult or anxiety-provoking tasks
- Offer the opportunity to learn or relearn the social skills needed.

All groups are co-facilitated by trained psychologists, nurses, social workers and Human Service Counselors. If you are registered and are unable to attend (illness or unforeseeable circumstances), please advise co-facilitators prior to the session.

Addiction Education Links

(General)

The Intervention eBook
<https://drugfree.org/resources/>

Drugs, Brains and Behaviors: The Science of Addiction
https://www.drugabuse.gov/sites/default/files/soa_2014.pdf

Understanding Addiction – How Addiction Hijacks the Brain
<http://www.helpguide.org/home-pages/addiction.htm>

Drug Abuse & Addiction – Recognizing the Signs and Symptoms of Drug Use and Addiction
<https://www.helpguide.org/articles/addictions/drug-abuse-and-addiction.htm>

Addiction: An information guide
– A Guide for People with Addiction and their Families
<http://www.camh.ca/-media/files/guides-and-publications/addiction-guide-en.pdf>

Substance Abuse & Mental Health Issues
<https://www.helpguide.org/articles/addictions/substance-abuse-and-mental-health.htm>

Drinking-Driving-Making the right choice
<http://educalcohol.gc.ca/wp-content/uploads/2012/04/BOIRE-CONDUIRE-CHOISIR-Anglais.pdf>

Alcohol and Mental Health
http://educalcohol.gc.ca/wp-content/uploads/2011/12/Alcohol_et_Sante_9_FINAL_VA.pdf

Alcohol and Depression
<https://www.alcoholrehabguide.org/resources/dual-diagnosis/alcohol-and-depression/>

Addiction Research Reports

Likelihood of developing an alcohol and cannabis use disorder during youth: Association with recent use and age

By: Ken C. Winters and Chih-Yuan S. Lee
Drug Alcohol Depend. 2008 January 1; 92(1-3): 239–247. doi:10.1016/j.drugalcdep.2007.08.005.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2219953/>

The Effects of Cannabis Use during Adolescence
By: Canadian Centre on Substance Abuse and Addiction (CCSA) 2015
<http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf>

Addiction Education Links

(Family, Friends, Support Person)

For Those Who Care about Another
<http://smatrecovey.org/wp-content/uploads/2017/03/those-who-care.pdf>

Parent Information Series - Alberta Health Services
<http://www.albertahealthservices.ca/amh/Page2434.aspx>

STATS, FACTS & TALKING POINTS ABOUT ALCOHOL AND OTHER DRUGS
- PARENT ACTION PACK - ARE YOU PREPARED TO HELP YOUR TEEN MAKE GOOD DECISIONS?
http://parentactionondrugs.org/wp-content/uploads/2018/05/PAP_ENG_2018_FINAL_single_pages.pdf

Cannabis Use and Youth: A parent's guide
<http://www.herehelp.bc.ca/workbook/cannabis-use-and-youth-a-parents-guide>

Marijuana: Facts Parents Need to Know
https://www.drugabuse.gov/sites/default/files/parents_mj_brochure_2016.pdf

Be prepared to talk to your Children about Drinking
http://educalcohol.gc.ca/wp-content/uploads/2011/08/Guide_Parents-Enfants_English.pdf

The Cannabis-Psychosis Link, Mind Your Mind
By: Marie-Josée Lynch, MD; Rachel A. Rabin, MSc; Tony P. George, MD, FRCPC
Psychiatric Times, Jun 28, 2012 Volume: 29 Issue: 6
(Only accessible using title in browser search bar)

Addiction Books

The Parent's 20 Minute Guide
A guide for parents about how to help their children change their substance use
<https://the20minuteguide.com/>

Beyond Addiction
- How Science and Kindness Help People Change
by Dr. Jeffrey Foote, Dr. Carrie Wilkens & Dr. Nicole Kosanke
<https://motivationandchange.com/>

Codependent No More
- How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie

Letting Go With Love
- Finding Peace of Mind and Heart for Those Who Live With a Practicing or Recovering Alcohol/Drug Addict by Julia H

ADDICTION

HELP

SERVICES

PROGRAMS

SUPPORT

EDUCATION LINKS

Information for the Greater Moncton Area

Updated: January 2019

Addiction Resource Pamphlet

This pamphlet is regularly updated on the Website: Your Mind Your Health
<http://lobou4.wix.com/yourmindyourhealth>
Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the Website link below:
<http://lobou4.wixsite.com/yourmindyourhealth/addiction-resource-pamphlet>

Produced free by: Robert Boulter – a parent
For any errors, omissions, new programs, suggestions, or digital update of the pamphlet, please contact:
Robert Boulter E-mail: rboulter@nb.sympatico.ca
File: Addiction Resource Pamphlet-e1-Oct 2018.doc

Addiction Help

Crisis Worker

856-2444

Mon - Fri 8:15 am - 4:30 pm
Addiction & Mental Health Services
81 Albert St, Moncton, NB

Opiate Replacement Treatment Program

869-6655

Mon - Fri 8:30 am - 4:40 pm
Addiction & Mental Health Services
125 Mapleton Rd, Moncton, NB

Addiction Counselors

Addiction & Mental Health Services

856-2444

81 Albert St, Moncton, NB

Youth Impact Jeunesse

869-6341

Provides free one on one addiction counselling for youth (age 16-24) as long as the person is willing to attend.
199 St George St, Moncton, NB

Addiction In-House Treatment

Detox In-patient Unit

856-2333

125 Mapleton Rd, Moncton, NB

Portage Atlantic

1-888-735-9800

Residential treatment program for youth age 14-21
<http://www.portage.ca>

Recovery Program

506-388-3277

This is a faith based 12 Step addiction program for men only.
In-House for 9 months
Harvest House Ministries
174 High St, Moncton, NB

Teen Challenge Atlantic

506-758-2377

This addiction program is a 12-month, faith-based, residential alcohol and drug addiction rehabilitation program.

Details: <http://www.tcanatlantic.ca/>
1187 Rue Principale Street, Memramcook, NB

Lonewater Farm

506-757-2450

Recovery and Maintenance are usually based on 12 step programs and AA meetings. This program provides a Rural addictions recovery setting for men who require a longer term residential setting. The average length of stay is 1 to 3 months. Residents pay a monthly fee for room and board.

Details: <https://www.rehab.ca/lonewater-farm/1100878-r>
17 Lonewater Farm Road, Nerepis, NB

Addiction Programs

Recovery Group Program

856-2444

10 sessions 2 hours Weekly or bi-weekly Co-facilitated
Topics: Understanding problematic Substance Use/Gambling, Decisional balance, Goal setting, Handling the urges, Having fun in your journey, Support Systems, Coping Skills, Relapse/ Set-Back prevention, Coping with Anxiety, Relaxation, Unpleasant Feelings and Assertiveness.
Location: Addiction & Mental Health Services
81 Albert St, Moncton, NB

On the Road to Recovery Group

This is a peer-lead support recovery group for those who are thinking about or on their way to recovery for understanding addictions.

Time: 1:30 pm Meetings weekly on Thursdays
Location: Salvus Clinic, Peace Center, 22 Church St, T190
Contact: 384-7283 Moncton, NB

Alcohol and Drug Peer Support Group

LifeRing Canada alcohol and drug support groups provide access for women and men to community-based mutual self-help support groups for those who self-identify with problematic substance use. We support people in all stages of recovery and emphasize personal responsibility. Individualized recovery plans, self-empowerment, peer-support and we adhere to principles and practices founded on evolving research. Family & friends being affected by someone's addiction are also welcome.

Info: <http://liferingcanada.org/> No age limit
Time: 6:00 - 7:00 pm Meetings weekly on Tuesdays
Location: 1st Floor, Room 176, 81 Albert St, Moncton, NB
Contact: 506-869-0304 E-mail: sean@pauley.ca

Teen Addiction Support Group "The Chase"

Provides services and life skills to youth (age 12-18) who have been directly or indirectly impacted by alcohol, tobacco, drug use, abuse, and addiction. Cost: Free
Time: 7 - 9 pm Meetings weekly on Tuesdays
Location: YMCA, 30 War Veterans Ave, Moncton, NB
Contact: 434-4533 Tim Durling timdurling@gmail.com

Drug Intervention Program

Program for youth (age 15-18)
Details: <http://www.youthimpact.org/need-help.php>
Contact: 869-6341 Youth Impact Jeunesse
199 St George St, Moncton, NB

Celebrate Recovery

857-2293

This is a 12 Step Program for Drug & Alcohol Addiction, etc
Time: 6:30 pm Meetings weekly on Monday
Location: Moncton Wesleyan Church - Life Center
945 St. George Blvd, Moncton, NB

Alcoholics Anonymous

382-5087

Greater Moncton Area meeting information
<http://www.area81aa.ca/main.php>

Narcotics Anonymous NB

1-888-436-2929

NB meeting information by Canada Atlantic Region of Narcotics Anonymous <http://carna.ca/download/meetlist.aug%2026.2018.pdf>

Other Help Services

Salvus Clinic

384-7283

Provides access to primary health care to those within our area suffering with issues relating to poverty, mental health and addictions.
Location: Salvus Clinic, 22 Church St, T190, Moncton

YMCA ReConnect

Provides outreach to youth, adults and seniors who are homeless or at risk of being homeless. Offers short-term and long-term support to individuals wanting help accessing resources such as: food, clothing, shelter, education, employment and counselling.

Intake Requests: Mon, Tue, Thu 9:30 am - 11:00 am
Location: Salvation Army, 32 King St, Moncton, NB
Daily drop-in Hrs: 12:30 pm - 4:00 pm
Location: Emergency out of the cold Shelter (new)
120 Assomption Blvd, Moncton, NB (old fire hall)

Youth Q.U.E.S.T Central

869-6355

Programs, activities and a drop-in centre for at-risk and homeless youth (age 16-24)
<https://www.facebook.com/YouthQuestCentral>
Hrs: Mon, Tue, Fri 12-5pm; Wed, Thu 12-7pm; Sun 12-4pm
Location: 199 St George St, Moncton, NB

Addiction Family Support Groups

Portage Atlantic Family Support Group

Family member addiction support group. Families offering understanding through experience.

Time: 6:00 - 8:00 pm Meetings every two weeks on Thursdays
Location: 340 Dominion Street, Moncton, NB
Saint Augustine's Church
(Parish Office, side door, basement)
Contact: 506-839-1200 ext. 215 Amber Parlee
Toll free 1-888-735-9800 aparlee@portage.ca

Al-Anon Maritimes Moncton/Riverview

388-7010

For persons who have a family member or friend with addiction problems. Moncton area meeting information:
<http://www.freewebs.com/alanonmaritimes/>

Misc.

Gambling Information Line for New Brunswick

Toll Free 24 hr/365 days/yr

1-800-461-1234

Event Calendar

Mental Illness Carers Support Group

Feb 7, 2019; Mar 7; Apr 4; May 2;

This group is to support family members and friends of a person living with a mental illness. The sharing of experiences, knowledge, problems, solutions, what helps and what doesn't, will help reduce the feeling you are alone.

Time: 7 - 9 pm **Meetings:** 1st Thursday of the month

Location: YWCA, 135 Kendra St, Moncton, NB

Contact: Louise lobou@nb.sympatico.ca or 388-5922

Portage Atlantic Family Support Group

Jan 17, 2019; Jan 31; Feb 14; Feb 28; Mar 14; Mar 28;

Family member addiction support group. Families offering understanding through experience.

Time: 6:00 pm **Thursdays** Meetings every two weeks

Location: 340 Dominion Street, Moncton, NB

Contact: 506-839-1200 ext. 215 **Amber Parlee**

Toll free 1-888-735-9800 aparlee@portage.ca

Jan 22, 2019 Trauma/PTSD Program

Contact: 859-8114 Canadian Mental Health Association

Jan 22, 2019 Eating Disorder Support Group

A 6-week educational and supportive program for loved ones of individuals living with eating disorders.

Location: YWCA, 135 Kendra St, Moncton, NB

Contact: Jennifer Bezeau 506-295-6768

E-mail: jennifer.bezeau@gmail.com

Jan 30, 2019 Bell Let's Talk Day

Talk, text, tweet and share to help grow Bell's funding for Canadian mental health. <http://letstalk.bell.ca/en/>

Fév 4, 2019 Group de support éducationnel en santé mentale

Ce programme de 6 semaines vous permettra d'avoir des discussions autour de la santé mentale, de l'information présentée, du soutien, et de l'éducation.

Contact: 859-8114 Canadian Mental Health Association

Feb 20, 2019 Bipolar Program

This 12 week program will provide participants with education, information, support and development of coping strategies, building resilience, enhancing communication skills as well as improving overall quality of life.

To register, please come to our office before Feb 8, 2019

Contact: 859-8114 Canadian Mental Health Association

Feb 23, 2019 Coldest Night of the Year Walk 6th

A public fundraiser event that helps Youth QUEST Central and Transitional Housing carry out its mission of helping the at-risk and homeless youth find a positive direction in life.

Info: <http://www.coldestnightoftheyear.org/Moncton>

Location: Moncton **Registration Fee:** \$25.00

Contact: 869-6335 **Susanne Tiempo**

Mar 12, 2019 Grief and Loss Recovery Program

Contact: 859-8114 Canadian Mental Health Association

Mar 19, 2019 Grief & Bereavement Group

Registration required. 7 weeks

Contact: 383-2404 **Hospice Greater Moncton** **Debbie**

Apr 2, 2019 Anxiety and Depression Program

Contact: 859-8114 Canadian Mental Health Association

Activity Centers for Peers

Groupe de support émotionnel 857-1340

Drop in center and activities (F^r)

Hours: Mon - Fri 1:00 - 4:00 pm; Wed 6 - 8 pm

Location: 96 Norwood Ave, 3rd Floor, Room 300A, Moncton, NB

Our Place/Chez Nous Activity Centre Inc. 859-6975

Drop in center and activities. <http://www.opcn.ca/>

Location: 97 1/2 Cameron St, Moncton, NB

Daybreak: Tantamar Peer Support and Activity Centre

Offers a range of daily, weekly and monthly mental health activities, education and support groups.

Web: <http://www.daybreaksackville.com/>

E-mail: daybreaksackville@gmail.com

Location: 62 Main St, Sackville, NB 506-536-7475

Support Groups

Mental Illness Carers Support Group

This group is to support family members and friends of a person living with a mental illness. The sharing of experiences, knowledge, problems, solutions, what helps and what doesn't, will help reduce the feeling you are alone.

Time: 7 - 9 pm **Meetings on** 1st Thursday of the month

Location: YWCA, 135 Kendra St, Moncton, NB

Contact: Louise lobou@nb.sympatico.ca or 388-5922

Portage Atlantic Family Support Group

Family member addiction support group. Families offering understanding through experience.

Time: 6:00 pm **Meetings every two weeks on** Thursdays

Location: 340 Dominion Street, Moncton, NB

Saint Augustine's Church-(Parish Office, side door, basement)

Contact: 506-839-1200 ext. 215 **Amber Parlee**

Toll free 1-888-735-9800 aparlee@portage.ca

Grief Support Group "THE COMPASSIONATE FRIENDS"

Time: 6 - 8 pm **Meetings on** 2nd Sunday of the month

Location: 55 Biggs Rd, Riverview, NB

Contacts: 506-232-1950 **Janice;** 506-204-8919 **Paulette**

Misc.

Addiction Resource Pamphlet

Help, Services, Programs, Support, Education Links

Information for the Greater Moncton, NB Area. Digital updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the website. See link below:

<http://lobou4.wixsite.com/youmindyourhealth/addiction-resource-pamphlet>

Directory of Help Resources for Greater Moncton

For digital update or for any errors, omissions, new programs, suggestions, etc, please contact:

Robert Boulter E-mail: rboulter@nb.sympatico.ca

Our Voice / Notre Voix Publication **Moncton, NB**

Details: <https://www.ourvoice-notrevoix.com/>

Healing Books Project

Self-help books on over 30 mental health topics - also books for supporters and caregivers. Books are available to borrow at any New Brunswick public library.

Details: <http://horizonnb.ca/healingbooks>

MENTAL HEALTH

HELP

SERVICES

SUPPORT

PROGRAMS

EDUCATION LINKS

EVENT CALENDAR

Information for the Greater Moncton Area

Updated: January 2019

Note: On-Line Education Links for Mental Health and Suicidal Thoughts/Depression are only listed on the website for the pamphlet. These Links are very helpful for:

Peers, Support Persons/Caregivers/Family/Friends

Mental Health Resource Pamphlet

This pamphlet is regularly updated on the Website:

Your Mind Your Health

<http://lobou4.wix.com/youmindyourhealth>

Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the Website link below:

<http://lobou4.wixsite.com/youmindyourhealth/mental-health-resource-pamphlet>

In this pamphlet the following terms are used:
Peers refers to persons who have a mental illness.
Family & Friends refers to persons who provide support and/or the caregiver of a person who has a mental illness.

Produced free by: Robert Boulter - a parent
Printed Updates: January, March, September
For any errors, omissions, events, program starts, suggestions, or update of the pamphlet, please contact:
Robert Boulter E-mail: rboulter@nb.sympatico.ca
Mental Health Resource Pamphlet-e20-Jan 2019.docx

Mental Health Programs

Canadian Mental Health Assoc. 859-8114

Peace Center, 1st Floor Suite T120, 22 Church St, Moncton
E-mail: Moncton@cmha.nb.ca

Programs for Peers: Sessions Start

Your Recovery Journey Program
This program is designed to increase participants ability to meet their personal recovery goals by enhancing their self-determination and quality of life. This program is open to any individual in the community with mental health and/or addiction issue.

Program	Sessions	Start
Anxiety & Depression Program	12	Apr 2, 2019
Bipolar Program	12	Feb 20, 2019
Trauma / PTSD Program	8	Jan 22, 2019
Wellness Program	Monthly	Topic/Presenter

Other Programs: Mindfulness Program (8); Anger Management Program (10); Grief and Loss Recovery Program (10); Postpartum Support Group (10); At Work Program; Living Life to the Full 55+ (8); Kids Have Stress Too (3)

Programs for Families & Friends: Sessions Start

Strengthening Families Together
This program is designed to provide mental health resources and information on topics associated with living daily with a mental illness and the mental health recovery process for families and friends of individuals experiencing mental health issues.

Friends & Family Program Monthly Topic/Presenter

Addiction & Mental Health Services 856-2444

Horizon Health Network, 81 Albert St, Moncton, NB

Crisis Worker Mon-Fri 8:15 am - 4:30 pm 856-2444

Addiction Counselors, FACT Team, Early Psychosis Program, Concurrent Disorders Program

Mental Health - Recovery Programs:

Program	Sessions	Weekly
Taking Charge	11/3	8 sessions
Taking Action	2/3	12 sessions
Taking Care	3/3	6 sessions

Addiction - Recovery Group Program

10 sessions: 2 hours Weekly or bi-weekly Co-facilitated

Mobile Mental Health Crisis Team 1-866-771-7760

Hours: 12 pm - 10 pm 7 days/week

Detox In-Patient Unit 856-2333

Methadone Clinic 869-6655

The clinic provides a complete treatment program for opiate dependence.

Portage Atlantic <http://www.portage.ca> 1-888-735-9800

Residential treatment program for youth age 14-21

Centre de Santé Mentale Communautaire

Réseau de Santé Vitalité, 81 Albert St, Moncton 862-4144

Mental Health Help / Services

Major Crisis

EMERGENCY Police, Fire, Ambulance 911

RCMP Emergency 1-800-665-6663

Hospital Emergency Moncton Hospital 857-5353

Hospital Emergency Dr Georges Dumont 862-4114

Psychiatric Nurse 8 am to 8 pm, 7 days/week

Chimo Help Line for New Brunswick 1-800-667-5005

Toll Free 24 hr/365 days/yr <http://www.chimohelpline.ca/>

Canada Suicide Prevention Service 1-833-456-4566

Toll Free 24 hr/365 days/yr <http://www.crisisservicescanada.ca/>

Text with us 5 pm - 1 am ET 45645

Chat with us 5 pm - 1 am ET (see website above)

Kids Help Phone For ages 19 & under 1-800-668-6868

Toll Free 24 hr/365 days/yr <http://kidslinephone.ca/>

Tele-Care 24 hr/365 days/yr 811

First Nations and Inuit Hope for Wellness Help Line

Toll Free 24 hr/365 days/yr 1-855-242-3310

<https://www.hopeforwellness.ca/>

Elisapogtog Crisis Centre Crisis Phone 506-523-5999

Mon - Fri 3:30 pm - 11:30 pm

Elisapogtog Health Centre Crisis Phone 506-523-8222

Mon - Fri 8:30 pm - 4:00 pm

Canadian Forces Member Assistance Program 1-800-268-7708

Toll Free 24 hr/365 days/yr

Mental Health Symptoms / Problems

Bausejour Family Crisis Resource Center

Crisis Team 24 hrs/7 days/week 506-533-9100

Provides counselling services for: mental illness problems, suicidal thoughts, depression, emotional support, domestic violence/abuse and anger management. Service area includes greater Moncton.

Hours: Mon - Fri 8:30 am - 4:30 pm

Location: 432 Main St, Shediac, NB

Atlantic Wellness Community Center 382-0298

Offers free counselling for youth age 12-21 who have mental health issues. It's staffed certified counselor therapists and counselor interns. <http://atlanticwellness.org/>

Hours: Mon - Fri 9 am - 5 pm

Location: 225 Lutz St, Moncton, NB

Youth Mental Health Clinic 382-9804

Free clinic for youth 12-21. Staffed by a counselling therapist, counselling therapist intern and a Service Navigator. The sessions are 75 minutes duration. The sessions are made by Call-in only after 8:30 am.

Hours: Mondays 4 - 8 pm

Location: Atlantic Wellness Community Center

225 Lutz St, Moncton, NB

Crisis Worker-Addiction & Mental Health Services

Mon-Fri 8:15 am - 4:30 pm 81 Albert St, Moncton 856-2444

Mobile Mental Health Crisis Team 1-866-771-7760

Hours: 12 pm - 10 pm 7 days/week

Other Help Services

Mental Health Service 859-8114

Offers mental health support to help with concerns such as: job loss, loss of income, ending a relationship, challenges at work/school, panic attacks, isolation, loneliness, depression, anxiety, general stress.

Call for Appointment: Tuesdays 2:30 pm - 4:00 pm

Appointment Hrs: Wednesdays 9:30 am - 12:30 pm

Location: Canadian Mental Health Association - Moncton

Peace Center, 1st Floor Suite T120, 22 Church St

YMCA Reconnect 856-4362 or 227-1198

Provides outreach to youth, adults and seniors who are homeless or at risk of being homeless. Offers short-term and long-term support to individuals wanting help accessing resources such as: food, clothing, shelter, education, employment and counselling.

Intake Requests: Mon, Tue, Thu 9:30 am - 11:00 am

Location: Salvation Army, 32 King St, Moncton, NB

Daily drop-in Hrs: 12:30 pm - 4:00 pm

Location: Emergency out of the cold Shelter (new)

Salvus Clinic 384-7283

Provides access to primary health care to those within our area suffering with issues relating to poverty, mental health and addictions.

Location: Salvus Clinic, 22 Church St, T190, Moncton

Youth Q.U.E.S.T. Central 869-6355

Programs, activities and a drop-in centre for at-risk and homeless youth age 16-24

<https://www.facebook.com/YouthQuestCentral>

Hrs: Mon, Tue, Fri 12-5pm; Wed, Thu 12-7pm; Sun 12-4pm

Location: 199 St George St, Moncton, NB

Youth Impact Jeunesse 869-6333

Programs: for youth age 16-20

Transitional Housing, Quest Case Management, Drug Intervention Program

Addiction Counselors: Provides free one on one addiction counselling for youth age 16-24 as long as the person is willing to attend.

<http://www.youthimpact.org/need-help.php>

Housing Help

Alternative Residences Alternatives (ARA) 854-7229

Provides housing and support options for people living with mental illness in the area.

<http://www.alternativeresidences.org/>

Financial Help

Social Development - Moncton, NB 1-866-426-5191

Write Card coverage for Medications, Dental, etc

Job Application / Employment Help

Employability NOW 854-3499

Help with employment needs, resume, job search assistance and preparation for workplace integration

Employment Support Peer-Helpers Program Inc 387-7706

Help with employment needs, resume, job search assistance and preparation for workplace integration.

Mon - Thu 9 - 5 pm 97 Cameron St, Moncton

At Work Program 859-8114

Help with employment needs, resume, job search assistance and preparation for workplace integration.

Canadian Mental Health Association - 22 Church St,