



The Group

Are emotional difficulties holding you back? Meetings are a safe and open place to share, make new friends, and learn from the experience of others.

Fredericton Public Library, Grannan Room

6:30-8:00 pm

What makes our group different from others?

Our group knows what it takes to survive in Fredericton: with a strong grounding in working in tough jobs while feeling unwell, having difficulty making friends, and navigating our complex mental health system.

Our group is run independently only **by people in recovery** - people who have been in a dark pit, are now doing OK, and want to help others. Cj Townsend is one of the founding members of the Emotional Recovery Group, which was formed in 2015. She is open about her experiences with mental and physical illness and enjoys helping others going through similar issues.

Our group doesn't divide people into labels, illnesses, or disabilities - we focus on living the best life we can through our emotional challenges.

Our group is not about teaching skills, it's about **connecting with other people** who are going through the same thing. It combats loneliness and isolation. You can learn tools literally everywhere else.

Our group has been running for 3 years, with **a strong core of amazing people** who don't pretend to be anything but what they are today

To request further information please contact CRMHAA at:

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