

# Membership Guide



Advocating for  
Massage Therapists  
in New Brunswick

Visit our website at  
[www.anbmt.ca](http://www.anbmt.ca) or like  
us on Facebook (ANBMT)



# Welcome to the ANBMT!

## About this Guide

This guide is intended to help new and existing members get the most out of their ANBMT membership. It may also be helpful for RMTs to make an informed decision about joining a professional association.

Regardless of your member status, membership in the ANBMT gives you access to many options and information. This membership guide explains the unique benefits of ANBMT membership including discounts, partnerships, events and services. Our members add a strong and united voice for the massage therapy profession provincially and nationally. We hope that this guide will serve as a practical reference for information on membership and activities undertaken by the ANBMT to advance the profession and advocate on your behalf.

Many of the resources and downloads listed in this guide are also available on our website at [www.anbmt.ca](http://www.anbmt.ca). If you have any questions or comments, we will be happy to help you. Please direct all general enquiries to the Executive Director of ANBMT, Coralie Hopkins by email [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca) or by telephone 506-452-6972. If you would like to contact one of the current ANBMT Board members, please visit the ANBMT website:

<https://www.anbmt.ca/about-us/board-of-directors/>.

## About Us

The Association of New Brunswick Massage Therapists (ANBMT) is your professional association representing registered massage therapists (RMTs) in New Brunswick. We are the largest non-profit professional association serving massage therapists and massage students in the province. The ANBMT represents and advocates on behalf of massage therapists and is an active advocate for the massage therapy profession. Our members are well represented before regulatory and governmental bodies.

In 2013, the massage therapy profession became legislated and granted self-regulation by the provincial government. Since then, the Association and the profession have continued to grow. As a member of the ANBMT, you demonstrate your faith and support in an association that advances your profession. Members receive a wide range of supports and services that contribute to a strong professional presence and profile within the health care community. This includes educating the public, government, insurers, and other health professions about the benefits of massage therapy.

- We offer our members with some of the strongest benefits in the massage therapy profession.
- We promote the health benefits of massage to the public, the health care community and other important groups.
- As a member-led organization, we are regularly in conversation with our members through surveys, phone calls, emails, and social media to understand the diverse needs of all our members and their hopes for the profession.
- We advocate for issues that are important to massage therapists across the province.
- Your voice is heard at the ANBMT because we are governed by massage therapists.
- We offer a multitude of continuing education opportunities at discounted rates.
- ANBMT is the largest non-profit massage therapy association and represents massage therapists across the province and has been serving our community for over 30 years.
- We are guided by a volunteer board of directors that sets the course of the association.

## Our Mission

To unite, strengthen, and advance the profession as an integral part of New Brunswick's health care system, and create a strong sense of support and community among our members.

## Our Core Values

- To represent members before governmental and regulatory bodies concerned with massage therapy.
- To provide leadership and advocacy for our members.
- To work with integrity, respect, and pride in a non-profit member-led organization of ethical professionals.
- To provide access to affordable professional liability insurance and quality continuing education.
- To foster a strong sense of community while enabling networking opportunities.
- To provide support and resources for RMTs to develop successful practices.
- To provide peer mentorship and guidance for our members.
- To affirm and promote the benefits of massage therapy.

## Our Vision

To be a provincial leader in representing and supporting massage therapy as an essential part of healthcare.



## PROVISIONAL MEMBER

A Provisional Member is an individual who:

- is a graduate of an educational institution that is recognized by the College of Massage Therapists of New Brunswick (CMTNB) or recognized by another massage therapy regulatory college in Canada; and
- intends to practise massage therapy in New Brunswick and has applied for active member status with the CMTNB or intends to practise massage therapy in another regulated province and become a member of a massage therapy regulatory college in Canada; and
- remains a Provisional Member with the Association no longer than thirty (30) consecutive days before providing proof of successful acceptance to and membership in good standing with the CMTNB or a massage therapy regulatory college in Canada; and
- has paid the specified member fee in accordance with the current fee schedule.
- For more information or to register, see the “Benefits” page and “How to Become A Member“

## PRACTISING MEMBER

A Practising Member is any massage therapist who:

- is a Registered Massage Therapist in the Province of New Brunswick and who is in good standing with the College of Massage Therapists of New Brunswick (CMTNB) or is in good standing with another massage therapy regulatory college in Canada; and
- has paid the specified member fee in accordance with the current fee schedule.

All ANBMT members meet competency standards and have training accepted by a regulated province. All members have graduated from a school with a curriculum accepted by a province with provincially legislated standards for practice (New Brunswick, Ontario, British Columbia, Newfoundland & Labrador, and Prince Edward Island). Members with a College of Massage Therapists in a regulated province can apply for membership with the ANBMT.

## NON-PRACTISING MEMBER

A Non-Practising Member is any massage therapist who:

- is a Practising Member in good standing in the Association at the time of application for Non-Practising status;
- has been a Practising Member in the Association for a period of at least one (1) full year immediately prior to making application;
- is no longer in practice; and
- has paid the specified member fee in accordance with the current fee schedule.

## STUDENT MEMBER

**Student Membership is FREE!**

A Student Member is an individual who is:

- registered as a massage therapy student with an educational institution that is recognized by the College of Massage Therapists of New Brunswick (CMTNB) or recognized by another massage therapy regulatory college in Canada and preparing individuals toward registration as a Registered Massage Therapist; and
- has provided confirmation of enrolment in massage therapy school (e-mail or letter from instructor); and
- has paid the specified member fee in accordance with the current fee schedule. (FREE!)

## AFFILIATE MEMBER

An Affiliate Member includes, but is not limited to, any individual, group, organization, business or corporation that has an interest in the advancement of the profession of massage therapy and in furthering the Association’s purposes; and

- is not required to be a Registered Massage Therapist or enrolled in a massage therapy program to be eligible;
- has an interest in the activities, well-being, role and function of the Association;
- Intends to contribute to and be affiliated with the profession of massage therapy;
- demonstrates standards of behaviour, philosophy, ethics, principles and values that align with those of the Association;
- avoids any activity that may be injurious to the interests of the Association and its members;
- is a Canadian citizen and is at least 19 years of age (if the applicant is an individual);
- is eligible for and approved as an Affiliate Member on a case-by-case basis by the Board of Directors in accordance with Policies and Procedures;
- has paid the specified member fee in accordance with the current fee schedule (see registration form).
- \*Affiliate Members are entitled to attend and be heard at General Meetings but are not entitled to vote.
- \*Affiliate Members may not hold a position on the Board of Directors; however, they may serve on committees.

## LIFE MEMBER

A Life Member is a member of the Association designated as such by resolution of the Board of Directors.

Life Members shall have all the rights, privileges, and responsibilities of Practising Members, but shall not be required to pay the annual Association membership fee.

## RESPONSIBILITY OF ALL MEMBERS:

- Notify the Association of any changes in personal contact information within thirty (30) days of such change;
- Notify the Association of any changes of registered status with their massage therapy regulatory college within thirty (30) days of such change;

## Governance

The Bylaws are specific to the overall governance and day-to-day operations of the Association. They define the main characteristics of the Association, describe its functioning and set out the rights and duties of its members. The provisions of the ANBMT Bylaws contain the policies, powers and procedures relating to the corporate governance of the association.

Bylaws and Policies and Procedures set out the rules for the operation of the Association, including information relating to directors' roles, election and quorum requirements. The Association is governed by a policy governance model, which is a combination of policies, systems and structures, as well as strategic and operational frameworks. It consists of a Board of Directors and an executive director who work closely to communicate activities, events and updates on the organization's progress. This governance model is designed to empower boards to meet their accountability obligations to the organizations they govern. The model allows the board to focus on the broader issues, delegate with clarity, provide oversight and guidance to management without interference, rigorously assess organization's achievements; to truly lead its organization.

For more information on the Association's governing documents (Bylaws), [click here](#).

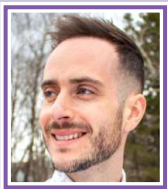
## Board of Directors

Please direct all general inquiries to the Executive Director:



**Coralie D. Hopkins**  
Executive Director

The Board of Directors and Officers of the ANBMT (as of May 2, 2026):



**Darcy Chiasson, RMT**  
Chair



**Tiffany Matchett, RMT**  
Chair-Elect



**Tom Peppard, RMT**  
Secretary-Treasurer



**Kaylah Barnes, RMT**  
Regional Director  
Zone 1 - Moncton/  
South-East



**Carla O'Donnell, RMT**  
Regional Director  
Zone 2 - Fundy Shore/  
Saint John



**Victoria Harris, RMT**  
Regional Director  
Zone 3 - Fredericton/  
River Valley



**Martine Hudon, RMT**  
Regional Director  
Zone 4 - Madawaska/  
North-West



**VACANT POSITION**  
Regional Director  
Zone 5 - Restigouche



**VACANT POSITION**  
Regional Director  
Zone 6 - Bathurst/  
Acadian Peninsula



**VACANT POSITION**  
Regional Director  
Zone 7 - Miramichi

## History

The ANBMT has been incorporated since 1994 (in operation since 1989) as an organization representing massage therapists in this province. The ANBMT recognizes massage therapists whose training is accepted by a regulatory college in Canada. All members must graduate from a massage therapy program accepted by a province with provincial legislative standards of practice (Prince Edward Island, New Brunswick, Ontario, British Columbia, and Newfoundland and Labrador).

ANBMT members are governed by the Association's [Bylaws](#). The Bylaws are specific to the ANBMT's membership, overall governance, and day-to-day operations. They define the primary characteristics of the Association, describe how it functions, and state the rights and duties of members.

Members are recognized by Medavie Blue Cross and other extended health insurance plans as registered health care providers and frequently prepare written reports for legal and medical purposes.

A board of directors composed of ten (10) elected RMTs from across the province governs the ANBMT. The day-to-day activities of the Association are undertaken by the executive director who is also responsible for managing a group of dedicated volunteers. The Association of New Brunswick Massage Therapists (ANBMT) is the largest professional body representing registered massage therapists (RMTs) in New Brunswick. The Association consists of a group of health professionals dedicated to the important role massage therapy plays in health and wellness of New Brunswickers. When RMTs join the ANBMT, they actively support the mandate of the Association. As members, RMTs receive support, practice assistance and individual member benefits which contribute to a strong professional presence and profile.

The Association of New Brunswick Massage Therapists, Inc. (ANBMT) is a non-profit organization (NPO) that is not motivated by profit, but by dedication to the advancement of the massage therapy profession. Advancing the profession and the support of the registered massage therapists it represents is the target of all revenues beyond what is required to manage the organization. Any excess profits after operating expenses are used to achieve its objectives.

<https://www.anbmt.ca/members/benefits-of-membership/>

## Regulated Profession/Self-Governance

**Bill 25, *An Act to Incorporate the College of Massage Therapists of New Brunswick*, received royal assent on December 13, 2013. As such, the massage therapy profession is regulated in the province by the College of Massage Therapists of New Brunswick (CMTNB). <https://cmtnb.ca/en/>.**

Registered massage therapists and their member status can be found on the CMTNB RMT registry. Health insurance companies can access this register to confirm active membership in good standing.

<https://cmtnb.ca/en/for-the-public/rmt-register>.

## Distinction between the Association and the College

It can be difficult to distinguish between the Association (ANBMT) and the College (CMTNB), and the differences are often misunderstood. In our view, it is important that all RMTs make this a priority to understand the differences in role and function. This should be viewed as a professional responsibility.

Self-regulated (or self-governing) professions typically have two distinct bodies concerned with their activities: a governance body and an advocacy body. Both bodies have an important role to play in the advancement of the massage therapy profession.

## What does *self-regulated* mean?

The New Brunswick Government (Minister of Health) granted the College (regulatory body) with the legal authority to regulate the profession (December 13, 2013). This was done in exchange for agreeing to regulate and protect the public from unprofessional or unethical conduct. The government's involvement is typically kept at arms-length, which ultimately allows for greater autonomy when making decisions that affect the profession. Although the profession is permitted to self-regulate, it is nonetheless accountable to the Minister as defined in the *Massage Therapy Act*. In short, the Minister maintains some authority and can revoke the College's self-regulating status if the profession is found to be unable to properly self-govern.

As a profession, attaining self-regulated status is an exceptional privilege. It provides registered massage therapists a unique and incomparable opportunity to gain control over their future and that of the entire profession. By accomplishing self-regulated status, the public perception of the profession is positively impacted, and it sends a clear message about the level of expertise and professionalism of the massage therapy profession. It also provides the priceless opportunity for the profession to set its own entry-to-practice requirements rather than government imposing their requirements and standards on the profession.

Self-regulation is achieved and maintained by a fully operational Board of Directors. Directors are appointed by peers (fellow practicing RMTs) and registrants of the regulatory College. Directors are not appointed or elected by the government, with the exception of lay members (members of the public).

Below is a table outlining some of the key differences between the two organizations.

While there are similarities between the two, they differ in terms of purpose, structure, and governance.

<b>ANBMT</b> <b>The Advocacy Body</b>	<b>CMTNB</b> <b>The Regulatory Body</b>
<p><b>The Association</b></p> <p>The “advocacy” body or intermediary (a go-between) is a <b>membership-driven organization of professional practitioners</b>.</p> <p>Concerned with promoting the economic and professional interests of the profession's members.</p>	<p><b>The College</b></p> <p>The "regulatory body" or regulator is authorized by legislation to regulate the profession. Protect the public interest.</p> <p>Creates Standards of Practice and determines the Scope of Practice as defined by the Massage Therapy Regulation (The Act).</p>

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## ANBMT – The Advocacy Body

### Objects

The objects of the Association are to:

- a) To promote the science, art, and philosophy of massage therapy;
- b) To represent its membership before governmental and regulatory bodies concerned with massage therapy;
- c) To foster and encourage professional growth and high standards of practice among its Members;
- d) To encourage high standards of education for students of massage therapy;
- e) Operating and administering programs on behalf of the Members when requested to do so;
- f) Promoting causes and performing such other duties and functions as may be required by the Members and as may be conducive to the best interests of the Members;

Membership is **voluntary**; yet, strongly encouraged.

## CMTNB – The Regulatory Body

### Objects

The objects of the College are to:

- a) regulate the practice of massage therapy and govern its members in accordance with this Act and the by-laws, in order to serve and protect the public interest;
- b) establish, maintain, develop, and enforce standards of qualification for the practice of massage therapy, including the required knowledge, skill, efficiency, proficiency and accountability;
- c) establish and enforce a code of professional ethics;
- d) administer the affairs of the College;
- e) promote public awareness of the role of the College and the scope of practice of massage therapy, and
- f) communicate and co-operate with other professional organizations for the advancement of the best interests of the College, including the publication of books, papers, and journals; and
- g) encourage studies and research in massage therapy.

Membership is **mandatory** – for the following reasons.

### Unregulated Individuals:

- a) MT services will not be covered by a client's insurance plan;
- b) Individual is without professional liability insurance;
- c) Only members of the College of Massage Therapists of New Brunswick are permitted to use the title registered massage therapist (RMT), massage therapist, certified massage therapist, etc.
- d) Unregulated individuals are not required to adhere to the Code of Ethics and Standards of Practice, and the College has no jurisdiction over the individual.

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## ANBMT – The Advocacy Body

Ensures that members meet its own standards which are at least those required by the regulator, and may exceed them.

**The *Operating Bylaws and Policies and Procedures* serve as the governing documents of the Association.**

**The rules that guide the day-to-day operations of the Association.**

<https://www.anbmt.ca/about-us/governing-documents>

Independent of the regulatory body.

\* Stand-alone, an entirely separate entity, not regulated by the College (autonomous).

### Purpose:

- a) Protects and promotes the interest of its members.
- b) Accountable to those members it serves.

Promotes the profession of massage therapy.

Provides post-graduate education (continuing education).

## CMTNB – The Regulatory Body

Licenses members and ensures that they adhere to a certain set of professional and ethical standards.

The Massage Therapy Act, Operating Bylaws, Code of Ethics, Standards of Practice and *Policy & Position Statements*.

**The rules that guide the day-to-day operations of the College.**

<https://cmtnb.ca/en/for-the-public/resources>

Self-regulated. Falls under the authority of the Government of New Brunswick and the Minister of Health.

### Purpose:

- a) Protects and promotes the interest of the public and investigates complaints against RMTs.
- b) Protects the public from unprofessional or unethical conduct.
- c) The public interest is expected to take precedence in making decisions related to regulatory functions.
- d) Ministerial or governmental accountability \*  
Minister of Health, Government of New Brunswick
- e) Failure to do so leaves the profession open to losing its self-regulatory status and potentially being regulated and directed by government.

Sets standards for advertising, ethics, and discipline.

Requires and monitors continuing education credits.

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## ANBMT – The Advocacy Body

Provides optional insurance packages for members – professional liability insurance, healthcare benefits plan.

Led by a Board of Directors.

\*Does not include lay members (public members / representation).

Officers and Directors are appointed by membership. Regional Directors are appointed by members who reside most of the time in representatives' health zone.

Lobbies policy-makers, governmental and regulatory bodies to promote/protect the profession of massage therapy and the interests of its members.

Stakeholder (interested party) affected by the activities and performance of the College.

Have a vested interest in the proper functioning of the College.

A professional group can gain substantial benefits from self-regulation, including professional prestige, greater autonomy to set entry requirements and standards of practice.

Four groups have an interest in the ability of the self-governing body to govern itself fairly and effectively:

1. The public
2. The profession
3. The College's members
4. The member's clients

## CMTNB – The Regulatory Body

Requires all registrants provide proof of professional liability insurance acceptable to the standard set by the College. (Written on an occurrence form with at least two million dollars in coverage annually.)

Led by a Board of Directors; including lay representatives (2) (public representation).

\* Two lay persons, not members of the College, to act as public representatives on the Board of Directors.

Directors are appointed by membership.

Exception: Lay members are nominated by the Board of Directors and appointed by the Minister of Health; the Minister of Health may choose from a panel of not less than four persons.

Liaises with government. Government generally has an arms-length relationship with the self-regulating profession.

College has a duty to ensure its proper operation in the public interest, but it must also ensure that the public perceives this to be the case.

Have a responsibility to participate in the maintenance and development of the profession to keep it strong and healthy for the future.

If the profession is unable to properly self-govern, its self-regulating status can be removed.

**\* Self-regulation is an exceptional privilege.**

## The Jolanta Kurz Award of Excellence

The ANBMT supports graduates attending one of the five massage therapy programs in the province (ACTM, CAMT and Eastern College Saint John campus, Moncton and Fredericton) by awarding five hundred dollars (\$500) for academic excellence to one student in each program. This commitment (\$2500) is intended to cover the costs of the MCQ exam for college admissions. There is no obligation to join the Association after receiving this award.

Jolanta Kurz passed away after a long battle with cancer on May 27, 2020. She was 69 years old. She moved from Warsaw, Poland, to Canada in 1980 after completing her postdoctoral fellowship in biology. She worked at the University of New Brunswick.

After her research work at UNB, she changed her career path to massage therapy and acupuncture in 2000 until the later stages of her illness. Jolanta has been instrumental in advancing the massage therapy profession in the province. She was President and Past Chair of the ANBMT Board of Directors from 2007 to 2011 and has served the Association in many other capacities over the years. Jolanta was an accomplished, passionate, and adventurous person. Her passing was a true loss to the profession.

## Member Resources

We provide supports and resources to ensure your practice is professional, efficient and respected.

- The ANBMT provides access to our peer support mentors
- Resources to support your practice
- Job offers
- Postings for equipment sales and clinic rentals
- E-newsletter alerting you to the latest information, courses, offers and news
- *Find an RMT* directory on the public website
- Patient relations, including our "What to expect on your first visit to an RMT" videos
- ANBMT (Member) Portal for document management (document sharing and information exchange).

## Continuing Education

We support the profession by providing quality learning opportunities.

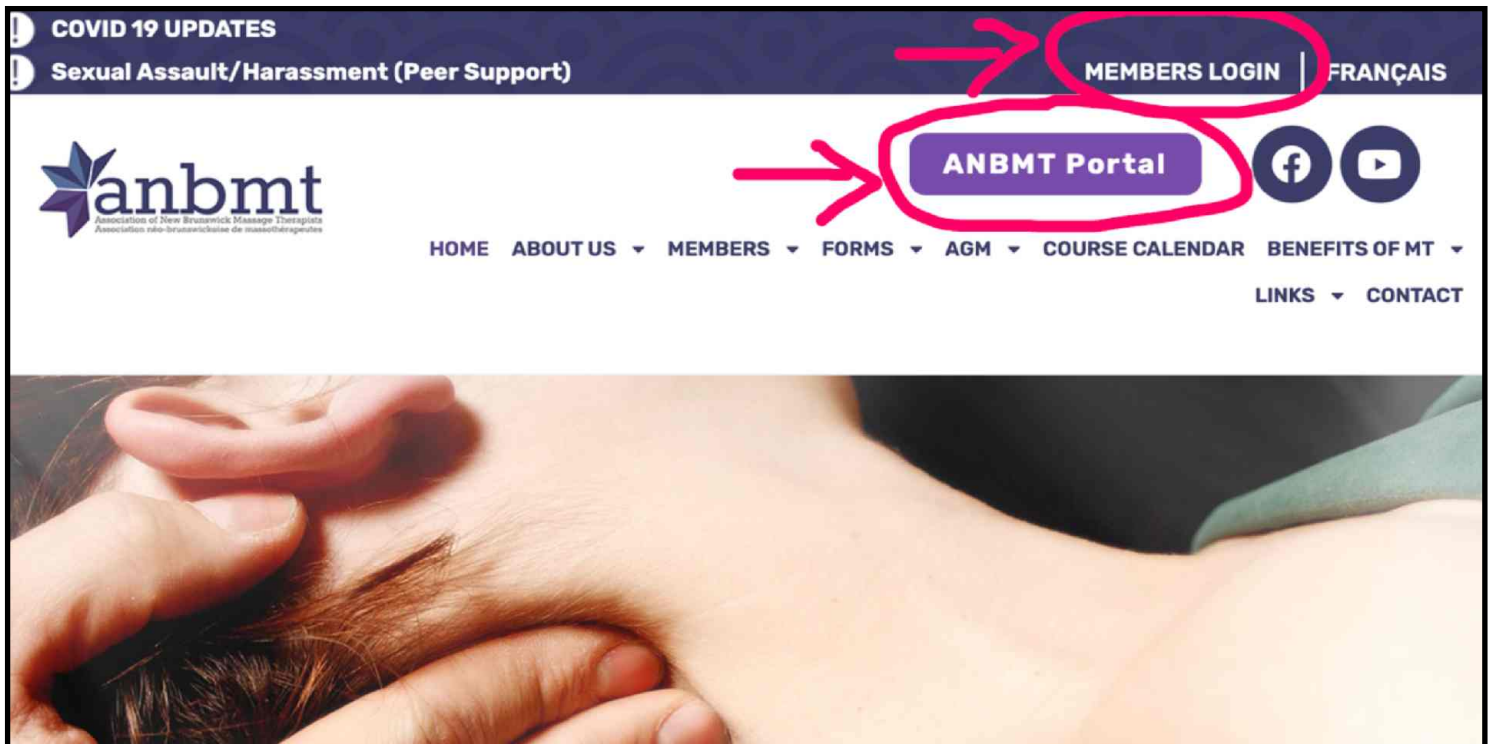
### Continuing Education and Conferences

The ANBMT is proactive in elevating the role of RMTs in health care. The ANBMT sponsors and offers at least ten (10) continuing education courses per year. The ANBMT puts a lot of effort into research and contracting with quality and well-established course instructors with the goal of benefiting all members. The course calendar is open to all members at a discounted fee, giving them the opportunity to earn required continuing education units.

### Continuing Education Credits

A wide variety of CMTNB-approved CEUs are available throughout the year at a discounted membership rate.

## Launch of the NEW ANBMT (Member) Portal



The ANBMT is pleased to present the new **ANBMT (Member) Portal**. This is a separate part of the website for document management (document sharing and information exchange). Members will be able to upload the documents that they wish to share with the ANBMT to their own folder. Members will also be able to access the PUBLIC folder, where all members are able to view or download files. Important notices and e-newsletters will also be stored there.

Members will no longer need to send their required documents via email, but rather upload them to the portal. The portal will automatically send an email whenever a file is uploaded (either by the member or the ANBMT). The administrator can upload files to the PUBLIC folder for everyone to view, upload to a particular GROUP for group members, and upload to an individual ANBMT OFFICE folder for an individual member. In the coming weeks, important documents will be uploaded to individual member portal folders, for example, professional liability insurance certificates, receipts, etc.

- Emails received from the portal will come from this address [noreply@anbmt.ca](mailto:noreply@anbmt.ca). Please mark so that they do not go to your junk or spam, and they are received in your inbox.
- The login credentials for the ANBMT (Member) Portal are the same as your login information for the Members Login.
- [Click here](#) to view the *User Guide*. (The user guide can also be found on the ANBMT (Member) Portal home page.)
- Once logged into the portal, members are encouraged to include home and work addresses; choose a region/zone, etc.
- The member's login will remain the same for managing your account, managing your business listing, job bank, summaries of board meetings, and AGM meeting minutes.

## Client Relation Videos

Patient/Client relations including our “Why Should You Visit a Registered Massage Therapist” and “What to Expect During Your First Massage Therapist Visit” videos

<https://www.anbmt.ca/videos/?playlist=11092e1&video=306c7cc>

## Are you New to the Practice of Massage Therapy? How to Register as an Approved Provider



### Register to be an Approved Provider

Registering as an approved provider means your clients with Blue Cross coverage will be eligible to submit claims for services you provide. You'll also appear in our approved provider list, which our members can search using Medavie Mobile.

<https://www.medaviebc.ca/en/health-professionals>

<https://www.medaviebc.ca/en/health-professionals/register>



### Free direct billing service

Whether you are a massage therapist, chiropractor, optometrist, or other allied healthcare professional, you can take advantage of a convenient payment process with our easy-to-use online service that streamlines the insurance claim process for you and your clients.

eClaims is a web-based system where healthcare providers can submit claims online on behalf of their patients. The portal is accessible via the internet and offers eligible extended healthcare providers the convenience of capturing and submitting electronic claims to their patient's insurance company at their point-of-sale.

<https://www.telus.com/en/health/health-professionals/allied-healthcare-professionals/eclaims>

**Are you aware of the fantastic member perks available to ANBMT members?**  
We offer a wide range of benefits and perks beyond just cost-effective professional liability insurance!



## E-Learning & Continuing Education for Massage & Manual Therapists

ANBMT members can now enjoy an exclusive 20% discount on the complete Dexterity Professional Development course library! [www.dexteritypd.com](http://www.dexteritypd.com)

Enhance your care, expand your offer, and excel in practice with Dexterity PD! Our 130+ e-courses are self-paced, peer-reviewed, affordable, and convenient. Dexterity PD is an Approved Continuing Education Provider with associations across North America.



## Clinic Management Software for Health Practitioners

ANBMT members enjoy a \$10/month discount. <https://www.noterro.com>

To claim your discounted rate, please email [support@noterro.com](mailto:support@noterro.com) with an attached copy of your membership card.



## Mark's Commercial

ANBMT members receive a 10% discount at any Mark's store. <https://www.marks.com>



## Healthcare Benefits Plan / Group Benefits

Learn more here: <https://www.anbmt.ca/forms/healthcare-benefits-plan/>



## ClinicSense Practice Management Software

ANBMT Members save 50%! Learn more here: <https://clinicsense.com/partners/anbmt>



## Employee Perk Program

Discover the power of the perk. Great perks on everyday products and services through Canada's leading employee perk program. [www.Perkopolis.com/member-registration](http://www.Perkopolis.com/member-registration)

To access your perks, register using your email address and your member ID number.



## Goodlife Corporate Membership Benefits

30% off savings on all membership types. Join at <https://corporate.goodlifefitness.com/organisation-validation.html>



Omni Life Support  
First Aid & CPR

## Emergency Response Training Centre

ANBMT members enjoy a 10% discount. <https://www.omnilifesupport.com>



## E-Learning & Continuing Education for Massage & Manual Therapists

Enhance your care, expand your offer,  
and excel in practice with Dexterity PD!

Our 130+ e-courses are self-paced,  
peer-reviewed, affordable, and  
convenient. Dexterity PD is an Approved  
Continuing Education Provider with  
associations across North America.

The ANBMT has partnered with Dexterity  
PD to bring its members an ongoing  
discount of 20% on the entire Dexterity  
PD course library!

\*Terms & Conditions: Purchase on [www.dexteritypd.com](http://www.dexteritypd.com). Must be registered or have a valid account to use. Apply coupon code ANBMT at checkout. Discount code is valid until July 31, 2024. Discount cannot be combined with any other offer.

Note: Exclusive ANBMT discount codes are updated monthly.



**130+  
CEUS**

Use code **ANBMT07**  
to get 20% off your  
purchase!



## noterro

# Your very own app.

Built by Noterro.  
Branded by you.

Chart, book, invoice, insure, and more.  
Everything you need to run your practice.

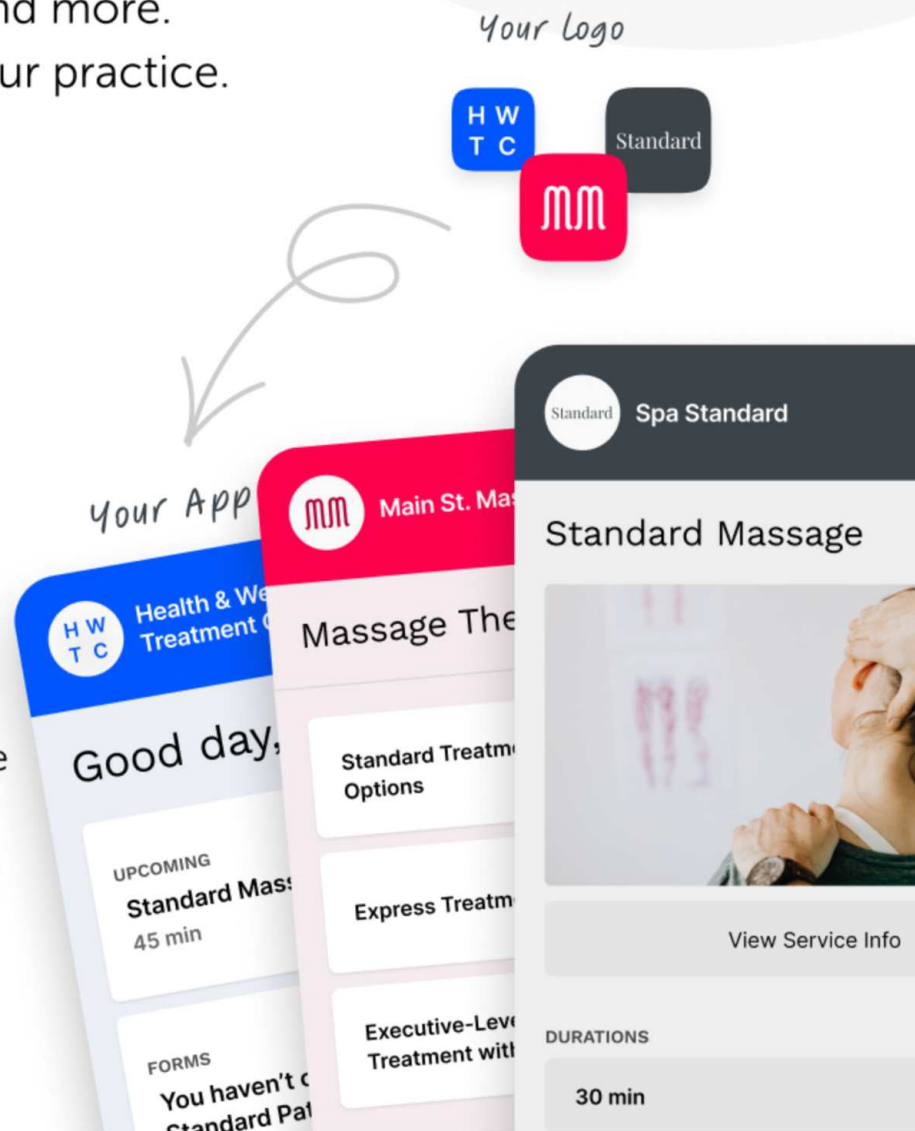
[noterro.com](http://noterro.com)

Starting at ~~\$30/mth~~

# \$20/mth

for members

To claim your discounted rate, please email [support@noterro.com](mailto:support@noterro.com) with an attached photo of your membership.





## Subject: Save 50% On SOAP Note + Booking Software

At the ANBMT, we're committed to bringing you the best options for running your business, so we are proud to introduce our new partner, **ClinicSense**!

ClinicSense is a proud Canadian practice management software that has helped massage therapists stay organized and grow their businesses for over 12 years!

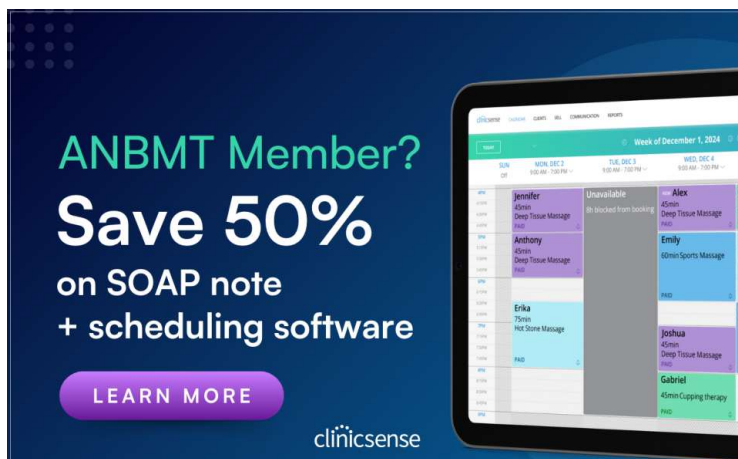
They are currently offering ANBMT members a special offer on their software:

**You'll Save 50% On Your First 6 Months!**

### Why Choose ClinicSense:

ClinicSense is an **all-in-one solution** designed specifically for massage therapists! Here's why you should choose **ClinicSense** to run your practice.

- Your “silent business partner”**  
*ClinicSense does everything: online booking, reminders, charting, marketing, and more.*
- Build your dream schedule**  
*Customize who, and what services can be booked online, block problematic patients.*
- Custom SOAP templates**  
*Customize and create SOAP templates you'll love and have a note for every occasion.*
- Award-winning**  
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**Welcome** to your new Mark's Commercial Digital Client Savings Card program. We are proud to be partnered with your organization. Below you will find the information you need to use your Digital Client Savings Card.

If at any time you have any questions about your program, or how to use your purchasing document, our team is available to help. Our customer service team is available Monday - Friday, 7:00 am - 5:00 pm (MST) via our toll-free phone line 1.855.592.7444 or email [markscommercial.inquiries@marks.com](mailto:markscommercial.inquiries@marks.com).

## HOW TO USE YOUR DIGITAL CLIENT SAVINGS CARD

<b>10% CLIENT SAVINGS CARD</b>	Association New Brunswick Massage Therapists
<b>Present this card at any Mark's location to receive the above discount on all purchased items.</b>	
Card is required to be eligible for discount. Where an item is sale priced, the lower price will apply. This card is not valid for online purchases and is not redeemable for the purchase of gift cards. Not to be combined with any other offer. Purchase must be paid for at point of sale by credit card, debit or cash.	
00302344 <i>Account Number</i>	Acct: 00302344  000004343073
Valid at any Mark's EXPIRES: 30 Aug 2026	

Please present your Digital Client Savings Card on your mobile device at any Mark's retail location. Your digital card must be shown at the point of each purchase. See link below to find a retail location near you

This digital card is re-usable and valid until the expiry date found at the bottom of your digital card. This digital card must be shown for discount to be applied. The discount will be applied to the product(s) listed on the card.

To maintain the optimal performance of your garments and/or footwear, please ensure to follow all wash and care instructions. Please follow the link below to carefully review our return policy

## Member Benefits

We encourage and support members to get actively involved in promoting massage therapy as a profession.

- Affordable and competitive membership fees.
- Bilingual services
- Comprehensive group Health Insurance Plan
- Goodlife Corporate Membership
- Omni Life Support First Aid/CPR & AED (10% Discount for ANBMT Members)
- Perkopolis – great benefits on everyday products and services through Canada's leading employee program!
- Annual general meeting and conference.
- Raise public awareness of the essential role of massage therapy as a health care option in generating support for the tax-exempt status of massage therapy; actively lobby the federal government (RMT/ACT).
- Regular job bank postings.
- ANBMT members enjoy a \$10/month discount through NOTERRO.
- ANBMT members save 50% On SOAP Note + Booking Software through ClinicSense Software.
- ANBMT members receive a 10% discount at any Mark's store.
- Active Facebook community and private members group
- Exclusive discounts on courses sponsored by the ANBMT! The course calendar is published annually in March and offers between 10 and 12 courses.
- Peer Mentorship Program – The ANBMT offers a peer mentoring program to provide support services to therapists who have questions or need guidance in the practice of massage therapy. The goal of the program is to encourage and support personal and professional growth for our members.
- Peer Support Mentorship – The Assault Prevention and Education Committee (APEC) is pleased to offer a peer mentoring resource provided by committee members. This is a free service available to all members. It was developed to assist and provide peer support by providing information and resources, emotional and practical support to victims of sexual assault or harassment. Peer mentors are there to help, support and advocate on behalf of the individual.
- ANBMT e-Newsletters.
- The website advertises members to the public via the *Find A Therapist* option.
- Information on other continuing education courses in the province. Regularly post information on continuing education courses in the province that are not ANBMT-sponsored.
- We offer access to high quality and affordable professional liability insurance at very competitive rates.
- The ANBMT is a member of the Canadian Massage Therapist Association. The CMTA is a national association of provincial professional associations to provide a collaborative forum to advance massage therapy as a health profession in Canada.

Whether you are a current massage therapy student or an established professional, we have a membership option to fit your career. [Click here.](#)





## Student Membership is **FREE!**

### **Stay informed and connected by being part of the largest non-profit community of massage therapists in the province**

-The ANBMT represents the interests of massage therapists across New Brunswick and advocates on their behalf.

-We encourage and support members to become actively involved in promoting massage therapy as a profession.

**For more benefits, [click here.](#)**

**Student Member [Apply here.](#)**

A Student Member is an individual who is:

-registered as a massage therapy student with an educational institution that is recognized by the College of Massage Therapists of New Brunswick (CMTNB) or recognized by another massage therapy regulatory college in Canada and preparing individuals toward registration as a Registered Massage Therapist;

-has paid the specified member fee in accordance with the current fee schedule. (FREE!)

**-\*Provide confirmation of enrolment in massage therapy school (e-mail or letter from instructor).**

## What is the APEC?

### Facts

Sexual assault and harassment are unacceptable and sometimes even illegal.

Only the client (not you) is responsible for their actions.

The purpose of the Assault Prevention and Education Committee (APEC) is to provide information, support, and advocacy to those RMTs affected by sexual violence (of all types) in the workplace.

The APEC offers a **peer mentoring program** that assists and provides peer support by providing information, resources, emotional and practical support to victims of sexual assault or harassment.

**Sexual Violence** is **any** harmful behavior perceived by the victim to be sexual in nature, unwanted and takes place and occurring without the consent or understanding of the victim.

This includes sexual harassment and assault.

## WHEN A CLIENT CROSSES A BOUNDARY

### RED FLAG

When a client commits acts of sexual violence

Examples:

- Touches you in a sexual way.
  - Deliberately exposes himself/herself.
  - Makes a blatant sexual advance.
- \*A red flag is also whenever you feel unsafe.

What can you do?

1. Stop the massage.
2. Instruct client to get dressed and you leave the room.
3. Explain to the client why you stopped the massage.
4. Insist that they leave the premises.
5. Get safe (Lock door, call a colleague).

### YELLOW FLAG

A client crosses a boundary without having bad intentions

Examples:

- Flirt with you.
- Compliment your appearance.
- Discuss details of their intimate life.

What can you do?

1. Break contact.
2. Step back.
3. Address the situation.
4. Define your boundaries (set your limits).
5. After the treatment: Determine if a healthy therapeutic relationship can continue.

### THE GREY ZONE

Some situations require you to make a judgement call.

Ask yourself:

- Is the client knowingly disrespecting me?
- Is the client coming to me for massage therapy, or something else?

If you determine that the client is not seeing you for massage therapy: refer them to someone else.

You may find it useful to talk about it.

Some resource options:

- Contact the ANBMT for peer mentor support at [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca) or 506-452-6972.
- Contact Sexual Violence NB at [www.svnb.ca](http://www.svnb.ca) or 506-454-0437 (regardless of whether if it was assault or harassment).
- Contact the police.
- Talk to a professional counselor.
- Talk to an RMT/colleague you trust.

KNOW YOUR RESOURCES

You are not alone!

75% of New Brunswick RMTs surveyed have been sexually assaulted or harassed by a client.

It's normal to feel shocked, horrified, and helpless

One RMT revealed that after being harassed by a client: "I didn't address it; I was totally stunned and mortified."

WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED OR HARRASSED



## LEGAL HELPLINE WITH HR ASSIST

Your Trisura Guarantee Insurance Company policy includes unlimited access to complimentary legal information and to a unique feature called HR Assist.

HR Assist, available in English and French, provides our specialty insurance policyholders with access to certified human resources (HR) specialists who help with effectively managing any HR issues.

If you have any legal or HR questions that require the assistance of a lawyer, here's how the Trisura Legal Helpline can help you:

- Call the helpline at **1-866-945-5207**.
- Have your policy number ready to confirm that you are a Trisura policyholder.
- They are available 8 a.m. to midnight (local time), seven days per week.
- In emergency situations, a lawyer will be made available regardless of the time of day.
- You can speak directly to a legal representative or schedule the most convenient time for a lawyer to call you back.

Our lawyers are knowledgeable, professional and courteous. We encourage you to call whenever you have a legal concern to help minimize the risk of more complicated future problems.

Here are some examples to better illustrate the importance of obtaining legal and HR assistance in your time of need.

### AN ACCIDENTAL INJURY AT THE WORKPLACE

A non-profit charity that helps build and repair residential homes for low-income families had an unfortunate incident. The homeowner accidentally struck the volunteer's ladder with their car, and the volunteer is now severely injured. The charity wants to know if they face potential liability issues and if they can take any legal action against the homeowner, on behalf of the volunteer.

### A VOLUNTEER'S PURPORTED TORMENT

A non-profit humanitarian organization for youth poverty uses volunteers to supplement their regular employee workforce. Staff members have alleged a particular volunteer keeps harassing the children and teens who visit the organization's communal space. The operations manager does not know what steps can be taken to dismiss the volunteer without exposing the organization to possible charges of slander.

### CATERING BUSINESS MISHAP

A local hotel contracts catering for a business conference to a new firm. On the day of the conference, the caterer does not show, and there is no breakfast nor lunch for the conference. The hotel owner has to step in and order food from an expensive restaurant. The caterer refuses to accept responsibility. The hotel owner wants to know what course of action they can take to not only recoup costs, but also repair the hotel's reputation.

### A BARTENDER'S DEMAND

The owner of a bar and lounge was sent a demand letter by the legal counsel of one of her bartenders. The employee claimed constructive dismissal, alleging that the owner refused to schedule shifts for her and did not give appropriate notice of shift changes. The lounge owner had records of assigning shifts accordingly and giving advance notice, but he does not know how to respond to the demand letter.

## Partnerships



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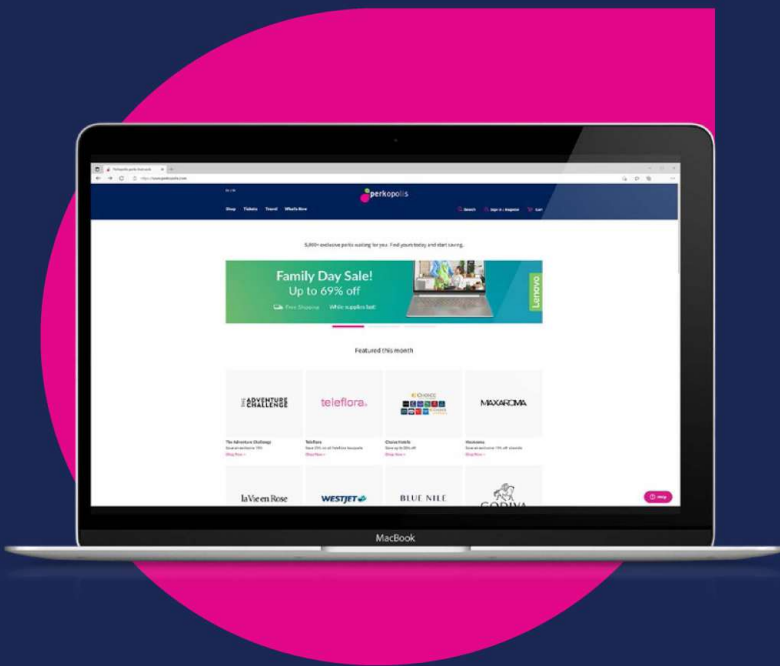
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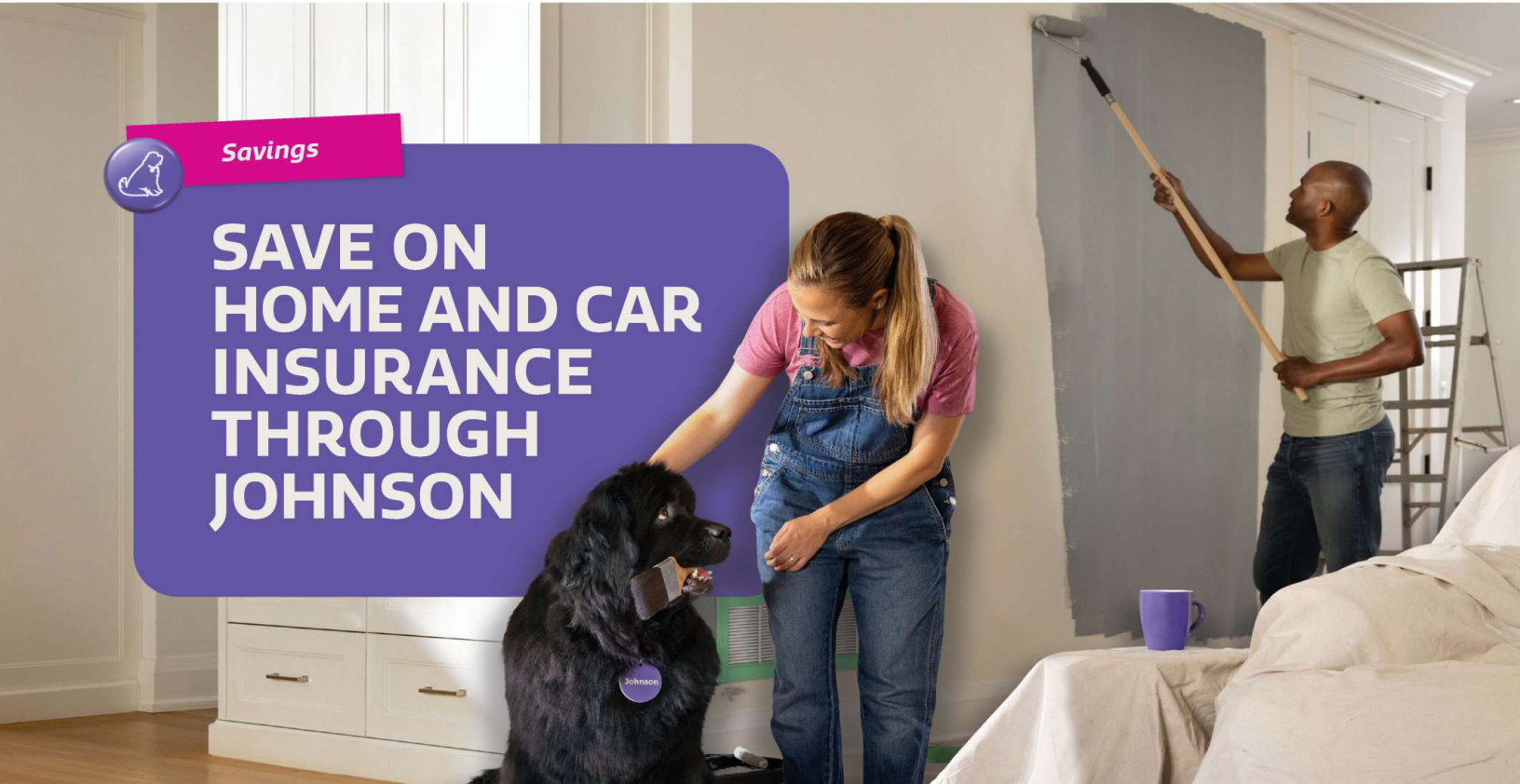
### NEXT, SIGN-UP USING YOUR:

#### MEMBER ID CODE

- To access all perks you must register by entering a personal email address and your member ID code which is 'ANBMT' + your member ID number.  
Example: **ANBMT1234**
- We will send you an email with a time-sensitive link to complete your registration
- You are now a Perkopolis member!  
**ENJOY YOUR PERKS!**

#### SOME OF OUR VALUED PARTNERS





**Savings**

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### Association of New Brunswick Massage Therapists

\$0 Enrollment Fee

30% off all Membership Types

Join at [corporate.goodlifefitness.com](https://corporate.goodlifefitness.com)



#### Corporate Membership Benefits:

- Reduce stress and feel great - physically and mentally
- 200+ clubs in Canada - some with 24-hour access
- Discount extended to two family members once employee/member has joined
- World-renowned Group Fitness classes
- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners
- **Scan below to see what GoodLife offers!**



Valid Until: March 12, 2025

Scan to book a tour and  
one-visit trial pass!



# noterro

Cloud Based Software for managing your Massage Therapy business. Noterro is an online clinic management tool for Massage Therapists, Physiotherapists, Chiropractors, and other health care providers.

ANBMT members enjoy a \$10/month discount! <https://noterro.com>

Discount recipients receive 25% off the base clinic fees, not including practitioner or add-on fees. To claim your discounted rate, please email [support@noterro.com](mailto:support@noterro.com) with an attached copy of your membership card.



## Omni Life Support – First Aid & CPR (10% discount for ANBMT members)

2-days / 14-16 hours (CMTNB Approved – Category A)

1 CEU = 2 hours participation in an activity

We hold public classes almost every day here in our training center, either in the traditional classroom format or the blended format.

There is a blended Workplace Standard First Aid & CPR C with AED (Online: approx. 6-8 Hours | In-Class: 7-7.5 Hours) or a traditional in-class delivery (2-day course / 14-16 hours).

<https://www.omnilifesupport.com/booking-portal>

The discount code “ANBMT” will provide a 10% discount during the booking process. Members can simply add the code in the required field just before the payment information.

For more information on booking private classes (minimum requirement of 8 people), [click here](#).

**Note: The CMTNB does not recognize the 6-hour skills review refresher course. All CMTNB members are expected to complete the 2-day course and provide a Certificate of valid Workplace Standard First Aid CPR Level C & AED.**



## Atlantic Benefits Collaborative

**Not fully covered by a group health plan.  
Worried about health & dental expenses?**

With recent challenges that have faced our group benefit plan and day-to-day medical and dental care costs rising, I thought you'd like to hear about health plans that give you added protection against both routine and unexpected health expenses that fit every budget.

### Your solution: Health Assist plans from Green Shield Canada (GSC).

Health Assist provides a variety of health plan options with varying levels of benefits and coverage to choose from. Many offers guaranteed acceptance; for others, GSC asks that you complete a medical questionnaire.\*

**Each plan is competitively priced. It's all about you, your health, and the financial protection you need.**

#### Health Assist plans are easy to use:

- No waiting period – With all Health Assist plans, your coverage starts the first of the month following approval of your application.
- Benefits for life – Once your application is approved, you have coverage if you need it (as long as your monthly payments are made, of course).
- Hassle-free claiming – Most of your prescription drug, dental, extended health care and vision claims can be processed instantly using your GSC ID card. Other claims can be reimbursed quickly with direct deposit to your bank account. (Kiss waiting for a cheque in the mail goodbye!)
- Mobile info on the GO – GSC's fully mobile-friendly website and GSC on the Go® app and online services make sure you stay connected by giving you quick, easy access to your benefits, claims status, history, health care providers, and much more on your desktop, laptop, tablet, or smart phone.

#### And easy to love:

- Rewards for living well – Change4Life® is a free online portal that's designed to support (and encourage!) healthy life choices by providing tools, resources and health information tailored to your specific needs. You'll earn points for your activity that can be used for chances to win great rewards, including gift cards from major retailers.
- Legal assistance – As a GSC customer, you'll have access to a free legal advice service in Canada 24/7 via toll-free telephone to help guide you through most major types of law.

### Getting the coverage that's right for you can be really simple!

Contact Robert McGuire at 506-652-9121 or [info@atlanticbenefits.ca](mailto:info@atlanticbenefits.ca) or visit the Healthcare Benefits website by clicking [HERE](#).

## CMTA Healthcare Benefits – Perlinger Group Benefits

As a CMTA member, you have a choice to enroll in the CMTA Flexible Member Benefits

Your benefits at-a-glance – Benefits Booklets (please click): [Bronze](#) / [Silver](#) / [Gold](#)

## Your CMTA Member Benefits Program



Canadian Massage Therapist Association  
Association Canadienne de Massothérapeutes

### Eligibility

This flexible benefit plan is specifically designed with each members financial protection and well-being in mind.

All benefits are voluntary for members. If you have elected to participate in the program, you will be required to pay the full, total monthly cost.

### Enrollment

From January 1<sup>st</sup> to February 1<sup>st</sup> each year, there will be an open enrollment for any current members, with a plan effective date of February 1<sup>st</sup>.

New members can join within 31 days of their membership date or at open enrollment.

## As a CMTA member, you have a choice to enroll in the CMTA Flexible Member Benefits

- Modular Flex Plan available that provides choice of coverage at the member level based on each individual members requirements
- Competitive premium costs when compared to other programs across Canada
- Basic Life and Basic Accidental Death & Dismemberment available to you
- Extended Health Care coverage available to you and your eligible family members
- Dental Care coverage available to you and your eligible family members
- Voluntary Critical Illness available to you and your family members
- Other Individual options that are available to you and your family members

### Questions?

We are excited to announce our partnership with Perlinger Group Benefits (PGB). PGB's main responsibility is the full administration of the program and are your dedicated representatives for any and all things related to the benefit plan.

Terri-Lynn Gresty, Advisor  
☎ 306.500.1809

✉ [tlgresty@perlingergroup.com](mailto:tlgresty@perlingergroup.com)

Brianne Cordick, Administrator & Service  
☎ 587.880.6238

✉ [brianne@perlingergroup.com](mailto:brianne@perlingergroup.com)

Joe Perlinger, Advisor  
☎ 403.560.2355

✉ [joe@perlingergroup.com](mailto:joe@perlingergroup.com)



# Member FAQ's

## **Do I have to be a registered member with the CMTA to access the program?**

Yes, you have to be a registered member with the Canadian Massage Therapy Association through one of the provincial associations.

## **How do I sign up for a CMTA membership?**

Please reach out to your provincial association. If you do not know who to contact, please let us know and we will be happy to assist.

## **What provinces are Pharmacare?**

British Columbia, Saskatchewan & Manitoba only.

## **Is there tax added to the premiums?**

The only provinces with tax added onto the premiums are Ontario (8%) and Manitoba (7%).

## **What is a Couple and what is a Family, shown under the total monthly premiums?**

A Couple would be yourself (as the member) and 1 dependent (spouse or child). A Family would be yourself (as the member) and 2 or more dependents (spouse & children).

## **How are the monthly premiums paid?**

Via pre-authorized withdrawal. Banking details will be entered on enrollment. Bills are produced on the last day of the month for the following month, and premiums are withdrawn on the 10<sup>th</sup> of each month.

## **Is there a yearly deductible for the Health or Dental plan?**

No, there is no deductible for any of the plan selections.

## **Is there a waiting period?**

No, full benefits are available to you and your dependents upon your plan effective date.



## Association of New Brunswick Massage Therapists

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[www.anbmt.ca](http://www.anbmt.ca)