

ARE YOU A CAREGIVER? OVER 55 YEARS OLD?

JOIN US FOR THE LIVING LIFE TO THE FULL COURSE!

AN OPPORTUNITY FOR SELF-CARE


Living Life to the Full is an 8-week course that provides skills and knowledge to help you cope with life's challenges. Join a group of 10 to 15 caregivers and use the principles of cognitive behaviour therapy (CBT) to learn more about mental well-being and how to make small changes to feel happier, less stressed and more in control.

Free registration. Snacks and refreshments included.

 **DATE AND TIME** Orientation: Wednesday, April 25th, 10:00 to 11:30 am

8 weeks Course: Every Mondays from April 30th 2018 to June 25th 2018 - 10:00 to 11:30 am (no class on Victoria Day May 21st 2018)

 **LOCATION** 295 The West Mall, suite 204, Etobicoke

 **TO REGISTER** Call 647-294-6906 – or at mycommunityhub.ca

Visit www.ontario.cmha.ca/caregivers-toronto for more information.
See you soon for 12 hours that can change your life!



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