

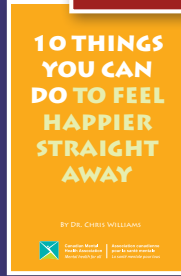
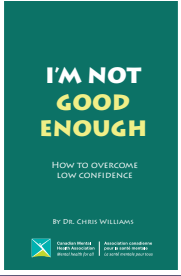
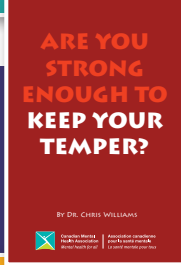
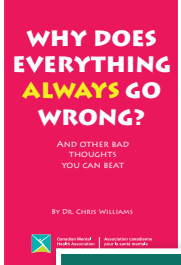
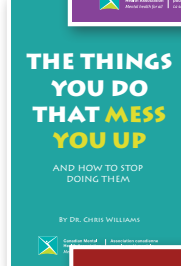
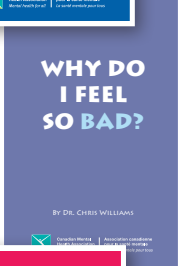
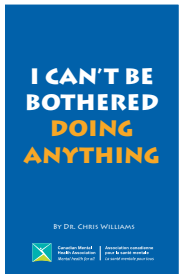
ARE YOU IN NEED OF MENTAL HEALTH SUPPORT DURING AND POST-COVID-19?

JOIN US FOR THE LIVING LIFE TO THE FULL COURSE

AN OPPORTUNITY FOR SELF-CARE

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

This course is for older adults 55+, seniors 65+, caregivers and people in need of mental health support during and post-COVID-19.



DATE AND TIME



LOCATION



TO REGISTER

Visit ontario.cmha.ca/living-life-to-the-full for more information.
See you soon for 12 hours that can change your life!



Canadian Mental Health Association
Ontario

Association canadienne pour la santé mentale
Ontario

The *Living Life To The Full* during and post-COVID-19 project is supported by the Government of Canada's Emergency Community Support Fund and Durham Community Foundation.

The Canadian Mental Health Association, British Columbia holds the exclusive Canadian licence to Living Life to the Full.