

LIVING LIFE TO THE FULL

helping you to help yourself

Want to Live your Life to the Full? Want to feel more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full offers enjoyable and interactive sessions that will help you understand your feelings, thoughts and behaviours, and what to do about them! In 8 fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by trained CMHA facilitators and includes a booklet, handouts, exercises and discussions.

Want to learn more before you join? An orientation session will be held Thursday October 17, 6:00pm at Four Corners. All are welcome!

About this course:

- Connect with others in a friendly group setting
- Learn skills to help tackle life's problems
- Developed by Dr. Chris Williams, a leader in CBT (Cognitive Behavioural Therapy)
- 8 weeks, 90 minute sessions = 12 hours that will change your life!

This course runs each **Thursday** from **6:00-7:30pm**, beginning **October 24** until **December 12**. Group members must be available and committed to attend each week. This course is suitable for adults aged 18 and over.

Location:

Four Corners Health Centre
Westwood Square
7205 Goreway Dr, Malton, ON

Space is limited - ask your health care provider for a referral or contact Central Intake.

Tel: (905) 451-2123 Email: intake@cmhapeel.ca Fax: (905) 456-7492

Living Life to the Full is a skills-enhancing course which is based on cognitive behavioural therapy principles. It is not a therapy group and is not a replacement for clinical mental health assessment or treatment. The Canadian Mental Health Association, BC Division holds the exclusive Canadian license to Living Life to the Full.

www.livinglifetothefull.ca



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Four Corners
Health Centre

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