

# ARE YOU A CAREGIVER? OVER 55?

Join us on May 24<sup>th</sup> for the Living Life to the Full Course!!



This is an opportunity for you to care for yourself! Living Life to the Full is an 8-week course that provides skills and knowledge to cope with life's challenges. A group of 10 to 15 caregivers will use the principles of cognitive behaviour therapy (CBT) to learn more about mental wellbeing and how to make small changes to feel happier, less stressed and more in control.

**Eligibility:** Over the age of 55 and caring for another person in your life (family member, friend, or neighbour)

**Orientation Date/Time:** May 17, 2:00-3:30pm

**Course Date/Time:** May 24 to July 12, Every Wednesday, 2:00-3:30pm

**Location:** SPLC, 3333 Finch Avenue E, Scarborough

**To register:** Space is limited! To register, or to inquire about the course, please Elsa Uy, 416-493-3333 ext.305, or [elsa@splc.ca](mailto:elsa@splc.ca)

**For more info** on Living Life to the Full, please visit:

[www.livinglifetothefull.ca/caregivers-toronto](http://www.livinglifetothefull.ca/caregivers-toronto)



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