

ARE YOU IN NEED OF MENTAL HEALTH SUPPORT?

## JOIN US FOR THE LIVING LIFE TO THE FULL COURSE

AN OPPORTUNITY FOR SELF-CARE

Living Life to the Full is an eight-week course that provides skills and knowledge to help you cope with life's challenges. Join a group of 10-15 caregivers 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.

Free registration. Online course.



DATE AND TIME	
<b>O</b> LOCATION	
10 REGISTER	

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



Association canadienne pour la santé mentale