

COPING WITH CAREGIVING


A CANADIAN MENTAL HEALTH ASSOCIATION INITIATIVE

The Living Life to the Full course is helping caregivers 55+ to feel happier and less stressed — keep reading to learn more!

WHO IS PARTICIPATING IN LIVING LIFE TO THE FULL?

Our course is offered to caregivers.

55+
Years old


Living in Toronto or the GTA



A caregiver is a person who provides support for a friend or family member in need.

FOR EXAMPLE:



A mother supporting her daughter with a developmental disability



A husband who cares for his wife with dementia



A woman who supports for her best friend with severe depression

WHY DO CAREGIVERS NEED SUPPORT?

Caregivers 55+ are at risk of experiencing poor mental well-being.

Many caregivers experience stress, depression and anxiety. These feelings can result from:



Feeling overwhelmed by competing demands



Coping with personal health challenges



Feeling socially isolated and disconnected from friends or family



Limited support and training available for care-related responsibilities

HOW CAN LIVING LIFE TO THE FULL HELP?

Living Life to the Full promotes positive mental well-being in caregivers.

Participants in the Living Life to the Full course have experienced significant improvements in mood and anxiety levels. These improvements are the result of:



Learning new skills for coping with stress



Feeling a greater sense of social support in the community



Socializing and learning from others who share similar challenges



Understanding how to make small changes that have a large life impact

WHAT IS THE LIVING LIFE TO THE FULL COURSE?

Living Life to the Full is a group-based course that provides skills and knowledge to cope with life's challenges.



8 weeks



12 hours



A fun and interactive course



Based on cognitive behavioural therapy (CBT)



Delivered to small groups in community settings

OUR COMMUNITY PARTNERS

Living Life to the Full is being delivered in community settings in partnership with the following organizations:



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Canadian Mental Health Association
Toronto

Toronto Community Housing



Healthy people, thriving communities
Des gens en santé, des communautés florissantes

THE ENRICHES COLLABORATIVE

Living Life to the Full for Caregivers 55+ is part of the ENRICHES collective impact project.

Five organizations are working together to reduce social isolation in caregivers 55+ living in the city of Toronto. ENRICHES is funded by the Government of Canada's New Horizons for Seniors Program.



Canadian Mental Health Association
Ontario
Mental health for all

Association canadienne pour la santé mentale
Ontario
La santé mentale pour tous



Opportunity made here.



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING



North York
Community
House

Alzheimer Society
TORONTO

REGISTER NOW!

Caregivers aged 55+ living in Toronto can sign up for a free Living Life to the Full course.



FIND A COURSE

www.ontario.cmha.ca/caregivers-toronto



ASK A QUESTION

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