

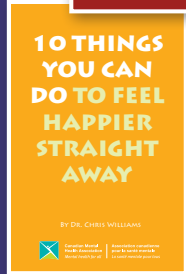
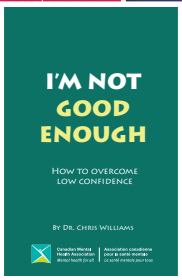
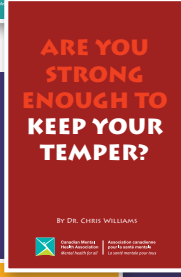
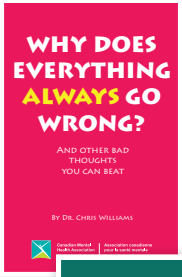
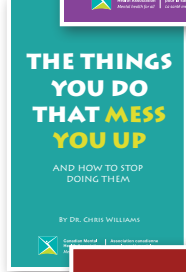
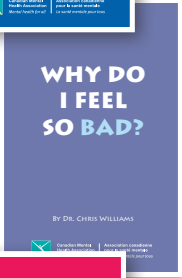
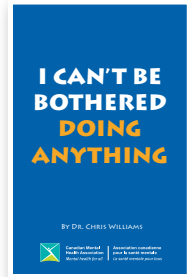
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JOIN US FOR THE LIVING LIFE TO THE FULL COURSE

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.



DATE AND TIME

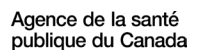


LOCATION



TO REGISTER

Visit ontario.cmha.ca/mental-health-matters for more information.
See you soon for 12 hours that can change your life!



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