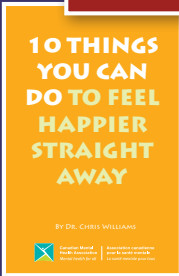
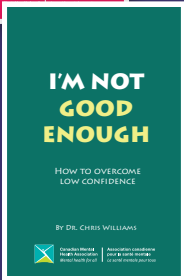
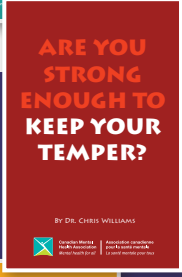
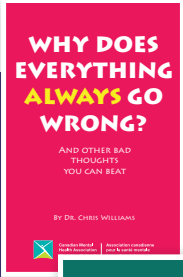
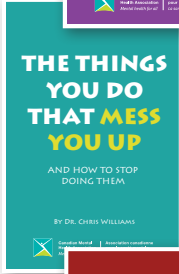
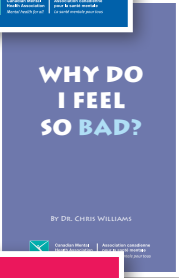
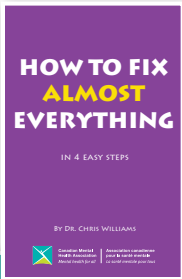
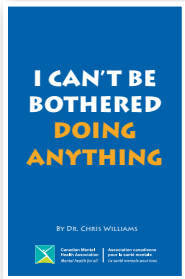


ARE YOU AN ADULT ON THE AUTISM SPECTRUM?

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 other adults on the autistic spectrum 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.



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!



Association canadienne pour la santé mentale Ontario



Public Health Agency of Canada

Agence de la santé publique du Canada