

LIVING LIFE TO THE FULL

helping you to help yourself

Want to Live your Life to the Full? Want to feel more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full offers you enjoyable and interactive sessions that will help you understand your feelings, thoughts and behaviours, and what to do about them! In 8 fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by trained facilitators and includes a booklet, handouts, exercises and discussions.

This course will cover:

- Understanding why we feel as we do
- Practical problem solving skills
- Helpful and unhelpful behaviours
- Noticing and changing unhelpful thoughts
- Healthy living, sleep, food, diet and exercise
- Staying well

This course runs each **Wednesday** from **5:30-7:00pm** beginning **April 24** until **June 12**. Group members must be available and committed to attend each week. This course is suitable for adults aged 18 and over.

Location: Central Brampton Family Health Team office
60 Gillingham Dr, Brampton, 2nd floor

Registration is required, and space is limited.
Ask your counsellor for a referral, or contact Central Intake:

Tel: (905) 451-2123

Email: intake@cmhapeel.ca

Fax: (905) 456-7492

Living Life to the Full is a skills-enhancing course which is based on cognitive behavioural therapy principles. It is not a therapy group and is not a replacement for clinical mental health assessment and treatment. The Canadian Mental Health Association, BC Division holds the exclusive Canadian license to Living Life to the Full. www.livinglifetothefull.ca



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Central Brampton

Family Health Team