

ARE YOU A CAREGIVER? OVER 55 YEARS OLD?

JOIN US FOR THE LIVING LIFE TO THE FULL COURSE!

AN OPPORTUNITY FOR SELF-CARE

Living Life to the Full is an 8-week course that provides skills and knowledge to help you cope with life's challenges. Join a group of 10 to 15 caregivers and use the principles of cognitive behaviour 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. Snacks and refreshments included.



DATE AND TIME

Thursdays October 26 to December 14, 2017

1:30 to 3:00 pm



LOCATION

Lyndhurst Centre, Toronto Rehab, Room B10



TO REGISTER

Email: TorontoRehabHealthInfo@uhn.ca
Phone: 416-597-3422 ext 3558

Visit www.ontario.cmha.ca/caregivers-toronto for more information.
See you soon for 12 hours that can change your life!



This program is funded in part by the Government of Canada's New Horizons for Seniors Program.