

LIVING LIFE TO THE FULL



Canadian Mental Health Association
Vancouver-Burnaby
Mental health for all

Is your mood lower than you would like it to be and are you having trouble setting and meeting your goals? This course can help you reach your full potential and transform your outlook on life. Designed by internationally renowned UK mental health expert, Dr. Chris Williams, the Living Life to the Full course is a fun and engaging 12-hour life skills workshop. Based on cognitive-behavioural therapy (CBT) principles, the course provides people from all walks of life with effective tools to maximize their ability to manage life's challenges.

When:

July 3rd to August 21st, Thursday evenings, 6:30 to 8:00 pm

Where:

110 - 2425 Quebec St, Vancouver BC (CMHA Vancouver-Burnaby Office)

Cost:

\$185/participant (plus gst), including all course booklets & worksheets.

A limited number of bursaries are available for individuals with a lower income at the reduced rate of \$100/person (plus gst)

Benefits to Participants:

93% of participants said the course enhanced their coping skills.

"I feel like I have much more control over my life, and have tools to become much more active in taking charge of a situation and even my own thoughts. This has been very empowering."

– Jaime Burford, LLTTF participant

Call: 604-872-4902 ext 233 or visit www.vb.cmha.bc.ca for more info