

WHAT TO EXPECT

An eight-week course
based on cognitive
behavioural principles for
people who
want to maximize their
ability to deal with life's
challenges. Trained
facilitators use small group
activities and discussions
to improve feelings,
moods, and behaviours.

PRESENTED BY



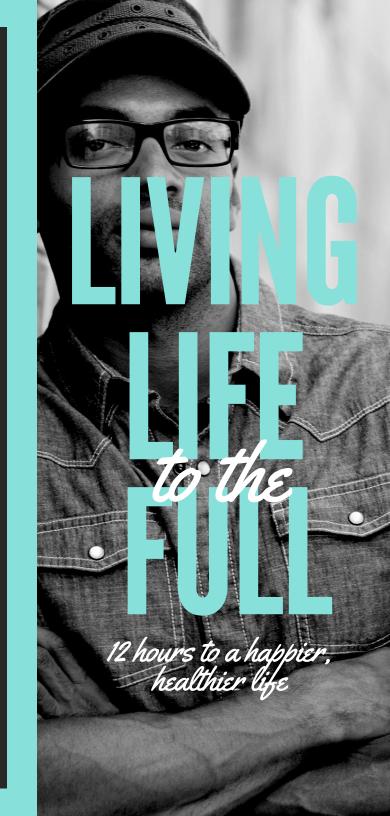
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FIND OUT MORE

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ISSUES WE TACKLE TOGETHER

Why do I feel so bad?

I can't be bothers doing anything.

Why does everything always go wrong?

Are you strong enough to keep your temper?

How to fix almost everything.

The things you do that mess you up.

10 things you can do to feel happier straight away.

I'm not good enough.

ELIGIBILITY

People from all walks of life can benefit from Living Life to the Full.

People may participate for different reasons. The course is offered to anyone aged 19 and older.

