



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



Canadian Mental
Health Association
Prince Edward Island


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FIND OUT MORE

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LIVING
LIFE
to the
FULL

*12 hours to a happier,
healthier life*



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.

ISSUES WE TACKLE TOGETHER

Why do I feel so bad?

I can't be bothered 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.

