

# ARE YOU A CAREGIVER? OVER 55?

Join us on March 9<sup>th</sup> for a FREE new program!



SPRINT Senior Care, Anne Johnston Health Station, and CMHA are excited to offer the Living Life to the Full course! Living Life to the Full is an 8-week course delivered in groups of 10 to 15 people. The course, also known as “12 Hours That Can Change Your Life”, teaches new skills for coping with life’s challenges. Through the sessions, you will 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.

**Eligibility:** Over the age of 55 and caring for another person in your life (family member, friend, or neighbour)

**Time:** March 9 to April 27, 2017, Every Thursday, 1:30 – 3:00pm

**Location:** SPRINT Senior Care, Active Living Centre, 1 William Morgan Drive, Toronto, M4H 1N6

**To register:** Space is limited! To register, or to inquire about the course, please contact Lisa Brousseau, 416-481-0669 ext. 227, or [lisa.brousseau@sprintseniorcare.org](mailto:lisa.brousseau@sprintseniorcare.org)

**For more info** on Living Life to the Full, please visit: [www.livinglifetothefull.ca/caregivers-toronto](http://www.livinglifetothefull.ca/caregivers-toronto)



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