



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous



years of
community
ans dans la
communauté

CMHA Thompson's Mental Health Week

May 7th-11th 2018

LIVING LIFE TO THE FULL:

* LUNCH & LEARN *

An introductory workshop to
The Living Life to the Full program.
**What is Living Life to the Full? A life
skills course based on cognitive
behavioral principles. It equips people with
inspiration and tools to get the most out of life!**
- In all: 8 week course, 1.5 hour sessions/week

Date: Thursday May 10th, 2018

Time: 12:00 to 1:00 PM

**Location: United Steelworkers
(19 Elizabeth Dr.)**

LUNCH PROVIDED

Cost: FREE

Please contact Rhonda Heskin at CMHA
Thompson to register:

REGISTER BY MAY 8th 2018

**Phone: (204) 677-6056 or by e-mail:
selfhelp@cmhathompson.ca**

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