




LIVING LIFE TO THE FULL

for youth

YOUR MENTAL HEALTH MATTERS

**8 fun,
friendly
sessions**



In eight enjoyable 90-minute sessions — one per week — this program helps people make a difference to their lives. Participants are taught how to deal with their feelings when fed up, worried or hopeless, and learn skills to help them tackle life's problems.

1 *Why do I feel so bad?*

Want to know what makes you tick? This session helps you understand how your responses to outside events can affect your thoughts and feelings.

2 *I can't be bothered doing anything*

We've all said this to ourselves when feeling down. This session helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

The Canadian Mental Health Association, BC Division holds the exclusive Canadian license to Living Life to the Full.



Canadian Mental
Health Association
British Columbia
Mental health for all

Association canadienne
pour la santé mentale
Colombie-Britannique
La santé mentale pour tous

3 Why does everything always go wrong?

If that sounds familiar, this session will teach you how to stop it from taking control of your life. You'll be introduced to the Amazing Bad-Thought-Busting Program and learn how to swap bad thoughts for good ones.

4 I'm not good enough

How come other people seem so confident? Learn their secrets and get to like yourself again, with practical suggestions about how to build your self esteem.

5 How to fix almost everything

This session introduces the 4C Strategy—a straightforward way to fix your problems and achieve your goals that has worked for thousands of people. Do you know how to reach the top of a climbing wall? This session will show you how.

6 The things you do that mess you up

When you're feeling low you can start to lean on things to get you through a bad time. This session helps you get back in control of excessive spending, gaming, binge-watching... anything.

7 1, 2, 3 Breathe!

This session teaches you the 1, 2, 3 *Breathe!* system—everything you need to control your temper and improve your happiness and relationships. No jargon, no theory, just practical help.

8 10 things you can do to feel happier straight away

The last session sums everything up and then shows you how to be happier, fitter and able to see the positive side of life every day.



8 weeks



12 hours total



Group-based



Virtual or in-person



Cognitive behavioural therapy (CBT)

Contact us today at living.life@cmha.bc.ca or visit our website: livinglifetothefull.ca



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