HELP SUPPORT WELLNESS FOR SENIORS

Free Partnership and Training Opportunity

Want to help older adults build skills and connections to improve their mental health? Living Life to the Full is an 8-session course based on cognitive-behavioural therapy (CBT) principles that supports people to learn skills for maintaining wellness, and managing low mood, stress and anxiety. **Over 83% of participants say the course helped them understand low mood and stress, and do simple things to feel happier and healthier.**

What's included

- Living Life to the Full facilitator training in February/March 2026
- Participant materials for one course
- A license to provide the course to your community for one year

Successful applicants must host a Living Life to the Full course in their community by December 31, 2026.

Who can apply

- Senior living and community service organizations in British Columbia serving clients aged 65+*

How to apply

- Complete the application form by January 23, 2026

For more information, please contact living.life@cmha.bc.ca

APPLY NOW

LivingLifeToTheFull.ca

* Existing Living Life to the Full partners are not eligible

British Columbia
Supported by the Province of British Columbia

Canadian Mental Health Association
British Columbia
Mental health for all