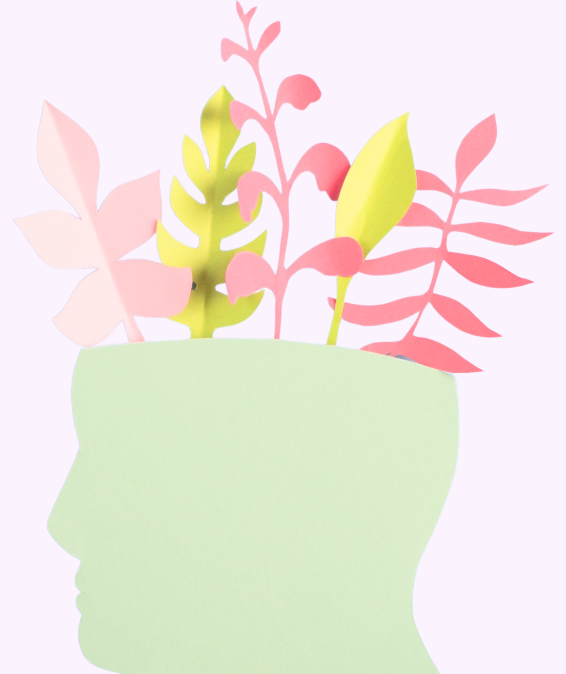


Living Life to the Full

A fun and interactive course that will help you understand your feelings, thoughts, and behaviours, and what to do about them!

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



In this 8-week course, learn how to deal with everyday life challenges and self-management skills

Time & Dates:

Weekly on Thursdays
12:30pm – 2:00pm
September 25 – November 13

Eligibility

Eligible participants are:

- Permanent Residents, Work Permit Holders, Study Permit Holders, Refugee Claimants, Asylum Seekers, and Naturalized Citizens
- Self-Identified Adult Women

Location:

Online. Zoom link will be provided.

To register or for more information, please contact:

Haley Smith (she/her)
hsmith@icavictoria.org
250-388-4728 ext. 2147



**Canadian Mental
Health Association**
British Columbia
Mental health for all

Funded by / Financé par:



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