

## Frequently Asked Questions

### Who can attend Living Life to the Full?

The course is for anyone dealing with stress, worry, low mood or just needing help dealing with life's challenges. There are versions delivered to adults, older adults, and youth.

### What will I learn in Living Life to the Full?

Living Life to the Full teaches practical self-management skills using cognitive-behavioural therapy (CBT) principles. During the course, attendees cover topics such as self-confidence, problem-solving, motivation, dealing with unhelpful thoughts and managing anger.

### Does it work?

Outcome research shows that guided self-help is more effective than self-help done on one's own. Group work also helps with feelings of loneliness that are often present in challenging times.

### Where can I find a course?

Our website is updated with the latest courses available. If you cannot find one in your region, you can get started with the Living Life To The Full booklets that you can purchase online.

### What if I suspect my mental health symptoms are more serious?

The course is an educational resource, not a clinical intervention. It is not recommended for people who have been diagnosed with severe depression, anxiety or post-traumatic stress disorder. If Living Life to the Full is not suitable, visit your local CMHA branch for more support.

### How much does it cost to attend?

Prices vary depending on location. The course can cost up to \$250 (booklets included) but is free in some locations.

## About the Canadian Mental Health Association

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada.

Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

For more information, visit [cmha.ca](http://cmha.ca).

Contact us at [living.life@cmha.bc.ca](mailto:living.life@cmha.bc.ca)



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



2019

# LIVING LIFE TO THE FULL

helping you to help yourself



Learn resilience skills in a group setting

[www.livinglifetothefull.ca](http://www.livinglifetothefull.ca)

LLTF\_Brochure\_EN\_T1x8.5\_2019\_06\_20



# 12 Hours that Can Change Your Life

## Developed by an expert

The sessions are developed by Dr. Chris Williams—a medical doctor and psychiatrist who also has a degree in psychology. He is a widely recognized teacher and researcher in the area of cognitive-behavioural therapy self-help.



## The approach

The model the course is based on looks at the interactions between what we think, feel and do. Just as an event, thought, feeling, behaviour or physical symptom can start a chain reaction that gets us down, learning ways to reverse the process has been proven to help improve well-being.

“ This program was exactly what I needed at a time when I was feeling anger, frustration, sadness and very much overwhelmed with life. It has provided me with the tools I need to overcome these obstacles. ”

“ The course has reminded me that I have the power to change my state and engage in my life in a way that is fulfilling and authentic. Thank you. ”

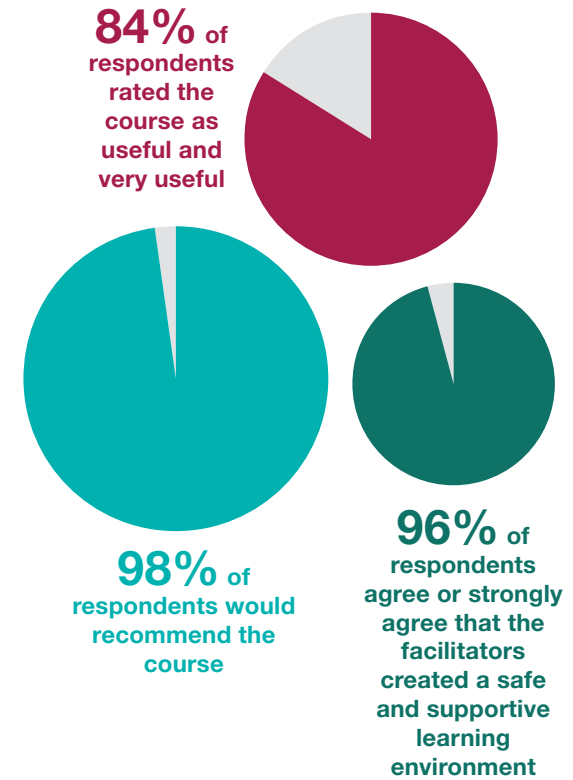
# Eight Fun, Friendly Sessions

In eight, enjoyable 90-minute sessions—one per week—this program teaches people how to make helpful changes in their lives. Each session is expertly moderated and includes a booklet. 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.



# Case Study: Courses for Caregivers

Between 2015 and 2018, 80 Living Life to the Full courses were offered in Ontario to 60 caregivers aged 55+ with the support of local community partners. The course became a gateway for caregivers to address their feelings of stress, guilt, sadness and isolation. Significant improvements in overall well-being, social connectedness, depression and anxiety symptoms were maintained even 9 months later.



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