

Free  
mental health  
workshop  
Adults 18+

**LIVING LIFE  
TO THE FULL**  
resilience & connection in uncertainty

## Join a Living Life to the Full course

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

**Date and Time:**

**Cost:**

**Location:**

**To sign-up, contact:**

**Visit our website to find out more!**

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Canadian Mental  
Health Association  
*Mental health for all*