



Living Life to the Full

A free Monday evening life-skills course

Why: A life skills course on how to tackle and respond to issues or demands that we meet in everyday life. Useful for when we feel under pressure, stressed or distressed, we will explore:

- **Understanding why we feel as we do**
- **Practical problem solving skills**
- **Anxiety control training**
- **Overcoming reduced activity**
- **Noticing and changing unhelpful thoughts and behaviours**
- **Healthy living for staying well**

Where: Philanthropy Room
3rd floor of the
Wellness Centre,
1270 chemin Sainte-Foy

When: Mondays from 6:30 to 9 pm

February 3
February 10
February 17
February 24

How: Register to participate in this
four-week course by calling
418-684-5333, ext. 1265
before January 27, 2020

Refreshments and free parking offered



Association canadienne
pour la santé mentale
Filiale de Québec