



ISLAND COMMUNITY MENTAL HEALTH

125 Skinner St. Victoria, BC.V9A6X4

AGING WELL

Cognitive Behavioural Therapy for people 55+



This ten week program is for people aged 55 and up who would like to achieve a more balanced outlook on life, with an emphasis on the positive aspects of aging.

Some of the tools we will practice are: mindfulness, assertiveness and goal setting.

Healthy Snacks will be served

Mondays
March 7-May 16, 2016
12:15-2:15pm.
Room #211-125 Skinner St.

To Register Contact Darlene Arseneault:
Phone: 250—884-9762