

WANT TO KNOW HOW TO FEEL BETTER?

Living Life to the Full

Series 1: Ages 13 – 15

Where: Burnaby Lake: ALC Classroom

When: May 11 – July 6th, 2014

Time: 10:00AM – 11:30PM

Series Capacity: 13*

Series 2: Ages 16 – 18

Where: Burnaby Lake: ALC Classroom

When: May 11 – July 6th, 2014

Time: 12:00PM – 1:30PM

Series Capacity: 13*

Series 3: Ages 19+

Where: Burnaby Lake: ALC Classroom

When: May 11 – July 6th, 2014

Time: 10:00AM – 11:30PM

Series Capacity: 20*

Series 4: Ages 19+

Where: Burnaby Lake: ALC Classroom

When: May 11 – July 6th, 2014

Time: 12:00PM – 1:30PM

Series Capacity: 20*

*Minimum of 10 participants required

For more Information or to register:

Email livinglife@ijkc.com or call 604-

438-4010 Local 826

Cost: Nominal for Course Material

Living Life to the Full Information session

Where: Ismaili Centre, Burnaby, Social Hall

When: May 2nd, 2014

Time: 8:30PM to 10:00PM

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY,
GAIN CONFIDENCE, GET OUT MORE, ENJOY BETTER
RELATIONSHIPS, HELP OTHERS —
LEARN ALL THAT IN **EIGHT**, ENJOYABLE 90-MINUTE
SESSION

Each session is moderated by trained facilitator(s), includes a booklet and a variety of activities for reflection and action.

Participants are taught how to deal with their feelings when fed up, worried, or hopeless. Learn skills that help them tackle life's problems.

This is what one participant had to say.....

"Opened me up to the possibilities that exist if I make up my mind and pursue what I want without letting small obstacles stop me. It teaches you to look at things differently and appreciate them more. I can be the change I want to initiate. I feel more confident about saying no when I need to.

In collaboration with the Canadian Mental Health Association, we are piloting the first Living Life to the Full Session for Youth ages 13-15 and 16-18.

