



ABOUT CMHA NS:

The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians.

As the leader and champion for mental health, in Nova Scotia, CMHA NS Division promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness and mental health challenges.

With our branches in Halifax-Dartmouth, Colchester East-Hants and Southwest Nova, CMHA delivers safe, inclusive evidence-based programs, training and navigation support that helps all Nova Scotians be well and stay well.

Donations and grant funding allows us to offer our programs for free and our training workshops at a low cost.



Canadian Mental Health Association
Nova Scotia
Mental health for all

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LIVING LIFE TO THE FULL

helping you to help yourself



Canadian Mental Health Association
Nova Scotia
Mental health for all



8 weeks



12 hours total



Group-based



Virtual or in-Person



Cognitive behavioural therapy (CBT)



YOUR MENTAL HEALTH MATTERS

8 INTERACTIVE & EDUCATIONAL SESSIONS



In eight enjoyable 90-minute sessions—one per week—this program helps people make a difference to their lives.

Participants are taught how to deal with their feelings when fed up or worried, and learn skills to help them tackle problems and navigate life transitions and difficulties.

1. Why do I feel so bad?

Want to know what makes you tick? This session helps you understand how your responses to outside events can affect your thoughts and feelings. You will learn how the vicious cycle works.

2. I can't be bothered doing anything.

We've all said this to ourselves when feeling down. This session helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

3. Looking at things differently.

This session will teach you how to stop unhelpful thinking from taking control of your life. You'll be introduced to the Amazing Unhelpful-Thought-Busting Program and learn how to swap bad thoughts for good ones.

4. I'm not good enough.

How come other people seem so confident? Learn their secrets and get to like yourself again, with practical suggestions about how to build your self esteem.

5. How to fix almost everything.

This session introduces the Easy 4-Step Plan — a straightforward way to fix your problems and achieve your goals that has worked for thousands of people. Do you know how to eat an elephant or a huge pumpkin? This session will show you how.

6. The things you do that help and the things you do that don't.

When you're feeling low you can start to lean on things to get you through a bad time. This session helps you get back in control of excessive spending, drinking, binge-watching... anything.

7. 1. 2. 3 Breathe!

This session teaches you the 1, 2, 3 Breathe! system—everything you need to control your temper and improve your happiness and relationships. You will also learn how to become more assertive.

8. 10 things you can do to feel happier straight away

The last session sums everything up and then shows you how to be happier, fitter and able to see the positive side of life every day.