



FOR IMMEDIATE RELEASE
November 16th, 2015

MEDIA RELEASE

Living Life to the Full for Seniors

Victoria, BC. Silver Threads Service is pleased to announce a partnership with the Canadian Mental Health Association, BC Division to deliver The Living life to the Full program to seniors. It is 12 hours that can change the lives of seniors, they will be taught strategies to deal with feelings when they are fed up, worried or feeling hopeless.

Often the holidays can be a time when feelings of loneliness and loss surface for seniors and they understandably feel blue, there are ways to improve these feelings and find some new techniques to manage. This insightful approach teaches that all the things we experience, think, feel, and do are interconnected. Using Cognitive Behavioural Principles participants will learn how to reverse negative habits and develop new process to rebuild happiness.

The four week program will begin Thursday, November 26th from 1:30 to 3:30pm. Topics covered include:

November 26th: Why do I feel so bad/I can't be bothered doing anything

December 3rd: Why does everything always go wrong/I'm not good enough

December 10th: How to fix almost everything/The things you do that mess you up

December 17th: Are you strong enough to keep your temper/10 things to do to feel happier straight away

Our Mission - Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

Cost for the program is \$25 and to register please contact Silver Threads Service 250 388-4268 or visit 2340 Richmond Road. Our website at <http://silverthreads.ca/>

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stay active • stay healthy • stay connected

www.silverthreads.ca

Charitable registration no. 107981037RR0001

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