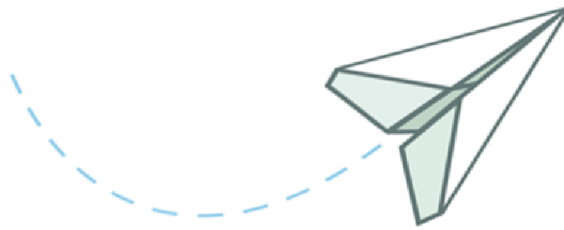


您是**55歲**或以上的關顧者嗎？

## 來參加我們的 “完滿生活” 課程！

本課程為期八周，採取互動形式教授，提供關顧者技能和知識，以應付人生挑戰。通過參加本課程，關顧者將有機會學習認知行為治療法(CBT)的原理，從而可以更能掌控自己的生活，更快樂及更能與人社交聯繫。



**要求條件：**五十五歲或以上的關顧者 (您需要照顧家人、朋友或鄰居)

**授課語言：**粵語

**課程材料使用語言：**繁體中文，簡體中文，英語

**課程時間：**星期三下午 2:30 至 4:00, 5月9日至6月27日

**授課地址：**耆暉一站式綜合社區服務中心, 二樓, #249 室  
300 Silver Star Blvd., Scarborough, M1V 0G2

**登記方法：**請聯絡 Amanda 李姑娘

電話: 416-847-2766 或 電郵: [Amanda.Lee@carefirstfht.com](mailto:Amanda.Lee@carefirstfht.com)



**恆康中心 Wellness Centre**  
Mount Sinai Hospital  
Sinai Health System



**Yee Hong Centre  
For Geriatric Care**  
頤康中心

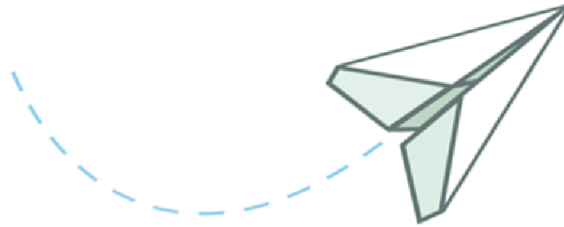


本課程受加拿大政府屬下老年人新視野項目資助，是“參與減少居家關顧者孤立與老年人生活質量提升協作項目”的一部分 (ENRICHES Collaborative)

Are You a Caregiver Aged 55 or Over?

# Join us for the Living Life to the Full Course!

Living Life to the Full is an interactive 8-week course that provides skills and knowledge to cope with life's challenges. By participating in this course, caregivers have an opportunity to care for themselves by learning principles of Cognitive Behavioural Therapy (CBT) to feel more in control of their lives, happier, and more socially connected. Caregivers will also be given an opportunity to provide feedback on the spoken and written translations of the program, in order to prepare for its delivery across Toronto.



**Eligibility:** Over the age of 55 and caring for another person in your life (family member, friend, or neighbor).

**Spoken Language:** This course will be delivered in **Cantonese**.

**Written Language:** Simplified/Traditional Chinese and English written materials are available.

**Course Time:** Wednesdays, 2:30-4:00pm, May 9th to June 27th, 2018

**Location:** Carefirst One-Stop Multi-Services Centre, 2nd Floor, Room #249  
300 Silver Star Blvd., Scarborough, M1V 0G2

**To register:** Please contact Amanda Lee at 416-847-2766 or  
email [Amanda.Lee@carefirstfht.com](mailto:Amanda.Lee@carefirstfht.com)



恆康中心 Wellness Centre

Mount Sinai Hospital  
Sinai Health System



Yee Hong Centre  
For Geriatric Care

頤康中心



Canada

*This project is funded in part by the Government of Canada's New Horizons for Seniors Program as part of the ENRICHES Collaborative*