

LIVING LIFE TO THE FULL

8 Sessions – 12 Hours - That Can Save Your Life!



Youth Program Beginning February 13th (6:30 to 8 PM)

Pre-registration is required as space is limited

The *Living Life to the Full Youth* program will equip you with the skills you need to face challenges in your life. The program will discuss worry, depression, low motivation and isolation, and help you develop healthy thinking, problem solving, confidence and anger management.

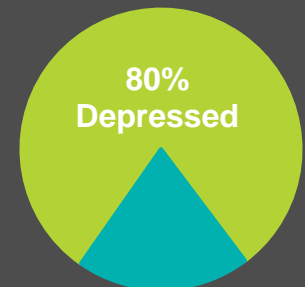
This program is for youth aged 13-18 years old.

- Session 1: February 13th
- Session 2: February 20th
- Session 3: February 27th
- Session 4: March 13th

- Session 5: March 20th
- Session 6: March 27th
- Session 7: April 3rd
- Session 8: April 10th

For more information or to pre-register, contact KV Oasis at 847-2383

In recent studies, at the beginning of the program, 20% of participants were either 'happy' or 'not depressed'. 80% were 'depressed' according to a standardized depression questionnaire.



At the end of the program, 83.3% were in the 'happy' or 'not depressed' categories and just 16.7% were 'depressed'.

