



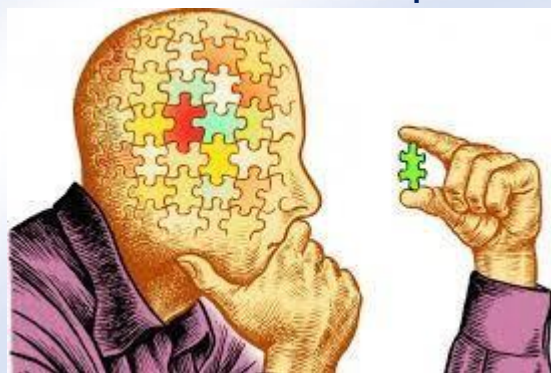
MIND Matters:



An Introduction to Managing Your Mood

A three-part educational session designed to help people living with a life-altering diagnosis improve their coping through managing their mood.

A deeper understanding of how their thoughts, feelings and behaviours are connected is a component of this program.



Part 1: The fundamentals of a common-sense approach

Part 2: The power of thoughts

Part 3: The behaviour effect

For more information on how to register, please visit
www.thehospice.ca OR call (519) 251-2590