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**Tri-Cities  
Mental Health Centre  
#1 – 2232 Elgin Ave.  
Port Coquitlam, BC  
Phone: 604 777-8400**

**LOCATION  
Tri-Cities**

**Mental Health Centre  
#1 – 2232 Elgin Ave.  
Port Coquitlam, BC**

**(Corner of Elgin Ave.  
& Mary Hill Rd.)**

**SESSIONS WILL BE  
HELD FOR 12 WEEKS  
IN THE FALL**

Please call for confirmed  
dates and times

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# CHANGEWAYS FOR SENIORS



**A PROGRAM FOR  
CREATING POSITIVE  
CHANGE AND  
COPING WITH LIFE  
TRANSITIONS**

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## **CHANGEWAYS FOR SENIORS**

Changeways is about . . .

Changing ways of thinking

Changing ways of behaving

Changing ways of feeling

Changeways is an established educational program designed for those who have been experiencing challenges in their lives as a result of depression or anxiety.

This Changeways group is designed to help seniors, 65 years of age and older, manage their difficulties themselves. Emphasis is placed on the development of personal goals and on the methods of meeting these goals.

## **THE PROGRAM**

Consists of twelve sessions designed to provide important skills in self-management. Teaching is carried out in small groups. Some of the concepts covered include:

The effects of thoughts and actions on emotions

Strategies for defining long-range goals, and for changing goals into step-by-step plans for actions

Techniques for increasing the ability to cope with stress

The relationship between social life and mood, and ways to improve social life and social support

Common traps that impede recovery from depression and anxiety

Strategies for discovering and altering negative thinking

Developing a plan for dealing with setbacks

## **When is it held?**

This course runs for 2 hours, once a week, for 12 weeks in the Fall.

## **What is the cost?**

The series costs \$20.00 (negotiable). This covers the cost of the workbook, printed material and refreshments.

## **Who would benefit?**

Changeways is well suited to those who have experienced difficulties with depression or anxiety, or who have had difficulty adjusting to major life changes.

The program is not suited for those who have been diagnosed with schizophrenia or bipolar disorder, nor for those with ongoing substance misuse difficulties.

## **Who leads the groups?**

The group is led by health care professionals trained to facilitate the Changeways program and skilled in group counseling.