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MORE INFORMATION**

**DEBBIE
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Local 7695**

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**Geriatric Outreach
Services**

Berkeley Building
Peace Arch Hospital
15521 Russell Avenue
White Rock, BC

Phone: (604) 535-4565

**LOCATION
EVERGREEN HEIGHTS
1501 EVERALL STREET
WHITE ROCK, BC
(Near 16th & Everall)**

**SESSIONS ARE
HELD FOR 11 WEEKS
BI-ANNUALLY IN THE
SPRING AND 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**



fraserhealth

Better health.
Best in health care.

respect · caring · trust

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 eleven 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 11 weeks. It is offered both Spring and Fall.

What is the cost?

The series costs \$20.00. 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.