



Making the Most of Our Time: A Meaning Centred Group Therapy Program

Are you:

- Someone seeking MAiD who is eligible through track 1 or track 2?
- Do you want to create your legacy, foster a sense of hope, enrich connection, learn ways of coping, and enhance your emotional and spiritual well-being?

Join us live on Zoom:

Fridays (*bi-weekly*)

November 8, 2024 - February 28, 2025

10am-12pm PT | 1-3pm ET

What is the group all about?

Meaning Centred Therapy has helped people improve their sense of meaning, reduce distress, and enhance their emotional and spiritual well-being as they prepare for end-of-life through experiential activities and conversations.

There is no cost to participate and registration before October 28 is required.

Note: Due to professional regulations, program participants must reside in the following provinces/territories: British Columbia, Yukon, Northwest Territories, Nunavut, Saskatchewan, Manitoba, Ontario and Newfoundland and Labrador.

TO LEARN MORE OR TO REGISTER,
SEND US AN EMAIL TODAY!

www.bridgec14.org
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