



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

Are you:

- Someone seeking MAiD and are applying through track 1 or track 2 or have already been found eligible?
- 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 from April 26 to June 14, 2024
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 April 12 is required.

Who are your facilitators?

Lauren Clark, Bridge C-14 President & CEO, and Chelsea Peddle, Bridge C-14 Advisor and Registered Clinical Counsellor, who bring decades of experience supporting and counselling individuals through end-of-life. Lauren and Chelsea will be joined by Taylor McLeod, a MSW Student currently completing a placement with Bridge C-14.

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
info@bridgec14.org