



## 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? (*note: those with Mental Health as a sole diagnosis are not eligible at this time*)
- 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 September 16 to November 4, 2022

1-2:30pm EST | 10-11:30am PST

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 September 9 is required.

Who are your facilitators?

Lauren Clark, Bridge C-14 President & CEO, and Chelsea Peddle, Bridge C-14 counselling intern, who bring decades of experience supporting and counselling individuals through end-of-life.

*Note: Program participants must reside in the following provinces/territories i: British Columbia, Yukon, Northwest Territories, Nunavut, Saskatchewan, Manitoba, Ontario and Newfoundland and Labrador.*

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

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