

Who We Are

Community Partner

The **Geriatric Mental Health Program (GMHP)** is an ambulatory service that is part of London Health Sciences Centre which strives to provide evidence-based mental health care for seniors living in London and Middlesex.

GMHP works closely with formal/informal caregivers and community partners such as St. Joseph's Health Care London, Third Age Outreach, and Age Friendly London Network.

Third Age Outreach is part of St. Joseph's Health Care London's Specialized Geriatric Services program. This unique hospital outreach service is located in the City of London's Kiwanis Seniors Community Centre.

Third Age offers programs, educational courses, group activities and therapeutic recreation promoting wellness, personal development, independence and improved quality of life for seniors.

If you are interested in any of these programs or would like additional information, please call the Third Age Outreach office.

Third Age is a member of the Age Friendly

Contact

Location and Information

Location of Program:

Stronach Community Recreation Centre
1221 Sandford Street, London, ON
N5V 2J8

For more information or to register, Please Contact:

Lisa Joworski, TRS
Geriatric Mental Health Program
519-859-1205
Lisa.Joworski@lhsc.on.ca

OR

Lisa Coleman, TRA
Third Age Outreach
519-661-1621
Lisa.Coleman@sjhc.london.on.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Third Age Outreach

Living Life on Purpose

Based on the book
"The How of Happiness: A Scientific Approach to Getting the Life You Want"



*"Happiness is not out there for us
to find.....
it's inside us."*

Sonja Lyubomirsky, Author



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Living Life On Purpose

Living Life on Purpose is a new program that is based on Sonja Lyubomirsky's book, *The How of Happiness*. During this 6 week program, we will share the twelve evidence-based strategies that she discusses in the book. Then we take specific strategies chosen by the group members and put them into practice.

Content Includes:

- Gratitude and Positive Thinking
- Investing in Social Relationships
- Managing Hardship & Trauma
- Living in the Present
- Committing to Your Goals
- Taking Care of Your Body & Soul

Program Benefits

Come and join us for fun and meaningful times together while gaining some insight along the way!

Benefits to participation:

- An opportunity to meet new people
- Improved mood and increased well-being
- Strengthen relationships
- Improve coping skills
- Reduce feelings of loneliness
- Enhance your quality of life
- An understanding of which activities naturally bring joy to your life

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BROUGHT TO YOU BY:



Geriatric Mental Health Program
London Health Sciences Centre



Third Age Outreach
Specialized Geriatric Services
St. Joseph's Health Care London
78 Riverside Drive

Living Life on Purpose is a perfect opportunity to get out and learn some customized ways to bring happiness to your life. You will be surprised at how simple it can be!