

Testimonials

Living Life to the Full

The Mothers Matter Centre, in partnership with the Canadian Mental Health Association, and with funding from the Sony Music Group, delivered the Living Life to the Full program to mothers enrolled in the Home Instruction for Parents of Preschool Youngsters (HIPPY).

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. Living Life to the Full helps participants grow self-empowerment skills from the comfort of their home and connect with other members of their community. The group-based, virtual course will be delivered through 8 weekly sessions by video conference with a trained facilitator. The training took place from October 12 to December 7, 2021.



When I started this course I had a hard time, and now too. But before, I forgot to enjoy my kids and they're with me and I forgot how to enjoy playing with them. I'm not so much interested and my heart feels bad. But after this course, I enjoy every moment and everything with my kids and the feeling is different. Me and my kids and my heart are different.

Before I started this, I forgot everything good in my life and now I remember... my friends, my kids. I also thank my HIPPY Home Visitor who gave me a chance to take this course because I remembered myself through it. Before this course, I forgot about myself and now, I give value to myself. I was upset. I didn't give to my kids and myself, and now I can eat and I feel good. Now I feel more positive.

”



We talked about how a mom can control the temper and last night when I ask my son, he tell me, mom you're the best and you did great. You didn't get angry today. So I think actually I change a lot.

Since starting the course, participants reported 'Greatly Improved' in the following areas:

- Understanding how low mood and stress affect me
- Plan activities to boost how I feel
- Deal with negative thinking
- Boost my confidence
- Work through problems in my life
- Work on unhelpful behaviors
- Deal better with feelings of anger
- Do simple things to feel happier and healthier



“ The topic of anger, that helped me. I've completely changed my style from the beginning of the course. I tried the things [the facilitator] talked about and 100% it worked for me.

My feelings [when I started the program] was at 4 or 3 but after this course I have full confidence and I can say I'm at 10. I can control my anger and manage stress. Thank you for this.

”



Participants joined
from four provinces:

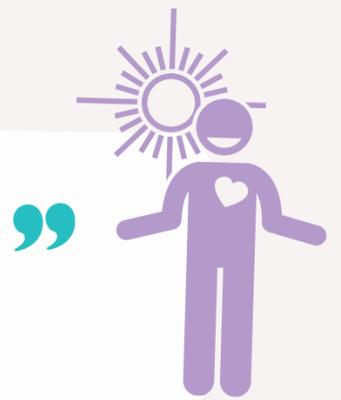
Ontario
Alberta
Saskatchewan
British Columbia



The Sessions that were most useful:

- Session 2: I can't be bothered doing anything (plan for starting something you've stopped doing)
- Session 3: Looking at things differently (unhelpful thinking)
- Session 4: I'm not good enough (confidence)
- Session 7: 1,2,3, Breathe (anger)

For the first time in a while, I can say 'I feel good.'



“ This is a nice opportunity for people to understand their feelings and emotions in a challenging time. We all need some kind of emotional support, so this is a good way to start. When you come to this session, and listen to other people's stories, you realize you're not alone, and know that others are also going through the same thing, so this gives you extra support. The participant feels the support but also their family and people around them also experience it through them too.

-- Fatima Waqar, LLTTF Facilitator



Special Thanks to the Canadian Mental Health Association, the Sony Music Group,
and our valued HIPPIY Delivery Partners for making this possible.