



The Young at Heart Program at Toronto Therapy Services (TTS)

The Young at Heart Program

Our Young at Heart Program is a longer term rehabilitation program that helps its members to maintain or improve their sense of worth, wellbeing and social networks. The all day group offers education on mental health, gentle exercise and activities that promote social interaction.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

The wellness program is held one day a week for 24 weeks. Morning tea and lunch are provided.

How do I join?

The program is covered by Hospital Private Insurance or third party insurance cover. Our clerk can conduct a fund check to ensure that you have appropriate coverage.

Who is the Program for?

Older adults with diagnosis of depression, anxiety or bipolar disorder and are experiencing physical or ageing related health problems that are having ongoing and significant impact on their mental health.

Program Content

- Check in
- Mindfulness Practice
- Gentle Exercise
- Social Interaction
- Leisure Activities
- Social Excursions
- Relaxation Practice
- Skills Building Sessions

- Week 1 Understanding Depression
- Week 2 Depression Management
- Week 3 How Thoughts Affect Your Mood
- Week 4 Understanding Anxiety
- Week 5 Anxiety Management
- Week 6 Coping Strategies
- Week 7 Early Warning Signs
- Week 8 Relapse Prevention
- Week 9 Goal Setting
- Week 10 Balanced Lifestyle
- Week 11 Activity Scheduling
- Week 12 Leisure
- Week 13 Sleep Hygiene
- Week 14 Healthy Eating
- Week 15 Relaxation
- Week 16 Mindfulness
- Week 17 Memory
- Week 18 Falls Prevention
- Week 19 Values
- Week 20 Quality of Life
- Week 21 Self Compassion
- Week 22 Communication Styles
- Week 23 Boundaries
- Week 24 Interpersonal Effectiveness

Will I have to pay?

You will need private health insurance to cover the cost of your program. Our staff can conduct a fund check to ensure you have the appropriate coverage.

Contact

Please call 1800 311 470 for more information.