

Links to
Wellbeing



Presents

DEALING WITH DEPRESSION WORKSHOP

Learn about depression and how to manage it.

The Dealing with Depression sessions are aimed at supporting you to learn about:

- Depression and its causes
- Becoming more active and breaking the cycle
- Helpful coping strategies
- Self Care

4 x 120mins group sessions over 4 weeks

Thursdays 13:00 – 15:00pm

Sept 16 | Sept 23 | Sept 30 | Oct 7

Hackham West Community Centre

Majorca Rd &, Warsaw Cres, Hackham West SA
5163

FREE sessions, booking is essential.

To book contact Sarah Armstrong on (08) 8384 1065

Links to Wellbeing acknowledges the Traditional Custodians of the land we work on and pays respect to Elders past, present and emerging. Neami celebrates values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities



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phn
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