

DEPRESSION SUPPORT GROUP

Beginning Weds, October 12, 2011

If you are diagnosed with depression, currently receiving treatment, and need extra support, join the Mental Health Association's Depression Support Group in Seaford, DE. It is a safe and comfortable environment for adults who may be struggling with depression. Find others who may be going through similar experiences, learn coping skills, and take back control of your life by being proactive.

What: Seaford Depression Support Group

Day/Time: Every Wednesdays at 6:00-7:30 PM

Where: Our Lady of Lourdes Church Basement Room #5

For: Adults who are diagnosed with depression and currently receiving treatment

Sponsored by: Mental Health Association in Delaware through grant funding from Blue Cross Blue Shield of Delaware *BluePrints for the Community* Program

Please register with the Mental Health Association in Delaware prior to attending by calling 302-654-6833!