



WOMENS' GROUP FOR DEPRESSION

WOMEN 55+ INVITED

ATTEND:

WEDNESDAYS

10:00-11:00 AM

Are you finding it difficult to go through normal life due to worry and sadness? Finding help for your depression in a relational group setting can help you give and receive support from their peers. This group will aid in developing and implementing useful coping strategies to help create happy and empowered life.

Such topics discussed will include:

- Mindfulness
- Cognitive Restructuring
- Sad Mood/Hopelessness
- Benefits of Exercise/Activity
- Self-Esteem/Self Worth
- Coping Strategies
- Healthy Relationships
- Chronic Illness

Group Facilitated by:

Desiree Robbins
Marriage and Family Therapist Intern

To Register:

Please email info at
info@arrowheadfamilysystems.com
Visit www.arrowheadfamilysystems.com
for more information



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