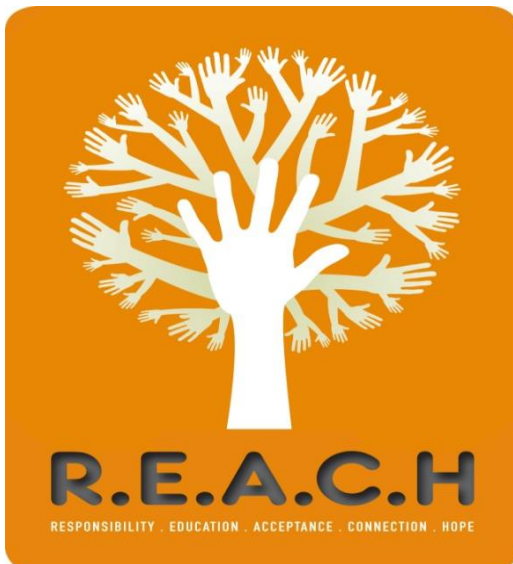


Struggling with Depression or Bipolar?

Seeking strategies to cope more effectively?

Looking to connect with others with a similar struggle?



Join our 9-week **R.E.A.C.H. Wellbeing Program** to foster your strengths, deepen self-awareness, learn coping and wellbeing strategies, and connect with others in a supportive group environment.

This is a **PSYCHO- EDUCATIONAL SUPPORT GROUP** designed to help those with depression or bipolar cope more effectively and cultivate greater wellbeing.

Next group:

24 April – 19 June 2024

Time: 9 consecutive Wednesday evenings, 5:00-7:00pm

Location: 4 Park Avenue, Gordon

For more information or to register your interest contact:

8287 1158 or groupservices@lifelineh2h.org.au

*Applicants need to be over 18 years old and will be screened for eligibility

Website: <https://www.lifelineh2hsydney.org.au/get-support/support-and-treatment-groups/>