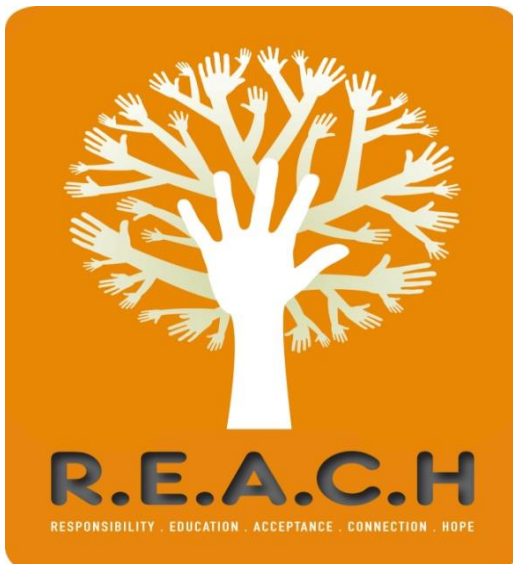


# Struggling with depression or bipolar?

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:

**Date:** Fridays, 18 October – 13 December, 2024

**Time:** 9 consecutive Fridays, 10.00am – 12.00 noon

**Location:** 4 Park Avenue, Gordon

**Facilitators:** Olivia Saxon and Emma Hartcliff

No cost, but registration is essential.

For more information or to register your interest contact:

[groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au) or call 8287 1158

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