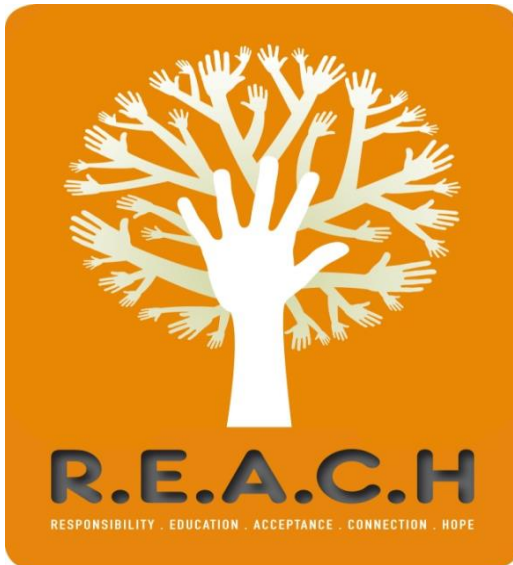


Struggling with depression or bipolar?

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 an **EDUCATIONAL SUPPORT GROUP** designed to help those with depression or bipolar cope more effectively and cultivate greater wellbeing.

Next group commences:

7 March - 2 May 2023

Time: 9 consecutive Tuesdays, 10am-12pm

Location: Lifeline Harbour to Hawkesbury, 4 Park Ave Gordon

Facilitators: Olivia Saxon, Emma Hartcliff

Cost: \$25 for REACH handbook

For more information or to register your interest contact:

9498 8805 or olivia.saxon@lifelineh2h.org.au