


Chertsey, Thursday  
2-3pm




# Dealing with Depression


A structured group aimed at individuals who wish to develop coping strategies to better manage their depression. There will be a focus on goal setting to promote wellbeing.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

 [catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)

 [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)

 01276 409 415

 07919 541 424

