


Chertsey, Thursday
2-3pm




Dealing with Depression


A structured group aimed at individuals who wish to develop coping strategies to better manage their depression. Creating a safe space to discuss issues and connect with others. 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/

 groups.cc@catalystsupport.org.uk

 01276 409 415

 07919 541 424

