

**Chertsey**  
Every Thursday  
2.00 - 3.00 pm



## Dealing with Depression

**Are you struggling with low mood or looking for ways to better manage 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/](https://catalystsupport.org.uk/activity-timetable/)

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

 01276 409 415

