

“Letting Go” Series

# Skills 4 Managing Depression

All women welcome

## FREE Introductory Workshops

Not sure if the course will be right for you? Why not attend one (or both) of our FREE introductory workshops! As the content will be similar for both workshops, there is no obligation to attend both. Free crèche available

***Bookings are essential.***

**FREE Trial Workshops Tuesdays 1:00 - 3:00pm  
18th & 25th of October 2016**



**The 6 week Course - \$50 Tuesdays 1:00 - 3:00pm  
1st of November to 6th of December 2016**

The workshop covers:

- ♦ What is depression
- ♦ Types and causes of depression
- ♦ Therapeutic approaches for management
- ♦ Strategies for managing depression

The 6 week course covers these topics in more depth.



To book please contact:

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