

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

Next group:

**7 March – 11 May 2023**

(office closed for Anzac Day, Tuesday, 25 April)

**Time:** 9 consecutive Tuesdays, 10am-12pm

**Location:** 4 Park Avenue, Gordon

**Facilitators:** Olivia Saxon and Emma Hartcliff

**Cost:** \$25 for REACH handbook

**For more information or to register your interest contact:**

8287 1148 or [olivia.saxon@lifelineh2h.org.au](mailto:olivia.saxon@lifelineh2h.org.au)

\*Applicants need to be over 18 years old and will be screened for eligibility