

# MANAGING DEPRESSION

*Do you experience low mood?*

*Would you like to attend a 6-week program to improve your psychological wellbeing?*

This six-week psycho-education program will help you recognise and understand the signs of depression, and to implement strategies to manage low mood in everyday life.

**Topics include:**

- Understanding how depression can affect us physically
- How our core beliefs influence how we perceive the world, and how to shift our depression mindset
- behavioral strategies to ensure depression no longer controls you

Pre-group information session on **Wednesday 16 October**.

Numbers are strictly limited.

Financial support is available for those on low income.

Email [admin@lgpc.com.au](mailto:admin@lgpc.com.au) to register your interest.

*Supported by:*



*Life Giving Psychology & Coaching is a private psychology practice, operating for over 15 years in the Townsville region. Other group topics are available, as well as individual sessions - see [www.lgpc.com.au](http://www.lgpc.com.au)*