

YES WE CAN!



COPE WITH DEPRESSION

Church of the Advent

510 Mt. View Ave. in Colwood

(off Sooke Road behind the SHELL Station)

250 474-3031

This is a group for adults living with mild to moderate depression, their family members and friends.

YWC is a monthly support and educational group which meets on the 3rd Wednesday afternoon of each month at 1 p.m. for an hour.

Each meeting commences with a 'check in' of how the previous month has gone. Newcomers may wish to tell their story. Educational time uses cognitive or (thought therapy) behavioral approach.

Participants learn different tools and skills to manage depression. An informal coffee time follows each meeting. This is a great time to socialize and perhaps find a connection with someone to share strategies for support.

OPEN TO ALL THOSE OVER 19

Facilitator

Bev Somers RN, Retired

Church of the Advent

250 478-9951

This group is not a substitute for regular medical consultations with your family doctor but will compliment such conversations.