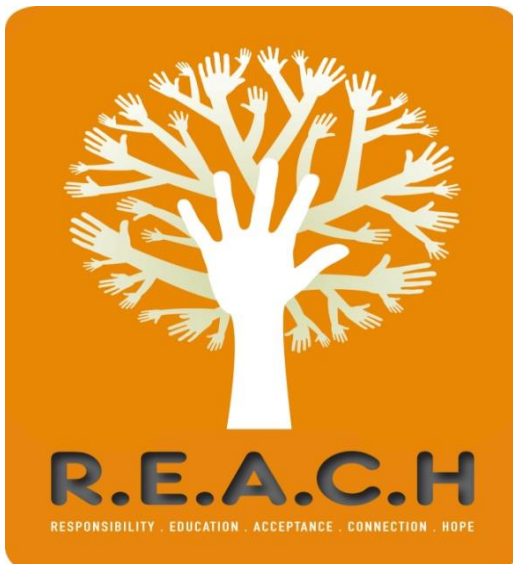


# Struggling with depression or bipolar?

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:

**26 September – 21 Nov 2023**

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

**Location:** 4 Park Avenue, Gordon

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

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

8287 1158 or [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

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

**Website:** <https://lifelineh2h.org.au/get-help/groups/>