

17-25 YEAR OLDS

DEALING WITH DEPRESSION & ANXIETY?

FEEL MORE MOTIVATED

MEET OTHER YOUNG PEOPLE

GROUP SESSIONS

TIME TO TALK

THIS GROUP WILL

- ✓ Run for 8 weeks
- ✓ Focus on the issues around depression and anxiety
- ✓ Look at some of the ways you can support yourselves to feel more motivated
- ✓ Cover techniques that can help you deal with the effects of depression using skills from Cognitive Behaviour Therapy, Stress Management, Solution Focused Therapy etc

TO FIND OUT MORE CONTACT US
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