

Practical Skills for Living with Depression



Thursdays: January 14 –
February 25

1:30-3:30pm

Family Services Ottawa,
312 Parkdale Avenue

Empowering people to make everyday decisions they want to live by

This **6-session group** provides participants the opportunity to:

- Learn more about depression
- Practice emotion regulation skills
- Explore pathways for shifting depression

Space is limited. To register call (613)725-3601 ext. 117
This group is **free**.

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