

BEATING THE BLUES

DEPRESSION MANAGEMENT PROGRAM



BEATING BLUES is an educational and skills based group program assisting participants to understand the situations and thinking patterns that can contribute to depression, and to develop strategies to manage depression symptoms more effectively.

Date: Tuesday 17th & Wednesday 18th May

Location: Newcastle

Structure: Two day program

Register by: Friday 18th March; late registrations may be possible

Enrolments for VVCS programs are conducted on a 'first come, first in' basis, it is therefore advisable to register early.

FOR MORE INFORMATION

or to register your interest, call **1800 011 046** during business hours.

Keep up to date on  or at www.vvcs.gov.au



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