

DEPRESSION GROUP FOR ADULTS

The Depression group focuses on depression and healthy ways to manage it.

This group uses psycho-education and sessions focus on:

- Identifying symptoms and triggers of depression
- Developing coping strategies and problem solving skills to deal more effectively with depressive symptoms
- Reducing depressive symptoms
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **10 sessions** long and each session is **1.5 hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

Facilitator(s): Rotating

For more information, call our intake line at 763-780-3036.

OPEN GROUP

STARTS SOON!

CALL NOW TO
SIGN UP
763-780-3036

LOCATION:
LEE CARLSON CENTER
7954 UNIVERSITY AVE NE,
FRIDLEY, MN 55432

SLIDING FEE
AVAILABLE



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FOR MENTAL HEALTH & WELL-BEING

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