

5:30—7:30 pm

*Meets the first Thursday of
each month*

Dates for 2015

March 6th

April 2nd

May 7th

June 4th

July 2nd

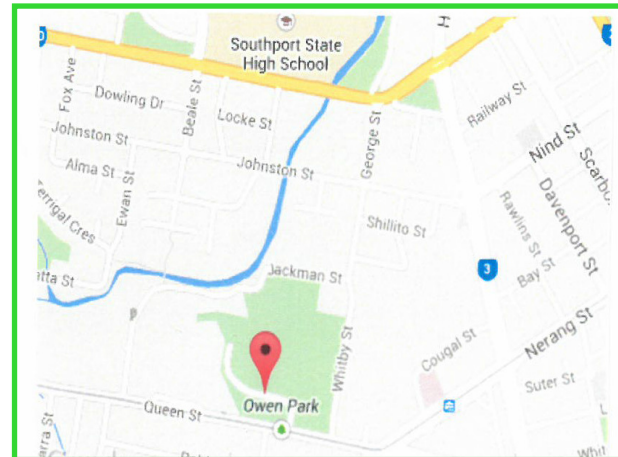
August 6th

September 3rd

October 1st

November 5th

December 3rd



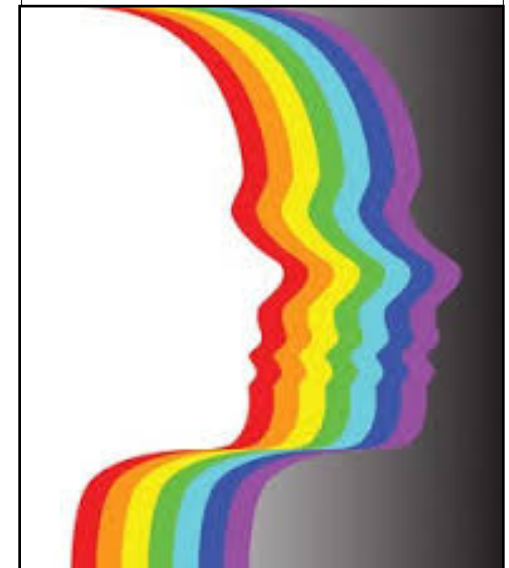
**Depression and Anxiety
Support Group**

The Hubhouse

10 Mick Veivers Way
Southport 4215

**For more information please call
Lou on 0435078654**

**Depression
and Anxiety
Support
Group**



The Hubhouse

Phone: 55911750

Or contact Lou on 0435078654

Anxiety and Depression Support Group



With over 12 years of continued operation and having supported close to 1,000 people over the years, this group offers a warm, comfortable environment for those people

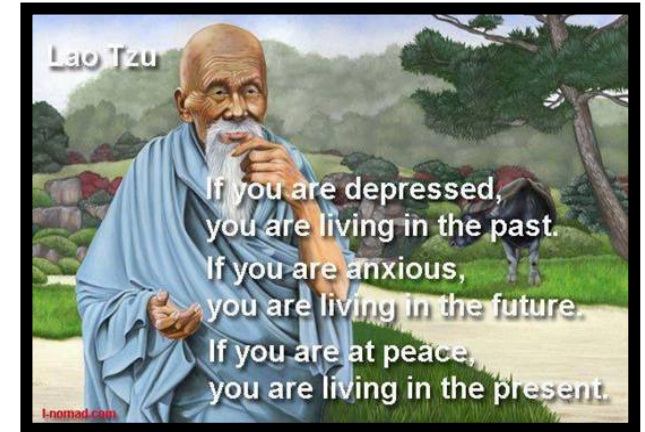
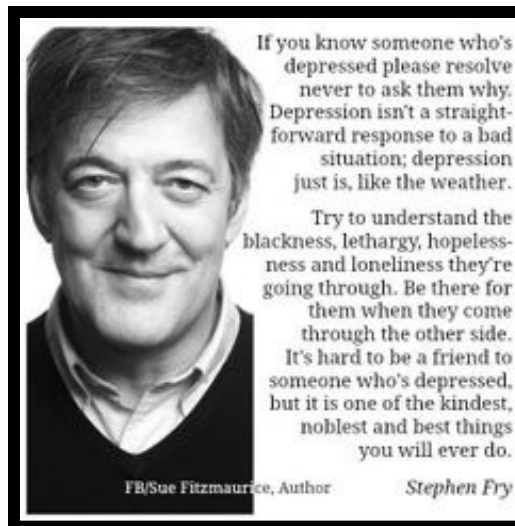
living with anxiety or depression who are seeking to improve their quality of life.

Members are provided with hints and tips on how they can learn to manage their condition. The objectives of the group include providing self-help support, education and pointing people in directions that will help them.

The group provides an opportunity for people to meet, find out what is out there for them and to share information. The greatest achievement for the group, is seeing people getting back into life and find new ways to manage and live with, the challenges of having anxiety/and or depression.

The Facts

- Anxiety and depression are common and treatable
- Help is available and its important to seek help early—the sooner the better.
- Anxiety and depression are illnesses, not weaknesses, and people shouldn't be ashamed to seek help.
- By talking about anxiety and depression, we can help raise awareness and reduce stigma.



The Depression and Anxiety support group is facilitated by Lou who has a lived experience. Lou is happy to share his knowledge with group members and is passionate about recovery. Amongst many other talents Lou is a musician and a peer support worker.

For more information please call Lou on 0435078654