

# **DEALING WITH DEPRESSION GROUP**

*Facilitated by psychologists Jenny Corran and Sally-Anne McCormack*



**A 6-week program introducing cognitive-behavioural therapy in dealing with depression. Throughout the program, the focus of the group will be learning how to overcome and recover from depression, with the aim of preventing further occurrences in the future.**

**Dates:** Commencing Monday May 5<sup>th</sup> for the **Evening Group**  
(Note: **No** session *Queen's Birthday Monday June 9<sup>th</sup>*)  
**OR** Monday May 5<sup>th</sup> for the **Day Group**

**Times:** 7.30pm – 9.00pm Monday evenings (*Group 1*)  
1.00pm – 2.30pm Monday afternoons (*Group 2*)

**Location:** **Psychrespect**  
323 Blackburn Road, Burwood East, VIC 3151  
(*accessible by public transport – ample parking available*)

**Contact Details:** **Jenny** (03) 9802 7765 / 0414 978 114  
**Sally-Anne** (03) 8812 2373 / 0403 438 176

**Cost:** \$40 per session (Partial rebates may be available through Medicare\*\* or Private Health Insurance (Extras) for eligible people)

**PLEASE NOTE:** ***Deposit of \$40 to be paid on booking.  
Balance of \$200 due at the first session.***

**\*\* Clients may access rebates for Medicare for this group after consultation with their GP. Please contact us for further information on how to organise this.**