

BEATING THE BLUES



Support for Women Living with Stress, Anxiety & Depression

Monday 9.30 - 11.30am
Starts: 15th February - 4th April 2016

*Do you struggle with the effects of Stress, Anxiety
or Depression (S.A.D.) yet have no place to safely
express how things are for you?*

Westside is offering an 8 week Women's Group where you
can learn skills and strategies to overcome the effects of
Stress, Anxiety and Depression

If you would like to be involved please register with



**Bronwyn 021 131 7220
or Libby 021 669 123**

Or Email: westside@mconline.org.nz

Weekly gold coin donation

Group held at Westside Counselling Services, 8 Vadam Rd, Massey