

# BEATING THE BLUES



## Support for Women Living with Stress, Anxiety & Depression

Tuesday 9.30 - 11.30am

Starts: 20th October - 8th December 2015

*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](mailto:westside@mconline.org.nz)**

Weekly gold coin donation

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