

Presented by The Winepress Berwick

R **Reason** **to** **Rise**



Facilitating Depression Recovery in the Community

Once a term Reason to Rise offers a 3 hour interactive workshop exploring the nature, causes and recovery strategies for depression including what support people can do to help.

Case studies are used to help people understand what depression can look like in various environments (work, church, youth, home) and how to support people depending on your relationship with them.

Dates in 2012:

- ◆ **18 February**
- ◆ **28 April**
- ◆ **21 July**
- ◆ **27 October**

Morning tea is provided so **please confirm your attendance by contacting:**

Contact: Nandi Herholdt
Phone: 0425 790 372
Email: nandi@10ten.com.au

Venue: 56-60 Intrepid St,
Berwick

Time: 9:00 am—12:00pm