

**A free six-week course for people  
living with, or caring  
for those with depression and anxiety**

Subjects covered include medication,  
talking therapies,  
exercise, mindfulness and nutrition



## Hope in Depression on Zoom

This course is designed to support and inform adults living with depression and anxiety and those who care for them. We will explore the possible causes, learn about brain chemistry and medication, hear about counselling and talking therapies and learn about ways to aid recovery and continued wellbeing.

A different topic is covered each week by expert speakers including a psychiatrist, a counsellor, a mindfulness instructor, a nutritionist and a fitness expert. There will also be personal stories of recovery. During small group time we will discuss what has been shared at the front to help us reflect on the topic.

The course is run in a caring, confidential and encouraging environment. For further information and to sign up, please visit [www.ccsurbiton.org/hidc](http://www.ccsurbiton.org/hidc) or call 07423 144803

**Place**

Online via Zoom

**Time**

7:15pm – 9:30pm

**Dates**

23 Feb | 2 Mar | 9 Mar | 16 Mar | 23 Mar | 30 Mar



Charity No. 1179351