

# DEPRESSION GROUP

**6 WEEKLY SESSIONS**

**10/08 – 11/12**

**TUESDAYS 12PM – 1PM**



**Feeling overwhelmed or isolated?**

**You are not alone**

**Our Depression Support Group is here to help you**

**SIGN UP**

**MUST BE REGISTERED BY 10/01/24  
CALL 951-465-8371 TO REGISTER NOW**

**SAN JACINTO CAMPUS  
ROOM 1250C**

**MSJC** | Mt. San Jacinto  
College  
MENTAL HEALTH SERVICES