



BEYOND BLUE

A Depression Treatment and Support Group Free 6 week group open to patients of SAFHT

**Help is available if you suspect that
you might be depressed?**

The group will provide a safe environment for learning about depression and its impact while building skills to aid in managing



For more information
speak with your family doctor

6 Tuesdays (6:30-8:30pm)
February 6, 13, 20, 27 & March 6, 13 - 2018

Oakridge Junior Public School
110 Bing Avenue
Scarborough, ON M1L 3P1
(Pharmacy Avenue/Danforth Avenue)

TO REGISTER CALL OR EMAIL

Tel: 416-690-5180 or Email: booking@safht.ca