



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 Wednesdays

Oct. 29 – Dec. 5, 2014

6:00pm – 8:00pm

Scarborough Academic Family Health Team
2330 Kennedy Road, Suite 320
Scarborough, ON M1T 0A2

**Call 416-690-5180
ext. 117 to register**