DEPRESSION GROUP

**When:** Thursdays from 5:30 – 7:00 PM Weekly

**Where:** SIU Clinical Center
141 Wham Dr. Carbondale, IL

Have you been experiencing...
- Feelings of guilt, worthlessness, helplessness
- Sleeping too much or not enough
- Loss of interest in activities you once loved
- Decreased energy
- Feelings of sadness, emptiness, or anxiety

This Group offers...
- Support
- Education (i.e., learning how thoughts and emotions impact behavior)
- Coping Strategies, including different ways to relate to your thoughts and emotions
- Ways to reconnect with the things you value and find meaningful

For more information contact: Dr. Holly Cormier at (618) 453-2361