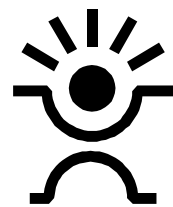


Are you feeling

# Trapped? Anxious? Depressed?

There is help!



An *Evening* Peer Support Group for men & women dealing with depression and/ or anxiety will be starting Tuesday, Sept. 27, in Bowmanville.

*Find encouragement, education & support from a group of peers who truly understand, because we've been there!*



*“Peer Support” means that the group is facilitated by people who have been affected by a mood disorder, shared similar experiences, and are able to relate to group participants on a personal level.*



For location, meeting time and more information, please call:  
COPE Mental Health Program: **905-623-4123**  
or email: [mdaodurham@hotmail.com](mailto:mdaodurham@hotmail.com)

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