



Depression Support Group

A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way we eat and sleep, the way we feel about ourselves, and the way we think about things.

If you are struggling with depression you are not alone! We understand the pain of depression, and we are here to support one another.

It may help a great deal to be able to talk with other people who have or are going through the same things that you are. We will share tips, local resources and coping methods. Research has found that a social support network is a vital part of recovery for mental health consumers.

When: Wednesdays 6pm

Where: Central Methodist Church
5 Marvin Ave (Corner of Shore Rd/Central Ave) *Basement
Linwood, NJ

Park in back lot; come in through door labeled:

“Scouts”

“Sunday School”

*For additional information please call 609-652-3800
This is a program of the Mental Health Association in Atlantic County*