



LAKEVIEW PANTRY

Food for Today, Hope for Tomorrow

FINDING HOPE: MANAGING DEPRESSION IN YOUR DAILY LIFE

Monday, January 13, 2020

3 - 4pm

Continues weekly for 8 weeks

3945 N. Sheridan Rd.

Depression can impact all aspects of our daily lives, from our jobs to our relationships with loved ones. If you are coping with depression, attend Lakeview Pantry's new Finding Hope: Managing Depression in Your Daily Life group.

- Learn new coping and management strategies
- Share your story and personal experience
- Receive support from peers

If you are interested in the group, please contact Edward Alderson at (773) 525-1777 ext. 244 or edward@lakeviewpantry.org. **Registration is required.**