

Feeling Low? Anxious or stressed?



Know that you are not alone....

Would you like to feel better?

Or learn how to support someone struggling?

The Hope in Depression Course runs over six sessions and is for anyone suffering with depression, or loved ones who want to know how they can help

During this donation-funded course, you will have access to a psychiatrist, a counsellor, a nutritionist and well-being & sports experts - all exploring how you can play a part in your own recovery or support someone else in theirs

Learn skills (e.g. meditation, sleep hygiene, etc.) to better manage your symptoms

6 group sessions : Every Monday. Starting 13th May 2024

Dates : 13th, 20th May and 3rd, 10th, 17th, 24th June.

From 7pm – 9:30 pm

St. Saviour's Church, Guildford, GU1 4QD

email: hidc.gu@gmail.com

phone: 07831 224613

Book your place online at:

st-saviours.org.uk/hope

(places are limited)

Starting 13th May at St. Saviour's Church, Guildford, join our compassionate 6-week course for those facing depression and those who support those facing depression and anxiety. Led by experienced practitioners, we delve into medication, therapies, exercise, mindfulness, and nutrition to navigate the challenges of mood changes, anxiety and depression.

What to Expect:

- Meet with a psychiatrist, a counsellor, a nutritionist, well-being and sports practitioners
- Insightful talks with Q&A for deeper understanding with experts. Personal recovery stories to inspire. Safe, small group discussions for reflection. A welcoming, confidential environment. → Find inspiration and strength to continue encouraged on your journey

Your Evening:

- Begins at 7pm with a light meal or snack. Mid-session tea & coffee break.
- Ends at 9:30pm, aiming to leave you with a sense of hope and empowerment to aid in your own recovery.

Course Dates : are 13th and 20th May and 3rd, 10th and 17th June 2024.

A resource workbook is available (£20). Suggested donation for the course is £30, but please contact us if this is a concern. Your well-being is our focus.

Location: St. Saviour's Church, Guildford, GU1 4QD

Register Now:

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