

Do you struggle with depression, anxiety or suicidal thoughts?

You are not alone...



There is a new women only Support Group beginning in Northbridge
With trained Facilitators who have experienced the darker side of life...

SUPPORT GROUP

- Free
- Anonymous
- Fortnightly meetings
- Online Support
- All welcome
- No Judgement



Navigating the Darkness: an Alternatives to Suicide Approach

Tuesdays 6:30 - 7:30pm

Fortnightly from 22nd February 2022

@ Women's Health and Family Services, Northbridge

