

Exploring Depression

Date: Thursday 21 November 2024
Time: 10:00am – 1:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah, NSW 2217

This course will explore the experience of depression from a range of different perspectives. The educators will work with students to develop strategies for identifying positive coping strategies for recovery from depression and provide information about support options.

Students may like to continue their learning after this by attending the **Life beyond Depression course.**

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



For more information
please contact the
Recovery & Wellbeing
College Team

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