



Stand Together.... Take Action... Make Change

DEPRESSION AND ANXIETY SUPPORT THAT'S REAL

A Strength Base, Recover Focused Support group where we enable, empower and reclaim life within an atmosphere of unity and acceptance.

EVOLVE is a weekly support group that is facilitated by people who walk the talk.

We have created this group because there are power in numbers. You are not alone.

This is a place where we learn from each other, where we are able to share, discuss and help along the way. Our philosophy is “ *We are the same, we just wear different shoes on different sized feet, taking different strides*” captures our journey and the vastness of our experiences where we learn from each other and grow with each other.

No Charge!!!

Day: Every Tuesday (Weekly)

Time: 5:00pm—6:00pm (1 Hour)

Location: 306 Tristram Street; Centre 401 Trust Training Room

Refreshments available:

If you are interesting in attending, Please resister your interest by contacting:

Andre Jackson

Cell: 022 1055 659

Landline: 07 838 0199

Email: evolvepeer401@gmail.com