

# BEATING THE BLUES

## DEPRESSION MANAGEMENT PROGRAM



**BEATING THE BLUES** is an educational and skills based group program assisting participants to understand the situations and thinking patterns that can contribute to depression, and to develop strategies to manage depression symptoms more effectively.

**Date:**

**Location:**


**Structure:**

**Register by:**

Enrolments for VVCS programs are conducted on a 'first come, first in' basis, it is therefore advisable to register early.

### FOR MORE INFORMATION

or to register your interest, call **1800 011 046** during business hours.

Keep up to date on  or at **[www.vvcs.gov.au](http://www.vvcs.gov.au)**



Australian Government

Veterans and Veterans Families  
Counselling Service

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Veterans and Veterans Families Counselling Service  
A service founded by Vietnam veterans