

# **BREAKING FREE from the Cycle of Depression**

## **ALL FEMALE ADULT & YOUTH GROUPS**

### **GROUP SESSIONS**

32 Sessions

- **Defining Depression & The Cycle of Depression**
- **What Does Depression Look Like on You**
- **Managing Daily Life Skills and Activities When Depressed**
- **The “Thinking” Trap**
- **Past, Present & Future View of Self**
- **Self-Talk that Encourages or Discourages Depression**
- **The Power of Your Speech/Assertive Communication**
- **Perspective Makes A Difference**
- **Defining Self**
- **When Life Throws You A Curve Ball**
- **Owning & Discarding life’s Issues**
- **Family Ties**
- **The Company You Keep**
- **What Others Think**
- **Who’s in Your Head**
- **Dumping The Baggage**
- **Social/Interpersonal Skills**
- **Right Relationships**
- **Goals & Priorities**
- **You Are an Over-Comer**
- **Mental & Emotional Freedom**



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*Change Begins with YOU!*

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