



## WHAT IS THE FOCUS OF THE GROUP?

The depression therapy group will provide a balanced approach between providing mutual support among group members and helpful strategies to reduce depressive symptoms overall. This group is for people with a mood disorder diagnosis or people whose therapist believes the group could be helpful.

### TOPICS COVERED:

- Educate about depression, impact on behaviors, and impact on thought patterns
- Provide a compassionate, judgement-free, supportive environment
- Provide a place where folks can feel less isolated with other people who understand what they are going through
- Improve understanding and follow-through with self-care strategies in a pressure-free environment



### WHO IS ELIGIBLE?

- Open to everyone, Generations' patients and non-patients
- 18+ years old
- Open to all genders

### WHEN:

Thursdays 2:00 - 3:00 pm  
Beginning April 24, 2025

Note: Flexible Enrollment! This ongoing therapy group is open for new members anytime. Call to register.

### WHERE:

Generations Family Health Center  
202 Pomfret St. • Putnam

### COST/PAYMENT:

We accept Medicare, Medicaid, most private insurance plans, and patients without insurance. Contact your insurance company to confirm coverage, or call our office to discuss your options. If you're uninsured or need financial assistance, ask about our Sliding Fee Scale program to see if you qualify for a reduced rate. Rates are available upon request and can be provided before registration.

### TO LEARN MORE/REGISTER:

Contact Bruce Morse LMFT  
(860) 963-7917 x. 4116  
bmorse@genhealth.org

SITES: DANIELSON. NORWICH. PUTNAM. WILLIMANTIC  
SCHOOL BASED HEALTH CENTER: PUTNAM  
MOBILE HEALTH UNIT