



Community  
**LivingWell**

Working together for your wellbeing



# Mood Boost

## Step 2 Depression Group

4 Sessions

Learn practical skills to manage low mood

Sessions run every month

Upcoming Groups:

Monday 2nd Sept, 9am – 11am, St Charles Centre for  
Health and Wellbeing, Exmoor Street, W10 6DZ

Monday 7th Oct, 9am – 11am, St Charles Centre

Monday 4th Nov, 9am – 11am, St Charles Centre

