

FOR IMMEDIATE RELEASE

September 19, 2011

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Life Beyond Depression Workshop for Adults Starting October 6th

TriCity Family Services, in Geneva, is holding their Life Beyond Depression workshop starting on Thursday, October 6th, 2011. This 8 week group is for adults who struggle with depression. Members of the licensed clinical staff of TriCity Family Services will facilitate the workshop and teach participants practical tools to apply to daily life and how to manage depression. Based on the works of Dr. Stephen Hayes, the participants will learn ways to embrace the depression and move forward.

The workshop will meet on eight consecutive Thursdays, starting October 6th through December 1st (group will skip November 24th due to Thanksgiving). Each session will take place from 7:00 to 8:30 PM at the TriCity Family Services offices, located at 1120 Randall Ct. Geneva. The cost of the workshop is \$320, which includes a free assessment for admittance to the group. Fees must be pre-paid and may be covered by insurance. Additionally, a workbook will be used with the group at a cost of \$18. As with all TriCity Family Services programs, fee reductions are available based on need.

If you are interested in enrolling in Life Beyond Depression, or just learning more, please contact Sheri O'Brien at TriCity Family Services by phone 630-232-1070 ext. 104.