

## **“It’s Kind of a Funny Story” – Defeating Depression Group**

This group is for Veterans (and significant others) interested in relief from ongoing depression or seasonal sadness.

It’s a 10 week Cognitive Behavior Therapy (CBT) group to help participants learn more about depression and what we can do about it.

The group meets at the Thursdays , starting September 18 through November 20, at 5 – 6:30 pm.

Contact Terry Randall, LCSW, 317-988-1607, for more information.

*“We have to face the pain we have been running from. In fact, we need to learn to rest in it and let its searing power transform us.”* Charlotte Joko Beck