

THE FEEL GOOD FLOW

DEPRESSION SUPPORT GROUP FOR ADULTS AGES 18-50

Navigating through the ups and downs of life while living with depression can be discouraging and exhausting, especially if you feel isolated in your struggles.



Make your mental health a priority by joining Asha Melton, Licensed Professional Clinical Counselor, and connect with peers living with depression for support.

Together, you will discover healthy and practical ways of managing your depression and will work towards healing, hope, and happiness!

MEETINGS:

- ✓ Weekly on Thursdays
- ✓ 12:30pm - 2:00pm
- ✓ Starts on 3/20/25
- ✓ Ends on 4/29/25
- ✓ Held at our office:
15 W Central Ave,
Suite 103 -
Delaware, OH 43015

COST & INSURANCE:

- ✓ \$35.00/session without insurance
- ✓ If we are in network with your insurance provider and if your plan covers group sessions, the cost will be determined by your insurance provider and will depend on your co-pay, deductible, or coinsurance.
- ✓ We are in network with Aetna, Anthem, Cigna, Humana, Medical Mutual, Medicare, Optum/United Health, and Student Resources. We are not in network with any Medicaid plans.

To sign up or for more information:



www.creating-connections.org



[740-990-8270](tel:740-990-8270)



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