

# FREE & Confidential Online Depression Support Group for Seniors

**Learn new skills  
for managing depression  
and living well in a supportive  
community of your peers.**

- No registration or insurance required.
- Recommended by leading mental health experts!



**Mondays at 12pm EST / 9am PST**

Log on with zoom meeting ID: 84220817943

Or via our website at:

**[www.livewell-foundation.org](http://www.livewell-foundation.org)**