

# **FREE & Confidential** **Online Peer Support Group** **Co-Occurring Depression** **& Addictive Behaviors**

**Learn new skills  
for managing depression  
and substance use  
or other addictive behaviors  
with supportive peers**

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



**Thursdays at 7pm EST / 4pm PST**

**Log on with zoom meeting ID: 84341062189**

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