Depression can impact all aspects of our daily lives, from our jobs to our relationships with loved ones. If you are coping with depression, attend Lakeview Pantry’s new Finding Hope: Managing Depression in Your Daily Life group.

• Learn new coping and management strategies
• Share your story and personal experience
• Receive support from peers

If you are interested in the group, please contact Edward Alderson at (773) 525-1777 ext. 244 or edward@lakeviewpantry.org. **Registration is required.**