



MIND OVER MOOD

**Group Facilitated by Kate Pickens, Counseling Intern
and Dr. Jeni Schutte, PsyD, HSPP**

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- Our group sessions will help you understand how thoughts and actions influence your feelings.
 - We will focus on how to control depression in practical ways that can be used now and in the future.
 - You will learn how to make the feelings of depression less intense, decrease the time you are depressed, learn how to prevent depressing thoughts, and feel more in control of your life.

Wednesday's from 6:30 – 8:00 p.m.

12 week Group

Group begins June 22, 2022

Session fee: \$10

**Contact Kate at 260-632-2131 or
katep.holistictherapy@gmail.com**