

BREAKING FREE from the Cycle of Depression

ALL FEMALE ADULT & YOUTH GROUPS

GROUP SESSIONS

32 Sessions

- **Defining Depression & The Cycle of Depression**
- **What Does Depression Look Like on You**
- **Managing Daily Life Skills and Activities When Depressed**
- **The “Thinking” Trap**
- **Past, Present & Future View of Self**
- **Self-Talk that Encourages or Discourages Depression**
- **The Power of Your Speech/Assertive Communication**
- **Perspective Makes A Difference**
- **Defining Self**
- **When Life Throws You A Curve Ball**
- **Owning & Discarding life’s Issues**
- **Family Ties**
- **The Company You Keep**
- **What Others Think**
- **Who’s in Your Head**
- **Dumping The Baggage**
- **Social/Interpersonal Skills**
- **Right Relationships**
- **Goals & Priorities**
- **You Are an Over-Comer**
- **Mental & Emotional Freedom**



Sharon Thomas, MS
Therapist/Group Facilitator

Change Begins with YOU!

Thomas Consulting

Sharon Thomas

**1930 Marlton Pike East*

Bldg T

Cherry Hill, NJ 08003

**2 Bala Plaza*

Suite 300

Bala Cynwyd, PA 19004

Ph: 215-385-5606

Fax: 856-384-2754

sharon@sharon-thomas.com

www.sharon-thomas.com