

Let's Talk Depression: From Silence to Support

ACHS Teen Center

Meets: 2nd Thursday of Each Month

Starting October 2025 at 9am

Feeling alone can make depression even harder — but connection can be a powerful step toward healing. Our Support Group offers a safe, supportive space to connect with others who truly understand. Through shared experiences, open conversations, and compassionate guidance, you'll realize you're not alone — and that support, strength, and hope grow stronger together. Join us and discover the power of connection.

