



## Did you know?

About 1 in 5 women develop depression at some point in life. Women are nearly twice as likely as men to have depression. Depression can occur at any age, but it's most common in women between the ages of 40 and 59.

### Join us for **Think Pink\***,

a NEW, peer-based support group for women overcoming battles with stress, anxiety and depression or caring for a loved one who is.

#### Topics to be addressed include:

- What is depression?
- Who does depression target?
- Symptoms and contributing factors of depression.
- Phases of depression.
- Keys to prevent and/or overcome depression.
- When and who to ask for help.
- Positive thinking and coping strategies.
- How to develop healthy relationships with other women and build a network of support.

The eight-week support group will meet weekly on Tuesdays from 7-8:30 p.m. beginning June 14, 2016 through August 2, 2016 at Willingboro Library 220 Willingboro Parkway Willingboro, New Jersey.

Register by May 27th and be entered into a drawing to win a complimentary spa day!

Seating is limited, so registration is required. To reserve your spot for FREE, email [info@awomansbusiness.org](mailto:info@awomansbusiness.org), visit [www.awomansbusiness.org](http://www.awomansbusiness.org) or call 856-817-6223.

\*Think Pink is a peer-based support group for informational and motivational purposes, and is not intended to be a substitute for mental health advice, medical advice, diagnosis or treatment.

*"You may not control all of the events that happen to you, but you can decide not to be reduced by them."*

Maya Angelou

