

# **Coping with Depression Support Group With Rev. Bob Luckin**



This is a support group for persons dealing with loss, depression, and grief. Attend this group to gain useful support, encouragement, and strategies to manage difficult situations and conditions. Rev. Bob Luckin will lead the group. His background includes over 30 years in the field of mental health.

**3rd Saturday of Each Month  
Beginning Saturday, January 21, 2012  
10:00 AM to 12:00 PM  
Suggested Donation of \$10.00 per Person**

For More Information, Please Contact:  
**Center for Spiritual Living**  
1905 Hartnell Avenue \* Redding, CA 96002  
221-4849 or visit [www.csredding.org](http://www.csredding.org)