



# L.A.D.S.

Leeds Community Foundation



( for both Women and Men )

## Listening And Direct Support



The Group will be starting on the 1st of June for 8 weeks at 11am to 12:30pm, we will be covering Topics such as,

- What is depression?
- The different types of depression
- Why Stigma?
- Anger and Anxiety
- And Coping Strategies

L.A.D.S. Group

New Wortley Community Centre

40 Tong Road

Leeds

LS12 1LZ

Tel: 0113 279 3466