



## Understanding and working through depression

**Starts on** 17/05/2008

**at** 10:00

**Ends on** 17/05/2008

**at** 16:00

**Category** Workshop

**Location** The Royal Victoria Hotel, The Marina, St Leonards-on-sea

**Information:** One day workshop, cost 40.

**Contact:** To book a place or find out more call 0800 121 8626 or see [www.risecounselling.co.uk](http://www.risecounselling.co.uk)