



Through thick and thin? Do you love someone who is experiencing depression?

"My partner often seems uninterested in me – personally and sexually, I don't know if it's the depression or me, and it's so hard to get a discussion about it going... I still love them, I'm not a carer – I'm a partner"

On Thursday 10th May (6-8.30pm, dinner provided) the Drummond Street Relationship Centre is running a session for people experiencing depression and their partners. For half of the evening you will be in separate groups.

Topics include:

- Really understanding what depression is and how to manage it
- How to recognise relapse and recovery
- Understanding the side effects of medication
- Looking after yourself

This session is part of a two stage program – on Thursday 17th May there is a special session for people who are trying to parent while dealing with depression (couples or individuals welcome).

Cost is \$35 per head for the 2 weeks or it's free if you have a health care card. Some childcare places are available.

Call Michele or Kate about the DARE Program (Depression and Relationships Education) on 9663 6733 for more information or to book your place.



195 Drummond Street,
Carlton 3053.
See our website for more
information at
www.dsrc.org.au



Does depression dog your relationship??

"I feel guilty sometimes, why would anyone hang in there with me when I am struggling with depression – it's had a really bad effect on my relationship- but what can I do?...She says 'think positive'- I am trying.... but saying that kind of thing has the opposite effect"

On Thursday 10th May (6 - 8.30pm, dinner provided) the Drummond Street Relationship Centre is running a session for people who are finding that their depression is having a negative impact on their relationship and their partners. For half of the evening you will be in separate groups.

The session will contain some education about depression, up to date research findings, hints on recovery and maintaining relationships along the way. There will be a focus on better communication.

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Its hard to bring them up – when you feel so down

“So I’ve got depression.... I don’t believe that makes me a poor parent, I put everything into parenting, I just need to know I am doing the right things”

On Thursday 17th May (6 - 8.30pm, dinner provided) the Drummond Street Relationship Centre is running a session regarding parenting, for people experiencing depression and their partners.

Topics include:

- Is there a genetic component?
- Balancing the desire for solitude and kids needs
- Talking to children at an age appropriate level about mental health
- Promoting mental health in kids
- Staying connected as a family through the ups and downs

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