



## Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

September 2011

### New Meetings Offered at DRG!

As the summer winds down we have some exciting news to share with you about Depression Recovery Groups. We continue to update not only our website but also the way we deliver our services to you. Our goal is to provide the most effective solution we can, to those seeking help dealing with depression.

Using feedback from both our participants and our group leaders, we are rolling out a new Recovery Program series that will focus on specific skills and practices to help you get healthy and stay that way. Education has always been an important part of each Depression Recovery Group, and these in-depth meetings will provide even more. The specific skills are illustrated by our "Road to Recovery" pyramid.



Click Image to Enlarge

You will see that we divide these skills or topics into two groups: Foundation skills and Advanced skills.

**Foundation Skills** are meant to help you build essential habits to regain your energy and feel better. Our experience, as well as the research on depression

treatment, has shown that the five meetings focused on these skills will help you to get moving on the Road to Recovery.

The **Advanced Skills** focus on long term healthy habits that will keep you in charge and moving up as you fully recover. You can think of these skills as life long healthy behaviors that will help you to lead a more productive and depression-free life.

In addition to these new meetings, we will continue to offer General

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*"You can't stop the waves, but you can learn to surf."*

Jon Kabat-Zinn

### What Participants Say About Our Meetings

95% of participants would recommend our meetings to others.

92% of participants believe our meetings are helpful.

80% of participants learned new ways to deal with problems.

96% of participants say their group leader was warm, supportive, and concerned.

### Quick Links

[Register for a Meeting](#)

[Depression Recovery Groups](#)

Meetings where you can discuss whatever is important to you and our Special Group Meetings (Women, Faith-Based, etc.). We will also have a new free introductory meeting that you can attend to get more information on this new series and to see how the Depression Recovery Groups meeting works.

We have also created a new pricing model to reflect our new offerings and allow you to make Depression Recovery Groups a consistent part of your recovery.

If you sign up for one meeting at a time, an Educational meeting will cost \$12.99 and a General or Special Group Meeting is \$7.99. This will allow us to continue to provide affordable meeting options and also offer these new Educational Meetings.

We believe that you benefit the most from attending at least one of our Educational Meetings a week for eight to 12 weeks. For this reason we are offering them in packages designed to save you money and support your full recovery. A bundle of five Educational Meetings is only \$54.95 (\$10.99 per meeting), a bundle of 10 meetings is \$89.90 (\$8.99 per meeting), a bundle of 15 meetings is only \$119.85 (\$7.99 per meeting).

Our first educational meetings will start on Sunday, Sept. 11. Remember, space is limited in each of our meetings, so sign up soon.

Our free introductory meetings have already started. We intend to offer two introductory meetings every week.

Depression Recovery Groups offers an affordable treatment solution backed by independent research shown to help sufferers of depression get started on their own road to recovery. We hope you will continue to let Depression Recovery Groups be a part of your recovery.

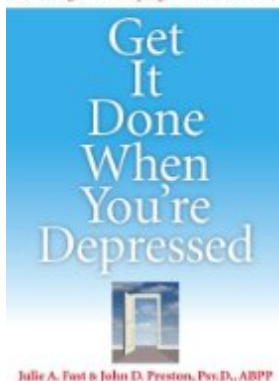
So take advantage of our new Educational Meetings using a package of meetings to support your commitment to wellness.



## Recommended Resource

***Get It Done When You're Depressed*** , by Julie A. Fast, John D. Preston

50 Strategies for Keeping Your Life on Track



This book contains 50 easy to consume chapters with advice on common problems that get in the way of personal productivity.

[Read More](#)

## A Participant's Comments

*"I think it is really great that there are these kind of on-line support groups out there for people like myself who definitely need them. I am very grateful I found this support group. I think it helped me a lot tonight. I thought that the meeting host was really great. She made me feel comfortable about talking and expressing my thoughts and feelings. I really feel that I benefited a lot from tonight's meeting. Thank you. "*

## Follow Us!





## Video: Sick & Tired



Are you sick and tired of being depressed? Learn about some fundamental things you can do to help yourself.

[Play Video](#)

[www.DepressionRecoveryGroups.com](http://www.DepressionRecoveryGroups.com)

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