



## Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

February 15, 2011



### SPECIAL EDITION New Depression Recovery Group Features

#### Quicker, Easier Login

With just a few clicks of your mouse you will turn your next meeting registration into a private and easily accessible place where you will:

- View the Depression Recovery Groups meeting schedule in your time zone;
- Keep track of your meetings – the meetings you have attended and the upcoming meetings that you have registered for;
- Set and share recovery goals if you like – setting recovery goals can help clarify your path forward, give you milestones to strive toward and a sense of achievement as you make progress in your life.

#### Expanded schedule: New groups, topics and group leaders

- Check out our schedule for more opportunities to connect with others who understand what you are experiencing.
- New group leaders bring both personal and professional expertise to your meetings – helping to restore hope in your life.
- New groupings and topics so you can meet with others who have similar interests as you.

#### New "Quick Boost" Poll, Article and Meeting

Each week we will ask you about a depression-related issue. The following week we will report on the results, add our point of view and hold a meeting on that topic. This is a great way to participate in our larger learning community and help yourself and others. If you register on our site you will also have access to an archive of Quick Boost articles that you can search to find the help you need.

#### New Group Leaders

We are growing to better serve you. Get acquainted with our new group leaders:

- [Jackie Brown](#) - My goal as a Depression Recovery Groups Leader is to share my insights and give a sympathetic ear to others in need.
- [Sandy Glover](#) - My hope in running the Depression Recovery Groups meetings is that you will gain a source of comfort from me, as I am a very warm, compassionate, and extremely empathetic person. I have been there, and I still struggle from time to time, so I certainly know and understand what it feels like to struggle with

#### In This Issue

[Special Edition](#)

[Recommended Resource:  
Feeling Good](#)

[Video: Support Group  
Options that Work](#)

#### A Participant's Comments

*I would like to thank everyone that was in the meeting in addition to our group leader taking her time to provide such an incredible service to people like myself. Before I entered into this program, I felt like I have nowhere to turn, no one to talk to, no one for support, lost in a world of ALONE. I am thankful that I pushed the correct buttons today and you all have opened up a door that has been denied to me for so long.*

#### Quick Links

[Register for a Meeting](#)

[Depression Recovery  
Groups](#)

*In the midst of winter, I finally learned that there was in me an invincible summer.*  
Albert Camus

certainly know and understand what it feels like to suffer with depression. I want to show others that they're not alone in their journey and that there is indeed a light at the end of the tunnel!

- [Jeff Malderez](#) - I really hope, and continually strive to ensure, that all of my groups provide a safe and supportive learning and sharing environment which create and foster cultures of hope, insight, and awareness for all group participants. In addition, I'm also a firm believer that we are all experts about our own experiences and that together we can achieve our goals faster. I hope to welcome you to one of my groups soon.
- [Cindy Myron](#) - Depression Recovery Groups' online meetings allow me to offer a listening ear and help people find practical tools to deal with the many challenges that depression can pose, all from a distance. Through the proven power of peer support, we can work together toward a brighter tomorrow.
- [Laura Sypien](#) - I want to help our participants know that there is hope. We don't have to be miserable. We can get better. I want to help guide as many people as I can toward hope and through the recovery process.

### "Pay What You Can" Support Model

We are also excited about our new "pay what you can" support model. If you have been in one of our meetings you know how valuable they are. For this reason we no longer say that our meetings are free. Free things have little or no value. At the same time, while we invite your support, we will never turn anyone away. We simply ask you to pay what you can to assure the continuation of our service for you and others.



### Recommended Resource

#### ***Feeling Good: The New Mood Therapy Revised and Updated***

By David D. Burns



One of the best books around, this classic provides a therapeutic benefit just by reading it and doing the exercises. This book is ideally suited for those who are in recovery and want to learn how to avoid relapse. [Read More](#)



### Video: Support Group Options that Work



Depression support groups can help you to get going and keep going. Learn how support groups work and about some different options for you to consider.

[Play Video](#)

### In Next Month's Issue

#### ***Exercise***

Learn about its many benefits, how to get started and how to stay motivated.

### Follow Us!



