

**The Actors Fund,
for everyone
in entertainment.**

Strategies *for* Fighting Depression & Anxiety

An eight week confidential group focused on teaching basic tools to help you manage your mood. Unlike traditional talk therapies, this structured group will feature weekly guided exercises and homework assignments with the goal of helping you take control of how you feel.

This group is offered throughout the year and if you are interested in attending, please let us know and your name will be placed on a wait list for possible participation as groups are scheduled and formed. To ensure a positive group experience, an initial interview will be required. Group is free, confidential and open to all professionals in performing arts and entertainment.

Where: The Actors Fund, 5757 Wilshire Blvd., Suite 400

Contact: lagroups@actorsfund.org