



wholehearted

HEALING COLLECTIVE

A group for adults with depression Cultivating Joy Again

Are you feeling stuck, unmotivated, or weighed down by depression? You're not alone—and there is hope.

Depression often leads to feeling down, unmotivated, and stuck, which fuels negative thoughts and causes a decline in activities that once brought purpose and joy. This group uses behavioral activation, an evidence-based approach designed to break that cycle. Together, we'll explore how small, intentional changes in your routine can increase energy, motivation, and joy.

This group is designed for adults experiencing depression who want tools, structure, and connection to support their healing.

**We are in network with most major insurance plans
\$45 without insurance**

in this group, you will:

- Learn how depression affects motivation and behavior
- Identify personal values and meaningful activities
- Develop strategies to break the cycle of avoidance & withdrawal
- Gain support and accountability from others who understand
- Build momentum toward a more engaged and fulfilling life

**8 session commitment
Fridays | 7pm**



Call our office
at (732) 852-7373
or email
admin@wholeheartedhc.org
to schedule
a group intake.

**Facilitated by
Kayla Breeden MS, LAC, NCC**

