



Depression & Anxiety

This is a weekly space for anyone going through depression or anxiety to come together, talk openly, and feel supported. Bring your story, your questions or just your presence.



Led by trained therapists
who are here to guide.

What they can expect

- This isn't therapy, it's connection, community & knowing you're not alone.
- People who listen without judgment.
- What's shared here stays here; confidentiality matters.
- Talk, listen or simply be. Share only when you're ready.
- Learn from each other real ways to cope.



*Enjoy tea, coffee
after the session!*

Who can attend

- Anyone 18 + seeking peer support
- People currently in therapy, who've tried it before, or never have
- Those looking for community connection (this is not crisis intervention)
- All genders and backgrounds welcome



**Every
Wednesday,
5:30pm to 7:00pm**

**At Samarpan,
Churchgate, Mumbai**

Register for free at



+91 91360 32440