

A forum to learn about and talk about mental health

A different mental health issue is covered at each monthly session

Topics include:

- * Depression
- * Anxiety
- * Substance Abuse
- * Insomnia
- * Eating Disorders
- * and more!

Watch the De Pere Health Department facebook page for monthly topic postings

Sessions are held at the
De Pere Community Center
600 Grant Street
in the Oak Room

the last Wednesday of the month at 6:30 pm

Sessions are free and open to everyone

Mental health is hard to talk about for