





You Are Worthy

(Support Group for those who are deaf experiencing depression)

youareworthy@sbcglobal.net



Mission Statement: H O P E

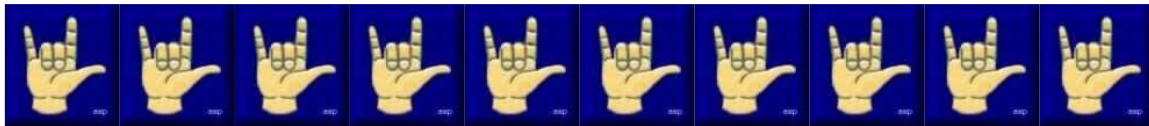
-  **H**ave a kind heart and connect with individuals who feel alone.
-  **O**ffer hope to those who are hurting from life happenings.
-  **P**rovide a SAFE PLACE for those who want to express concerns, worries, or joys.
-  **E**ncourage options to help improve lives and discuss concepts which may cause peace within each individual.



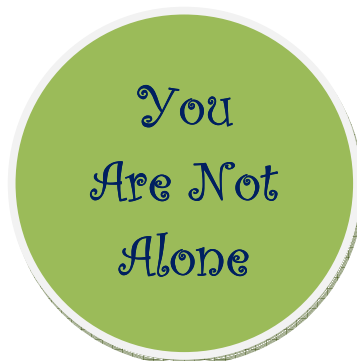
About This Group

- ♥ **Confidential** – Everything expressed in this group stays in this group. Each member is required to agree with this rule: Do **not** repeat anything that is shared in this group. This group is anonymous and will not share any names or personal information outside the group.
- ♥ **Your Name** – It is your choice if you want to say your name – this is not required.
- ♥ **Trust** – It is important to develop trust. This will help everyone feel comfortable expressing.
- ♥ **Research** – Learn ways to cope with different feelings: anger, sadness, feeling alone, feeling no one cares, thinking negative about you, and other feelings not listed here.

- ♥ **Support** – Each experience expressed in this group may help someone else. Always be respectful to the one who is expressing.
- ♥ **Speakers** – Professionals will be scheduled to attend the group and inform about depression, teach how to be more positive and different topics such as controlling anger, how to become calm, and other issues.
- ♥ **Expressing** – Each person may decide what they want to express. Each person may decide how much they want to express. Each person may decide to be silent. You may express when YOU feel ready to share feelings or opinions.
- ♥ **Take Turns** – Each person must take turns expressing and everyone will have an opportunity to share their comments. You may choose to be silent and express when you are ready.
- ♥ **Solving Issues** – This group cannot solve problems for anyone. Only YOU know what is necessary to improve your own life. This group CAN offer support, care, and love. We CAN learn from each other.



**YOU Control The Situation; The Situation Does Not Control You
Take Care of YOU!**



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**Depression
Support
Group
For the deaf**

**You
Are Not
Alone**

**You
Are
Worthy**

**You
Are
Strong**

**Knowledge
Is
Powerful**

**You
Are
Special**

**Take
Care of
You**

**You
Are
Worthy**

**You
Are
Strong**

**You
Are
Important**

**There
Is
Hope**