



GOLDEN GATHERING

OPEN TO ALL ELDERLY INDIVIDUALS

**Are you feeling down,
hopeless, or depressed?**

YOU ARE NOT ALONE...

Learn Coping Skills,
Connect, and
Improve your Mental
Health with US.

Are you facing Depression,
Loneliness, Grief, Stress,
Difficulties with Cognitive
Functions, or Issues of
Generation Gap?

Join us for support &
guidance AND navigate
through these
challenges, build
resilience, and lead a
healthy life.

COME AND SHARE YOUR EXPERIENCES WITH US!

Learn from others and get access to resources to enhance your well-being.

GET AN OPPORTUNITY TO TAKE PART IN RECREATIONAL ACTIVITIES WITH OTHERS.

Join our **GROUP SESSIONS**
today and take the first step
towards better mental health.

CONTACT US:



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