



SADAG Launches 10 NEW Support Groups

SADAG has over 160 Support Groups around the country, offered both online and in person. We are constantly adding new Support Groups to our portfolio to increase Mental Health Aftercare resources in South Africa.

Join us at a FREE Mental Health Support Group for

Parents & Caregivers of Children with Mental Illness or Disabilities

When: Every Second Sunday
 Where: Online using Google Meet
 Time: 6:30 pm

For more information contact Nelly on 072 348 1903

Join us at a FREE

Men's Mental Health Support Group

When: Every Second Thursday
 Where: Apostolic Faith Mission Church, 9191 Mbalo Drive, Dobsonville, Soweto (Next to Hector Pieterse Primary School)
 Time: 10 am – 11 am

For more information contact Tintswalo Zwane 063 208 0811

Join us at a FREE Online
 - Confidential -

Women's Support Group
 DEALING WITH GENDER BASED VIOLENCE & THE EFFECTS THEREOF

When: Wednesday, Weekly
 Where: Online
 Time: 6pm

For more information contact Pulane on 076 879 0046

Join us at a FREE

DEPRESSION & ANXIETY SUPPORT GROUP

Where: Walton & Polden Psychology Inc, B14 N1 City Mews, Cnr of Manus Gerber & Frans Conradie Drive Goodwood, Cape Town
 When: First and Third Tuesday of each month
 Time: 6:30pm

For more information contact Gabriel 082 570 9047

Join us at a FREE **DEPRESSION & ANXIETY Support Group**



Where: 3C - Community Character Courage, Nelson Mandela Dr, Ivy Park, Polokwane (Opposite Penina Park Turn off)
 When: Friday, 3 March 2023
 Time: 6pm

For more information contact Daleen 071 090 0106

Join us at a FREE Support Group
Mental Health Support Group for professional Mamas

When: Monday, 6 March 2023
 Where: Online
 Time: 6:30pm – 7:30pm



For more information contact Nala on 072 441 9870

Join us at a FREE
Mental Health Support Group FOR YOUNG ADULTS (18 - 35)

When: Thursday, 16 March 2023
 Where: Imbali Garden Centre, 39 Church Street, Lydenburg
 Time: 4pm-5pm



For more info & to RSVP contact Annette 079 493 3073

Join us at a FREE Online
Support Group for First Time Moms

Where: Online
 When: Saturday 18 March, 2023
 Time: 10am



For more information contact Kopano 081 458 8861

Open to all Tertiary students
FREE Online SADAG Peer Support Group



Where: Online using Zoom
 When: Saturday 18 March
 Time: 3:00pm – 4:00pm

For more info and to RSVP contact Jenna: 074 691 7233

Keep up to date with info on new Support Groups that are launching by [subscribing to our newsletter](#) or visiting the [Support Group Tab](#) on our website.

Meet Our Newest Support Group

Leaders

Join us this coming Friday for our weekly Live "Ask The Expert" Session where we'll be talking to our Newest Support Group Leaders about their upcoming launches in the month of March. Joining us is Daleen, launching a Face-to-Face Depression and Anxiety Support Group in Polokwane, Nala who is launching an online Support Group for Professional Mammals and Kopano, launching a Support Group for First Time Moms. Please tune in on Friday at 1PM on our [Facebook Page](#) as they tell us more.



Live on Facebook   

SADAG's Online "Ask The Expert"

The Power of Support Groups:
MEET OUR NEWEST SUPPORT GROUP LEADERS

WITH SUPPORT GROUP LEADERS
Daleen Lekoape
Depression & Anxiety
Nala Daga
Professional Mammals
Kopano Bokaba
First Time Moms

 **1 PM
FRIDAY
3 MAR**

Dr.Reddy's     @theSADAG



FREE ONLINE SUPPORT GROUP MEETING

**Loosening The Apron Strings:
Tough Love & Letting Go**



**WITH GUEST SPEAKER
CHANTAL HENN NEEGROTTO
CHAIRLADY TOUGHLOVE SA
THURSDAY, 9 MARCH 2023 @ 7PM**

For more info or to RSVP contact
Karen - 083 417 6087
Support Group For Family Members and Loved
Ones of those with Mental Illness



Interested in giving back? We're on the hunt for Guest Speakers!

On occasion, Support Group Leaders will identify specific topics that the group would like to be covered, and professional guest speakers offer assistance in hosting these sessions.

If you are a Mental Health Practitioner and would like to offer your services please email supportgroups@anxiety.org.za

Who Should Join a Support Group

A Support Group is never the first line of intervention when treating a Mental Illness, rather Support Groups offer supplementary support in an environment where others can really understand what you are going through.

In the majority of cases Support Groups are run by patients and ex-patients themselves, they are not Mental Health practitioners and are not able to provide medical advice. Remember, a Support

Group is not the same as group therapy.

If you have consulted with a Mental Health practitioner, have received a diagnosis, and are managing your Mental Illness, a Support Group can be an incredible support in maintaining your mental health.

If you would like to find out more about who should join a Support Group click [here](#).

The South African Depression and Anxiety Group has over 160 FREE Support Groups around the country

JOIN A SUPPORT GROUP

A **Support Group** is a group of people with common experiences and concerns who meet regularly to provide emotional and moral support for one another.

Support Groups encourage a sense of community and a source of empathetic understanding in a non-judgmental environment

If you are interested in joining a Support Group or finding out more visit www.sadag.org or call 0800 21 22 23

SADAG SUPPORT GROUPS

For more info about **Starting** a Support Group email supportgroups@anxiety.org.za

To find out more about **Joining** a Support Group call 0800 456 789.

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call our 24hour toll free Cipla Mental Health Helpline 0800 456 789 or SMS 31393 (7 days a week, 365 days a year)

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