



Depressed Anonymous

Depressed Anonymous Conference on Hope

Saturday 4 March 2023

11:00am – 4:00pm ET

Zoom Meeting ID: 851 593 3239

Passcode: hope

The theme/topic for the conference is hope

There will be 5 time slots. Four of the time slots will be speakers sharing their story of recovery and weaving in the topic of **hope**. One of the time slots will be a brief meditation session and a brief yoga session.

All sessions will be recorded and shortly after the conference an audio only version will be available on the Depressed Anonymous website.

To view a blog post on the conference
and a way to add an entry into your
calendar with all the conference details
scan this QR code:

