

**MATRIC CONVOS**

FREE. ONLINE. WEEKLY

**SUPPORT GROUP**

OPEN TO ALL MATRICS

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

- Are you in Matric?
- Are you feeling overwhelmed by the exams?
- Studying got you feeling stressed?
- Feeling depressed, down, sad or anxious?
- Generally feeling like you are not managing?

**WE'RE HERE FOR YOU!**

**REGISTER NOW TO JOIN**  
[HTTPS://BIT.LY/MATRICSG](https://bit.ly/matricsg)

**Wed, 2 October @ 6pm**

FOR MORE INFO CALL: 0800 456 789  
WHATSAPP: 087 163 2030  
OR SMS: 31393

## Matrics, Join Our Free Online Support Group - Wednesday 2 October @ 6pm

As exams approach, it's easy to feel like you need to keep pushing without stopping. But taking regular breaks is just as important as studying itself! This week, SADAG's Matric Support Group will focus on the Importance of Taking Breaks—how they help you recharge, boost productivity, and prevent burnout. Join us this Wednesday at 6pm via Zoom to learn how incorporating breaks into your study routine can improve your focus and exam performance.

**Register now** and let's face exam season with a balanced and healthy mindset!