

Depression Workshop



Depression is one of the most commonly experienced mental health concerns. The symptoms can become overwhelming, continuous, and lead to feelings of helplessness. Helpers may feel unsure of where to begin when supporting those who are experiencing depression.

Join us online in this workshop where you will learn about depression, the “thinking – feeling connection”, unhelpful thinking styles, how core beliefs affect depression, self-management strategies and more.

**Every Wednesday from
July 7 - August 11
12 p.m. to 1 p.m.**

To register and receive the link please contact
Barb at bcatalano@communitycaredurham.on.ca



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

communitycaredurham.on.ca