



# Beating the Winter Blues Workshop

Tuesday January 22, 2019



Time: 12:30 - 1:30 pm  
in Games room

Cost: Free - register on table in front of Centre 1 & 2

Depression and Seasonal Affective Disorder

Presented by

Susan Wild, Social Worker  
West Park Health Care Centre,  
Seniors Mental Health Service

#### Upcoming Workshops.....

February 5, 2019 - Managing Your Emotions  
February 19, 2019 - Dealing with Conflict  
March 5, 2019 - Coping Skills in Times of Change

