

DEPRESSION
EDUCATION
GROUP

Do you or someone you know experience “the blues” that just do not seem to go away? If you are more irritable than usual, not able to enjoy your usual activities, feeling disappointed in yourself, feeling hopeless and having difficulty sleeping, you may be one of the 17 million Americans who are suffering from depression and don’t know it. Depression is treatable!! Learn from compassionate teachers about depression.



A Caring and Safe Place to Learn, to Heal, and to Share Feelings

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



The Family Life Center
703 Compton Road

Five Sundays
beginning
February 7, 2010,
2-3:30 PM



*A Faith-Based Outreach of
Northminster Presbyterian Church*

Contact us: 513-931-5777, or
flc@nmpchurch.org, or
<http://tinyurl.com/FamilyLifeCenter>
for information and for
other groups that provide help
for all ages and stages of
life & life issues.

Depression Education
Sundays, 2–3:30 PM
The Family Life Center
703 Compton Road
5-week session begins
February 7, 2010

GROUP SUPPORT FOR INFORMATION AND UNDERSTANDING

Depression can present itself in a variety of ways. In this class, you will have weekly conversations with some very caring people who are good listeners, know a lot about depression and the healing process.

This is not a therapy group or a substitute for therapy, but you will find this a safe and comfortable place to confidentially share and learn more about:

- Common symptoms of depression.
- Different available treatments
- How to gain access to these treatments and what should be expected.
- How our thoughts, stress, lifestyle and spirituality impact our mood
- Effective everyday coping strategies to best deal with depression
- New ways to affect a change in relationships

with significant people in your life.

No fee for class or childcare, books loaned free for your use from the FLC Library.

Sources of Information:

The class facilitators utilize resources including a depression screening instrument, books, videos and hand-outs. Some of these resources are from the local Mental Health Association. Books can be borrowed from the Family Life Center Library. Some resources were specifically developed by the leaders for use in this class.

Class Facilitators:

The group is led by Colleen Ehrnschwender and a team of caring professionals: Dr. Debjani Sinha, Dr. Nancy Panganamala, and Dr. Bill Cahalan.

FORMAT: Five sessions on Sunday afternoons. **This class is not therapy or a substitute for therapy, or long-term support.**

Each week Colleen and the other leaders will lead a conversation about a topic related to depression.

Research shows that people feel more comfortable and learn better in a group setting, where they can share with others who have been through the same thing.

Rejoice with those who rejoice, weep with those who weep.



703 Compton Road
Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260
E-mail: FLC@nmpchurch.org

Registration for Depression Education

Sign up for:

<input type="checkbox"/>	Sundays, beginning 2/7/2010	2-3:30 PM	FREE !!
<input type="checkbox"/>			
<input type="checkbox"/>	I will need child care during class		FREE !!

Names & ages of children:

Name

Address including zip code

Phone and e-mail

How did you hear about us?