



UNDERSTANDING DEPRESSION: WHAT EVERYONE NEEDS TO KNOW ABOUT THIS COMMON AND COMPLEX PROBLEM

Saturday, February 6, 2010

1:00—3:00 p.m.

Flower Mound Public Library Program Room

3030 Broadmoor Lane

Flower Mound, TX 75022

Please call for reservations: 972-874-6165

Could you or someone you care about be suffering from depression?

Depression is common. In our pressure-driven society, it affects an estimated 9.5 percent of adult Americans in any given year, or over 28 million people. It is also increasingly found among teens and even younger children.

Depression is a serious condition that involves the body, feelings, and thoughts. It can affect the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. It impacts family relationships, careers, school work, and marriages.

In this seminar, we will discuss:

- Causes of depression: what is known today
- Symptoms of depression: how to recognize it in yourself or someone else
- When to get help
- Treatment options: where to start
- How you can support a depressed loved one

Depression is becoming more widespread but is often very treatable. Come and gain an understanding of this important health issue.



CHERYL OLIVER IS A LICENSED PROFESSIONAL COUNSELOR AND LICENSED MARITAL AND FAMILY THERAPIST ASSOCIATE WHO IS IN PRIVATE PRACTICE IN FLOWER MOUND. SHE HAS SUBSTANTIAL EXPERIENCE WITH ADOLESCENTS AND ADULTS EXPERIENCING ANXIETY, DEPRESSION, EATING CONCERNS, FAMILY CONFLICTS AND SELF HARM.