



DEPRESSION

Depression is real, and it hurts.

Everyone gets sad. However, feeling sad all the time might actually be something called depression. The college years can be tough at times and sometimes people need support. Come join Phil Boissiere, MFT of De Anza College Psychological and Health Services to learn more about depression and common treatments.

This is the final workshop, in a series of five, brought to you by De Anza College Psychological and Health Services.

March 20, 2012 from 11:30am – 12:30pm

Don Bautista Room, Hinson Campus Center, De Anza College

These workshops are educational and not intended to provide diagnosis or treatment. For more information on the presenter, please visit www.cognitivetherapysf.com

— FREE —