

Depression Workshop @ Region V Systems

Consumer/Family Advisory Committee

Funded by Region V Systems

The CFAC is offering to consumers or family members residing in the Region V area to participate in the Depression Workshop based on "The Depression Workbook – A Guide for Living With Depression and Manic Depression"

Workshop Information

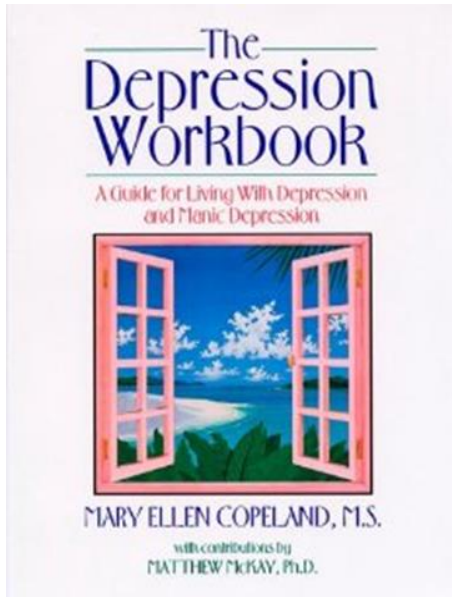
We will meet on the following dates:

Tuesday, April 7, 2020
Tuesday, April 14, 2020
Tuesday, April 21, 2020
Tuesday, April 28, 2020
Tuesday, May 5, 2020
Tuesday, May 12, 2020
Tuesday, May 19, 2020
Tuesday, May 26, 2020

Location:

Region V Systems
1645 N Street
Lincoln, NE 68508

Time: 1:00 pm – 4:00 pm



The group will use "The Depression Workbook" by Mary Ellen Copeland to address such issues as:

- Taking charge
- Taking responsibility for your own wellness
- The way out of depression
- Using a chart to keep your moods controlled
- Developing and using a Wellness Recovery Action Plan (WRAP®)
- Building a strong support system
- Finding appropriate health care professionals
- Support groups
- Family support
- Taking a look at your lifestyle
- Building self-esteem and self-confidence
- New ways of thinking
- Using relaxation to stabilize moods
- Diet
- Exercise
- Light therapy
- Preventing suicide
- And more

The classes are free to the participant and the workbook will be provided.

We encourage the participant to attend all of the sessions. A final evaluation will also be distributed at the end of the sessions.

Space is limited to the first 15 applications received.

Deadline for applications:
March 24, 2020

Name: _____

Address: _____

Phone: _____ E-mail: _____

For more information or to sign up for these classes contact, **call or e-mail:**

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