

Living With a Depressed Spouse

Hints and Hope Series

Bernadette Stankard and her husband, Ed, have also struggled as a couple with the demon of depression. They both know what a difficult time it is to live with the illness and to navigate the day-to-day pitfalls which are a part of depression, especially the pitfalls that affect the marriage and family relationships. Bernadette is the author of several books, most recently **Co-Creators with God** from Twenty-Third Publications.



WHAT: 1.5 hour educational program

WHEN: Wednesday, February 8, 2012; 7:00 – 8:30 p.m.

WHERE: Pleasant Valley Baptist Church, 1600 North 291 Highway (I-35 & 291) Liberty, MO 64068

WHO SHOULD ATTEND: The program is designed for persons who have a relationship with someone who is depressed; spouses, partners, parents, children, or others. Although the presentation may be helpful to those suffering from the illness, especially in regard to what their loved ones are going through, the presenters will not speak specifically to them.

After attending this program the participant will be able to:

- Explain and discuss the importance of self care while caring for someone who is depressed, and provide practical suggestions for self care.
- Discuss issues related to relationship changes that can occur when a loved one is depressed, and offer suggestions for dealing with these changes.
- Discuss issues related to faith that can occur when struggling with depression in a loved one and provide suggestions for maintaining a spiritual life despite feelings of hopelessness and abandonment.

REGISTRATION: Program is free. CEU's (Certificate of Attendance) available.

Please complete form below and email/mail/fax prior to the workshop. Hints and Hope Series "Living With a Depressed Spouse" Workshop on February 8, 2012 at Pleasant Valley Baptist Church. Program is free. Any Questions? Contact Stacy Davis at 913-281-2221 ext. 112 or sdavis@mhah.org

Name _____

Organization _____

Address _____ City _____ State _____ Zip _____



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Email _____ Fax _____