

Blue Skies: Lifestyle Changes that Transform Depression

Jude LaClaire, PhD is a counselor, educator and author. She has been active in the Mental Health field over the last forty years working in every area of mental health. She continues to explore new ways to work with depression and anxiety, implementing holistic, practical and powerful ways to overcome depression. She works with a diverse population of all ages. She is still excited about this work and enjoys seeing people become happier.



WHAT: 1.5 hour educational program

WHEN: Monday, February 27, 2012; 6:30 p.m. – 8:00 p.m.

WHERE: First Baptist Church of Olathe, 2024 E. 151st Street, Olathe, KS 66062

WHO SHOULD ATTEND: This workshop will be of benefit to persons with depression and related mental health conditions, their families and significant others, as well as care providers. The community and healthcare professionals are welcome to attend.

After attending this program the participant will be able to:

- Assist individuals in understanding the “normalcy” of ups and downs, grief and other responses to life situations that may cause depression vs. clinical depression.
- Learn about life style changes that help people heal depression and stay healthier.
- Learn skills in managing and changing depressive thoughts and feelings

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

Please complete form below and email/mail/fax prior by workshop. The “Blue Skies: Lifestyle Changes That Transform Depression” Workshop on February 27, 2012 workshop at First Baptist Church of Olathe Church is free. Any Questions? Contact Stacy Davis at 913-281-2221 ext. 112 or sdavis@mhah.org

Name _____

Organization _____

Address _____ **City** _____ **State** _____ **Zip** _____

Email _____ **Fax** _____

