

Why Am I Depressed?

Not Just the Blues Series

Regina Singleton, LMSW received her graduate degree at the University of Kansas School of Social Welfare and has been licensed in the State of Kansas for 34 years. Ms. Singleton's practice focus has been in the clinical track with an emphasis on mental health and child welfare. She worked in the area of community mental health and in-home therapy for 30 years. She worked to spearhead community based/wrap around services for children and adolescents in the mental health system and worked with various local and state groups to develop services for severely emotionally disturbed youth and their families. Ms. Singleton is currently in private practice and also teaches at KU School of Social Welfare.



WHAT: 1.5 hour educational program

WHEN: Tuesday, February 28, 2012: 6:00 p.m. – 7:30 p.m.

WHERE: St. James United Methodist Church, 5540 Wayne, Kansas City, MO 64110

WHO SHOULD ATTEND: Persons with depression and related mental health conditions, their families and significant others, as well as care providers may attend. The community and healthcare professionals are also welcome.

After attending this program the participant will be able to:

- Recognize that the incidence of depression is at an all time high
- Describe how physical, social and emotional stress can result in depression
- Discuss community resources that support recovery.

REGISTRATION: Program is free. 1.5 CEU's (Certificate of Attendance)

To register, please contact Stacy Davis at 913-281-2221, ext. 112 or sdavis@mhah.org or complete form and mail/fax prior to workshop. Not Just the Blues Series "Why Am I Depressed?" workshop at St. James United Methodist Church is FREE.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

