

# *Seasonal Affective Disorder (SAD)*

*Seasonal Affective Disorder, also known as SAD, is a type of depression that begins and ends during a specific season every year, typically fall and winter. The recurring symptoms of SAD are the same as or similar to other types of depression. They can vary in severity and often interfere with personal relationships. SAD affects half a million people every winter. The “winter blues”, a milder form of SAD, may affect even more people.*

Come join us for this free workshop where we will discuss the following topics:

*~The causes of SAD~*

*~The signs & symptoms of SAD~*

*~How to encourage someone to seek help: reduce stigma & fear~*

*~Safety & crisis resources~*

*~Where professional help is available~*

## **Workshop Locations & Dates**

### **Ione Family Resource Center**

17 S. Buena Vista St, Ione  
December 11, 2018  
2:00pm – 4:00pm

### **Upcountry Community Center**

19386 Hwy 88, Pine Grove  
December 12, 2018  
12:30pm – 2:30pm

### **Camanche Lake Community Center**

4240 Camanche Pkwy N, Ione  
December 13, 2018  
12:00pm – 2:00pm

*Please call for more  
information.  
Please RSVP if you will  
need child care.  
(209) 257-1980 x 103*

Workshop provided by Carla Fry, M.S., P.P.S.C.

*This discussion is intended for informational purposes only and is not meant as medical advice or to replace consultation with a physician or mental health professional.*

*Para información en Español, por favor llame al 209-257-1980 x 104.*

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