



More than Just a Bad Day: Understanding and Supporting Students Who Experience Depression

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| Who: | Professionals working with children, youth, and families in Strathcona County. |
| When: | Thursday March 16, 2017 12:00-1:00p.m. |
| Where: | Strathcona County Community Centre Meeting Room #3 |
| Register: | Strathcona County Family and Community Services 780-464-4044 or joey.leslie@strathcona.ca |

Depression in children and adolescents is common, but often goes unrecognized or is mistaken as a motivation or behavior problem. With the information and strategies presented in this presentation you will be able to detect depression and seek help for your student.

In this course:

- Explore the difference between normal sadness and clinical depression
- Learn how to recognize the signs and symptoms of depression
- Discuss the risk factors associated with students developing mood related problems
- Review treatment options and referral services available
- Build strategies aimed at positively impacting your student's emotional and academic functioning.

Presented by Community Partners in Action Committee