



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

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

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