



Feeling SAD: Discussing Seasonal Affective Disorder

Recognizing that SAD is real, and there is help. Join us to:

- Discuss why we feel more depressed in winter
- Learn strategies to reduce SAD symptoms
- Gain coping skills
- Resources provided

Provided by a Social Worker

No cost to attend

Monday, March 3rd, 2025

1:30 pm – 3:30 pm

Fonthill Branch of Lincoln Pelham Public Library

Contact Welland McMaster Family
Health Team to Register:

905-704-3660

www.wellandmcmasterfht.com

