

# Bridges Community Health Centre

## Community Health and Wellness Programs

### SAD: Seasonal Affective Disorder



All Bridges CHC programs are open to the entire community at no cost.

**Tuesday, October 22, 4:00-5:30pm—Fort Erie site**  
**Wednesday, October 30, 4:00-5:30pm—Port Colborne site**

Join our Registered Social Worker in this presentation to discuss SAD (Seasonal Affective Disorder), what it is, how to identify it, and ways to manage it.

To register for the Fort Erie site:  
Call 905-871-7621 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)

To register for the Port Colborne site:  
Call 289-479-5017 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)