



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

Thursday, February 15th, 2024

10:00 am – 11:30 am

Seaway Mall Branch of Welland Library

Contact Welland McMaster Family
Health Team to Register:

905-704-3660

www.wellandmcmasterfht.com



**Welland McMaster
Family Health Team**