



The  
Mental Health Coalition  
of the

**CRANBERRY  
AREA  
DIVERSITY  
NETWORK**  
presents...



## DEPRESSION: REAL CONVERSATIONS AND EFFECTIVE HELP

The evening will include a "lived experience" panel discussion, breakout sessions for adolescent depression, and pre/post pregnancy depression. The evening will also include a resource fair, mindfulness experience and refreshments.

### RESOURCE FAIR AND REFRESHMENTS

Is depression affecting you or someone you care about? Don't know where to start? Want to hear from others living with depression? Don't miss this important community event designed to give you real-world perspectives and resources to help. Living well with depression is possible. Find out how!

### PANEL DISCUSSION

**Lived Experience Panel: Understanding depression, living with symptoms and overcoming its impact on my life.**

Facilitated by **Katie Holzworth**, LCSW, Cranberry Psychological Center with introduction by **James Shamlin**, Clinical Director of Cranberry Psychological Center.

### MINDFULNESS EXPERIENCE

**How to Use Mindfulness in Managing Depression**

**Sandra Ihlenfeld**, Butler County Family YMCA, Vice President of Organizational Advancement

### BREAKOUT SESSIONS

**Breakout Session I:**

**Susan M. Fink**, MSEd., LPC, will present "Understanding Adolescent Depression, Resources and Seeking Help".

**Breakout Session II:**

**Courtney Williams**, MA, NCC, LPC, will present "Detection, Diagnosis, and Treatment of Perinatal Mood Disorders".

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