



# Virtual Seasonal Affective Disorder Workshop

Thursday, September 26  
2 - 4pm

- Prevention Factors
- Stress Management
- Mindfulness
- DBT & CBT strategies



Feeling low every year as fall and winter come? Learn about prevention mechanisms and strategies to manage the seasonal mood change.

📞 705-743-2272 ext 308

📍 540 George St N, Ptbo  
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🌐 [www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com)