



Overcoming the Winter Blues

Saturday, January 31, 2015

1:00pm – 3:00pm

All God's Children MCC Church
3100 Park Avenue
Minneapolis, MN

\$5 Suggested Donation



Winters in Minnesota can be a challenging time, especially for those who have depression and seasonal affect disorder. This event will feature people in our community to have experienced these issues and have found ways of beating those winter blues.

Our session will feature a panel of speakers from the National Alliance on Mental Illness (NAMI) who will share their experience of living with depression and achieving recovery. There will be time for a Q&A from the audience.

We will also have a special guest speaker Emily E. She will share her experience, strength and hope as well from the recovery perspective of things and provide some tips on what we can do to get out and get active.

