Depression is a common illness that can affect anyone. Attend our workshop and learn:

- The definition and symptoms of Depression
- How depression manifests in women, men, children, & adolescents
- What strategies to take to prevent depression
  - Where to get help
  - Maintaining a support system
  - Referral information

Wednesday, March 30  11am - 12pm  BE 105

Presented By: Maria Cevallos, MSW
DMH, Los Angeles County

Sponsored by: The Re-Entry Resource Program

Please RSVP by contacting Shannon Estrada at sestrada@cerritos.edu or by calling (562)860–2451, Ext. 2362

Reasonable accommodations and/or alternate formats of this document are available upon request. Please contact Career Services at (562) 860-2451, ext. 2362 or email Shannon Estrada at sestrada@cerritos.edu, a minimum of 7 school days in advance.