

# DREADING THE WINTER BLUES ❄️❄️❄️ ?

Come and join us for the first of a series of Wellness Programs that we will be hosting in partnership with the Laurentian View Women's Institute.

This night will focus on how to identify:

- symptoms of depression
- loneliness
- feelings of isolation
- stress
- provide information and skills on how to help yourself and/or others.



Bring along a friend, the more the merrier!

**Where: Cobden Civitan Hall**

**When: December 2, 2009**

**Time: 6:30 pm – 8:00 pm**

**Guest Speakers: Dr. Anne Martin and  
Ray Parchelo, Social Worker**



**Another Community Program from**  
Whitewater Bromley Community Health Centre Satellite



Every One Matters.