

Joy of Depression and Anxiety

ADULTS

Facilitated by a Registered Clinical Counsellor



WEDNESDAY, NOVEMBER 2, 2016 | 6:30 - 8PM

Brighthouse Branch, 100-7700 Minoru Gate, Registration required

The workshop will cover:

- Is anxiety keeping you from enjoying and moving forward your life?
- Feeling depressed about your future?
- What does anxiety and depression look like?
- Find ways to transform your anxiety and depression to happiness and joy.

Ginny Wong is a registered clinical counsellor with a Master's Degree in Counselling, with over 20 years of experience as a community-based social worker serving immigrants and refugee claimants in Metro Vancouver with clients from all cultural backgrounds facing various immigration and life challenges.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.