



Attention: **Nebo Parents**

join our next Mental Health Series...

Depression - You're Not Alone

Are you struggling with depression or caring for someone who does?

Course Created by:

Dr. Kevin Skinner, LMFT, CSAT, EDMR

In this session, learn about the many factors that contribute to depression. It can be genetically linked or situational, but there are things you can do to improve your emotions. There are things you can do to improve your emotions and the emotions of those you care for.

In this session, we will discuss:

- Where does depression come from?
- Contributing factors to depression
- Essential tools for treating depression



November 16, 2023

6:00–7:00 PM
via Zoom



Register Here

<http://cookcenter.info/Nov16Nebo>

Nebo
SCHOOL DISTRICT