

Understanding and Coping with Depression and Anxiety

Presented by Dr. Maria Nazarian



Learn how to recognize symptoms and use effective coping strategies, such as helpful thinking patterns, mindfulness, healthy behaviors, and improved social relationships.

IN-PERSON @ 2:00PM

Yoga Studio/GYM Room 216

Every Monday from now – May 22nd

For more information or for accessibility related questions, please contact SHS at 310-660-3643.

