

# UNDERSTANDING AND COPING WITH ANXIETY AND DEPRESSION



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.

**EVERY TUESDAY**  
**STARTING SEPTEMBER 26TH - DECEMBER 5TH**  
**@ 1:00PM-2:00PM AT THE LIBRARY LAWN**  
**NO REGISTRATION REQUIRED**

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



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