

# 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.

Every Monday IN-PERSON @ 2:00PM in Yoga Studio/Gym Room 216  
Starting February 27th – May 22nd

To register go to SHS Workshops  
or scan the QR Code!



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