



## FREE WORKSHOP!

Normalizing Depression:  
A Workshop Highlighting  
Depression In Women,  
Workshops will begin at 7:00 PM.

Doors open at 6:30 PM.  
Children & the Workplace

# NORMALIZING DEPRESSION

A Workshop Highlighting Depression in Women, Children & the Workplace

January 7/8 & 14/15, 7:00pm  
Salina Community Theatre • 303 E. Iron Ave, Salina, KS

**Depression is an epidemic** and can be especially difficult during the holidays. Coping with depression, or interacting with those struggling with depression can be overwhelming. Through a grant from the Salina Regional Health Center Foundation and in conjunction with the production of "Every Brilliant Thing," Salina Community Theatre will offer **four FREE identical workshops** to help people learn new coping skills, as well as how to recognize depression.

The workshops, led by Kristina Freeland, LCPC; Angie Sartain, LCMFT; Emma Ward, LMFT; and Dr. Christopher Graber, MD, will focus on depression in women, children and the workplace. The workshops will last approximately 60 minutes and allow audience members an opportunity to ask questions. The goal of this opportunity will be to educate community members on the prevalence of depression as well as how to seek help.

Each person attending a workshop will be given a voucher for two tickets to see "Every Brilliant Thing" (Running January 3-19). The SCT Box Office will be open following the workshops for those who wish to make reservations.

For questions, please contact the Salina Community Theatre at 785-827-6126.

[www.salinatheatre.com](http://www.salinatheatre.com)

  
SALINA COMMUNITY THEATRE

  
Salina Regional  
Health Foundation