

# Scarborough Academic

Family Health Team



This workshop will introduce healthy coping skills for people living with Seasonal Affective Disorder (SAD). Using both practical and cognitive behavioural therapy techniques, patients will learn about SAD and how to effectively cope with its symptoms.

## WEATHERING THE STORM

Managing

# SEASONAL AFFECTIVE DISORDER (SAD)

**FREE 2-hour Workshop**

**Tuesday November 14, 2017 - 1:00-3:00pm**

Scarborough Academic Family Health Team (SAFHT)

**Suite 320, 2330 Kennedy Road, Scarborough, ON M1T 0A2**

**(Kennedy Rd/Sheppard)**

Space Limited! Register at (416) 690-5180 or [booking@safht.ca](mailto:booking@safht.ca)

