

# Recession Depression Workshop

a *free* hands on, goal-oriented seminar

This workshop is designed to help you understand and normalize your own experience of “recession depression” (excessive worry, shame, helplessness and hopelessness caused by the personal impact of our national economic crisis). Our focus is on giving peer and professional support, learning coping methods and recapturing lost drive and self-esteem.

## *Do you experience these symptoms of “Recession Depression?”*

- ❖ Excessive worry and lack of sleep
- ❖ Demoralizing shame and blame
- ❖ Thoughts of self-harm/suicide
- ❖ Excessive rage
- ❖ Feelings of doom about the future
- ❖ Recurrent thoughts of death
- ❖ Panic attacks
- ❖ Excessive drinking/smoking/eating
- ❖ Apathy, loss of drive and motivation leading to hopelessness
- ❖ Severe stress in personal/family relationships
- ❖ Fear of simply “losing it”

## *What These Workshops Offer:*

- ❖ Understanding what’s going on inside *you*
- ❖ Normalizing your experiences through peer and professional support
- ❖ Learning tools to cope with feelings of depression and negative self-talk
- ❖ Developing concrete methods of dealing with stress
- ❖ Connecting with others to know you’re not alone
- ❖ Pulling yourself out of the downward spiral
- ❖ Recognizing when you may need professional help

*2nd Tuesdays* each month: **Recession Depression: Seeking Help Through Peer and Professional Support**

*4th Tuesdays* each month: **Effects of Recession Depression on Marriage and Family**



Both workshops run from 7:00-8:30 p.m. on Tuesday evenings at my office at 405 Chinn Street, Santa Rosa. *Please phone me at 526-4353 for further information and for a brief intake conversation. This is not a “drop in” workshop*

**Shonnie Brown, MFT** (#MFC 30787) has 20 years of experience providing individual and group psychotherapy. She specializes in empowering people who feel stuck or victimized by fear, isolation and life transitions. Her groups focus on self-responsibility, moving through fear and depression and building connections.