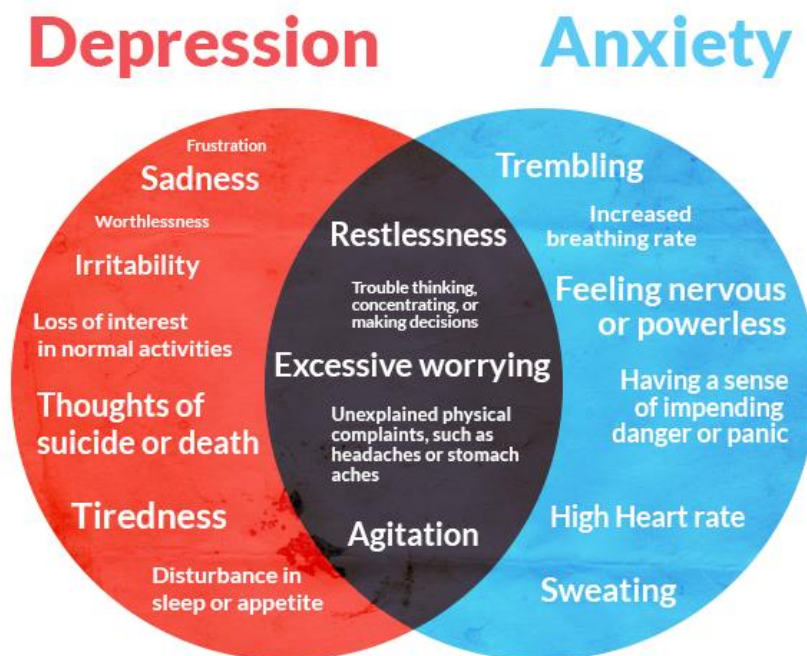


# St. Therese Mental Health Ministry



- What is anxiety and depression?
- What are the facts about anxiety and depression?
- Why it is important to learn about anxiety and depression?
  - How to cope with anxiety and/or depression?

**If you would like to learn more about anxiety and depression, make plans to attend.**

**Tuesday, September 12<sup>th</sup>, 7:00 p.m.**

**In Murray Hall**

**Presented by Bernadette Talia**



Bernadette Talia is a Licensed Social Worker who works with adults, family, and couples, as well as fellow Catholic parishioners. She is trained in Dialectical Behavioral Therapy, Certified Gottman Method Couples' Therapist, Multi-Model Approach to Grief Across Life Span, Certified Somatic Experiencing Practitioner, and EMDRIA certified EMDR Therapist.