



Community Learning Centre



**Commission scolaire English-Montréal**

**English Montreal School Board**

**École Secondaire LAURIER MACDONALD High School**  
**7355 Viau, Saint-Leonard H1S 3C2**  
**Tel: 514-374-6000 Fax: 514-374-7220**

Dear Parents/Guardians,

The Laurier Macdonald High School Community Learning Center, in conjunction with **Partners for Life**, is pleased to offer a **Workshop on Anxiety and Depression Awareness**. This interactive session will be made available through our Center's Video Conferencing Unit.

### **Description of the Workshop: Prevention through Education**

- How to recognize the signs of Anxiety and Depression
- What are the symptoms and manifestations?
- Distinguishing between depression, feeling down and anxiety
- Bringing to light the fact that it is a treatable illness
- Deconstructing myths, stereotypes, and examining causes
- Providing you with resources, information on treatments and steps to take if someone close to you suffers from any of these symptoms

**Place:** Laurier Macdonald High School 7355 Viau (Door #15, back entrance)

**Date:** April 22, 2010      **Time:** 7:00 pm to 8:30 pm

**RSVP:** Call Laurier Macdonald High School by April 21, 2010  
Contact Gina Bergantino Coordinator  
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