



## ***Understanding Depression Virtual Workshop***

*Presented by Marchelle Carl, Registered LPC Intern  
& Marti Diaz-Domm, Registered LPC Intern*

Do you ever feel like you are struggling to cheer up? You are just plain sad, in a funk, or in “Eeyore’s Gloomy Place”?

Depression comes in different shapes and sizes and because we are all unique beings, it presents itself a little different in each of us.

Come for a support session from knowledgeable therapists to learn about the different types of depression and walk away with a couple coping tools!



### **The Northwest Catholic Counseling Center**

*Serving all regardless of faith or finances*

*A State Certified Counseling Agency*

*Donations are tax-deductible. Tax ID 93-1088962*

8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

[www.nwcounseling.org](http://www.nwcounseling.org)

### ***When:***

Saturday, December 11, 2021  
9:00 AM – 11:00 AM PT

### ***Virtual Zoom Session:***

Email with links for access will be sent the day before the workshop.

### ***Register:***

#### **Online**

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

#### **Or Call (503)253-0964**

### ***Cost:***

\$30 per household

*Hardship scholarships available upon request*

Pre-registration required. Workshop fee must be paid at time of registration.

*Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.*