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PRESS RELEASE

Marblehead Counseling Center—Free Workshop on Coping with Depression

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The Marblehead Counseling Center will be holding a workshop on Tuesday, March 29 from 7pm to 8.30pm, about the various kinds of depression and ways of successfully coping with them.

This free workshop is open to the public and is being held at the Center, 66 Clifton Avenue. For information and registration call the MCC on 781-631-8273 or go to the website: www.marbleheadcounseling.org/programs.html

"At this time of year, many people are feeling down and depressed and wondering if the spring will ever arrive," said Paul Crosby, Executive Director of the Counseling Center. "While everyone occasionally feels blue or sad, these feelings are usually fleeting and pass within a couple of days. However, when someone has a longer-term depression, it interferes with daily life, affecting normal functioning and causing pain for both the person and those who care about him or her".

The depression workshop is part of the Counseling Center's new educational program, which every month features one of the many challenges that people encounter during life. The program starts with an interview show on MHTV, repeated during the course of the month, followed by a public workshop at the end of the month.

Coping with Depression features MCC therapist Heather Fine, LMHC. The program will appear on MHTV (Channel 10 on Comcast and Channel 28 on Verizon) on Wednesday, March 16 at 8 PM; Thursday, March 17 at 1 PM; Monday, March 21 at 7:30 PM; Tuesday, March 22 at 1 PM; Monday, March 28 at 8 PM; and Wednesday, March 30 at 1 PM.

The topic for April's educational series will be the challenges of single parenting and the ways to survive and thrive. The full schedule for upcoming topics can be seen on the Counseling Center website.

Founded in 1969, the Counseling Center helps people to cope with all sorts of life issues such as handling the emotional and financial trauma of unemployment and understanding adolescent children. Questions about the topics or ideas for future programs are very welcome. To submit a question or idea, contact the Counseling Center.