

Adults



Managing Depression & Anxiety

*with Barbara S. Ford M.A., LPC, NCC, CTRI,
Licensed Professional Counselor*



Coping strategies can offer an immediate, healthy way to decrease symptoms of anxiety, stress, depression, and anger, especially during the holiday season. Learn how to safely use skills to enhance every life and decrease negative behaviors and/or emotions.

Adults. Registration is required.

Thursday, 11/10, 4:30 - 5:45 pm

Princess Anne Library

385-0150

Customers may request a reasonable accommodation for programs. Requests must be made directly to the branch manager at the time of program registration, but no later than 48 hours before a scheduled event.

