



Depression is real. Hope is real too.

*Offering information, education, support,
and spiritual hope to those affected by
depression — as well as their families.*

2018 Spring Series in Collaboration with the University of Minnesota Department of Psychiatry

St. John the Baptist Catholic Church

4625 W. 125th Street • Savage, MN 55273

Contact: Deacon Russ Shupe • (952) 890-9671 • rshupe@stjohns-savage.org

Mondays 7:00 to 8:30 PM

March 5th • March 12th • March 19th • March 26th

March 5th



“New Non-medication Treatments for Depression”

Presented by
Sophia Albott, MD and Ziad Nahas, MD

March 12th



“Depression and Substance Use”

Presented by
Sheila Specker, MD

March 19th



“New Medicines for Depression”

Presented by
Barry Rittberg, MD

March 26th



“Depression in Teens”

Presented by
Kristina Reigstad, PsyD, LP
and

“Depression in Women”

Presented by
Emily Pisetsky, PhD, LP

Sponsored by the Depression Support Coalition

www.depressionsupportcoalition.org

All are welcome. Everyone is welcome to attend regardless of religious affiliation.