Winter Blues and Boundaries

Virtual Open Forum
Brought to you by the Department of Psychiatry

January 23, 2023
11:00 am- 12:00 pm

Facilitated By: Alicia Ott, LPC, Dr. Jessica Gold and Krista Jarvis, LPC

We will be discussing:

- What happens in the brain in winter.
- The symptoms and treatment of Seasonal Affective Disorder.
- What boundaries are and how to set and maintain them.
- Techniques and strategies for coping with seasonal stressors.