

The Gift of Depression: A Change of Mind — From Stigma to Significance

Depression and its myriad of forms will eventually affect every person in our society. In a rare opportunity to learn from one of Canada's most respected voices on leadership and personal development, David Irvine will share, from his own experience, his perspective on transforming depression from the stigma of secrecy and shame to a gift of an enriched, authentic life.

- Depression and Suicide: What do they have to teach us?
- Living with Mental Illness: How can I help? When is help not helpful?
- The Gift of Depression: A Change In Mind

Take this opportunity for an evening of reflection and renewal while you discover a shift in thinking about depression — in ways that meet the changing landscape of today's community and our wider society.