



# COMMUNITY COLLABORATIONS



## DEPRESSION- FEELING GOOD

VNSNY hosts this presentation in recognition of National Depression Month

**THURSDAY**  
**OCTOBER 14, 2021**  
2PM - 3PM

What is depression and how do you get there? How do you move beyond it and feel good again? In this workshop, you'll learn ways of keeping your emotional balance when things go wrong. Geared toward older adults.



[Click here](https://bit.ly/3v4RKRN) or use the following link <https://bit.ly/3v4RKRN> to register for the presentation.

For more information contact [communityco@vnsny.org](mailto:communityco@vnsny.org)



To learn more visit our website at [www.vnsny.org/community-collaborations](http://www.vnsny.org/community-collaborations) or scan the QR code above