



# Beyond the Blues: Caring and Sharing Support Group

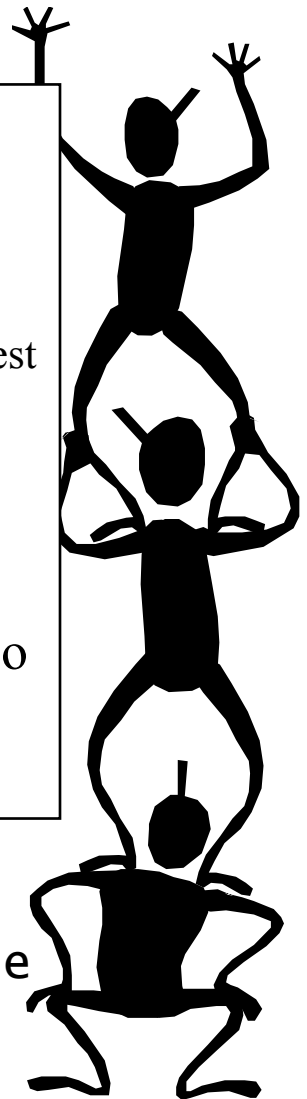
If you are 60 years or more, join us during January to learn more about how winter may affect your mood

Jan. 5: The Basics of Seasonal Affective Disorder: Why Do I Feel Low When Temperature and Sunlight are Low?

Jan. 12: Living Mindfully in the Winter \*\*Guest Speaker: Bill Wasserman, MSW, Humorist\*\*

Jan. 19: One Way to Combat Seasonal Affective Disorder: Exercise

Jan. 26: What's Abbott and Costello Got to Do with Seasonal Affective Disorder?



Every Monday 3:30-4:45 pm  
Englewood Vista, 5700 N Main, Gladstone  
Craft Room (2<sup>nd</sup> floor of main building)

*We will learn more about the topics as well as share and support each other in life's transitions*

Questions? Call group facilitator, Katie Brennan Homiak, MSW 816-468-0400 ext. 371

Sponsored by Tri-County Mental Health Services, NAMI, and KC Healthcare Foundation