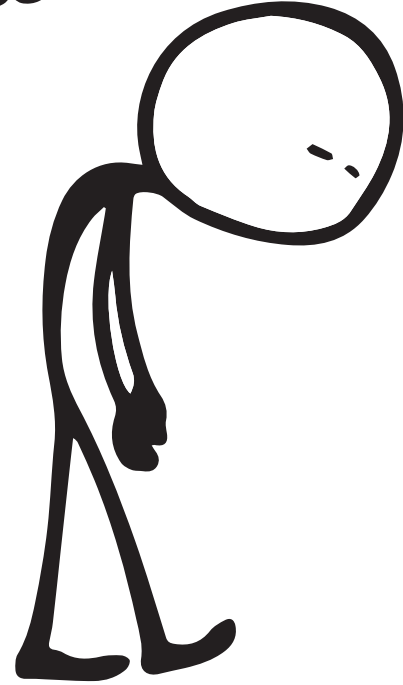


DEPRESSI N:

*What If the Pursuit of Happiness
Is Not the Answer...?*



Join us as **Dr. Espen Klausen**, a licensed clinical psychologist, will help you understand why we all get down, including why so many young people are depressed and how meaning, not happiness, is the opposite of depression.

He will explain how our thoughts work, and how this can contribute to a negative state. More importantly, he will talk about the keys to helping yourself and others pursue a life freed from the hold of depression.



Date: Tuesday **May 1, 2018**

Time: **7:00 pm**

Where: UW-Washington County
Room 305

Cost: **FREE** and open
to the public

For more information call:
262-339-1235



National Alliance on Mental Illness

nami

Washington County

NAMI-Washington County is an affiliate of the National Alliance on Mental Illness