

Cognitive Therapy Lecture Series

FREE

It Doesn't Have to be a S.A.D. Winter: Understanding Seasonal Affective Disorder and learning to cope with symptoms.

Presented by
Leah Romero, MFTT
Sharp Mesa Vista Hospital

*Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-836-8459*

Date: Tuesday December 6, 2011
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE
Registration: 1-800-82SHARP or online at
www.82sharp.sharp.com

*The Cognitive
Therapy Lecture
Series meets
monthly on the
FIRST
TUESDAY of
each month.
Presenters are
experienced
clinicians in the
community.*

Using cognitive therapy techniques, Ms. Romero will help us understand Seasonal Affective Disorder and how to effectively use cope with its symptoms. Learning how to use these skills, is the first step to improving one's mood during the winter or any season that may bring you down. Ms. Romero will offer practical tools intended to decrease distress often triggered by a change in season.

