



**Depression and Bipolar  
Support Alliance  
of San Diego**

**DBSA San Diego presents ...**

**Henry Petersen**

**L.C.S.W., Sharp Mesa Vista Hospital, San Diego**

## **Surviving the Holidays**

**Henry Petersen** will speak about holiday stress and families, the difference between this and SAD (Seasonal Affective Disorder), and coping with holiday stress.

**Henry Petersen** is an L.C.S.W. (Licensed Clinical Social Worker). He has been with Sharp Mesa Vista Hospital for over nine years, and has been specifically working with the Mood Disorders Program – based on the Cognitive Behavioral model of therapy – for over six years. Beginning nearly six years ago he developed, and has been facilitating, a weekly Mood Disorders Support Group, an educational and process group. The group members comprise both diagnosed persons (“consumers”) as well as family members and friends. He has been a guest speaker for DBSA and NAMI.

***When:* Monday, 03 November 2008  
6:00pm – 7:30pm**

***Where:* Garren Auditorium  
Biomedical Sciences Building  
Medical School Campus  
University of California, San Diego  
La Jolla, California**

**There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side of this sheet for detailed directions.***



1. Start in the **parking lot** and walk to the bus stop in front of the **VA San Diego Medical Center** (often simply called the VA Hospital in La Jolla).
2. Walk west to the covered outdoor corridor, turn right and walk north down that corridor, along the western edge of the hospital, until you turn left (west) when you get to the footbridge.
3. Walk over the footbridge that crosses Villa La Jolla Drive.
4. Walk past the **Stein Clinical Research Building** (on your right).
5. On your right, you will see a diagonal asphalt path starting near a fire hydrant. Walk down that path to the **Medical Teaching Facility** building.
6. When you reach the end of the asphalt path, walk under the overhead walkway connecting the two parts of the building. Continue until you reach the next building, which is the **Biomedical Sciences Building**.
7. Enter the large glass sliding doors and turn immediately left down a corridor, where there is a sign saying **Garren Auditorium** is in Room 1105.
8. Walk down the corridor, turning right, then left.
9. Enter where it says Room 1105 (the bottom/front of the room, where the lecturer will be) and take a seat. Alternatively, continue until you see a staircase going up on your right. This will take you to the top/back of the auditorium.

Signs will be posted along the route from the parking lot to Garren Auditorium.