



The Poul Hansen Family Centre for Depression Friends and Family Day

Saturday April 6, 2024 | 10 am - 12:20 pm EDT | Virtual via Zoom

PROGRAM AGENDA

Saturday April 6, 2024 | 10 am – 12:20 pm Eastern (EDT) | Virtual, Zoom

TIME	SESSION DETAILS
10:00 – 10:15	WELCOME
10:15 – 10:45 <i>(30 minutes)</i>	UNDERSTANDING DEPRESSION: FOUNDATIONS & HOPE Presenters: Hannah Albrechtsons and Lauren Carrique <ul style="list-style-type: none">Examine the fundamentals of depression in an informative psychoeducation session, including the characteristics of this common mental health disorder. Includes an overview of psychotherapy approaches and the various care pathways available to our patients and their families at the Depression Centre.
10:45 – 11:15 <i>(30 minutes)</i>	MEDICATIONS IN FOCUS: NAVIGATING DEPRESSION TREATMENT Presenter: Dr. Daphne Voineskos <ul style="list-style-type: none">Discussion of common depression medications and their side effects, addressing common queries from patients and families.
11:15 – 11:30	BREAK
11:30 – 12:10 <i>(40 minutes)</i>	EMPOWERING TRANSITION: TOOLS FOR PRACTICAL WELLNESS Presenters: Cristina Barrios and Emily Milton <ul style="list-style-type: none">Gain quick, tangible skills from various psychotherapeutic modalities; enhancing empowerment and providing participants with valuable takeaways. Will include a reflective meditation exercise to encourage calmness and self-reflection.
12:10 – 12:20 <i>(10 minutes)</i>	CLOSING REMARKS & FEEDBACK EVALUATION