

# Mental Health Spectrum

## Differences between Emotions

**When:**

Saturday, January 25

**Time:**

1:00 pm—3:30 pm

**Where:**

IDHHC Meeting Room  
#130-1555 McKenzie Ave  
Victoria, BC V8N 1A4

**Presenter:**

**Charlie Coyle**

*WBP Social Worker*

BSW,MSW,RSW



We often see words used like depressed, sad, nervous and anxious used to describe a variety of moods. But how do we know the difference?

This session will focus on understanding the differences between emotions and how to get/offer support.

We will discuss this and more!

### Need More Information or Register?

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