

### Upcoming Workshop on Mental Health Issues

The Pastoral Care Committee at First Unitarian Congregation of Toronto is presenting a talk on Saturday May 8, 2010 from 10:00am to 12:00pm on mood disorders. The Executive Director of the Mood Disorders Association, Karen Liberman, will be speaking on mood disorders and their affect on individuals and families. Topics will include the following: detection, diagnosis, and treatment of such conditions as bi-polar disorder, depression, OCD (Obsessive-Compulsive Disorder), SAD (Seasonal Affective Disorder), and others.

A question and answer period will follow the talk. Refreshments will be served. For further information, please contact Allan Brand at 416-690-3242 or at [merrileebrand@hotmail.com](mailto:merrileebrand@hotmail.com)