



# Anxiety? Depression?

## Does your child worry often?

Does your child express feelings of sadness and hopelessness? Is your child irritable or angry?

Join us for a free informal evening with

**Sean O'Hara**

**Psy.D., NCAC 1, SAP**

**Wednesday,**

**February 15th**

**from 6-8 p.m.**

**Caring Connections Center**

**13626 Twin Peaks Rd. Bldg. 300**

**Poway, CA 92064**

where you will learn more about just how common anxiety and depression are.

- ⇒ Did you know that depression often runs in families?
- ⇒ Are you aware that anxiety and depression are treatable illnesses?

Prior registration is required. Please call the Caring Connections Center at 858-668-4084 and leave your name and phone number to register.

You won't want to miss this!