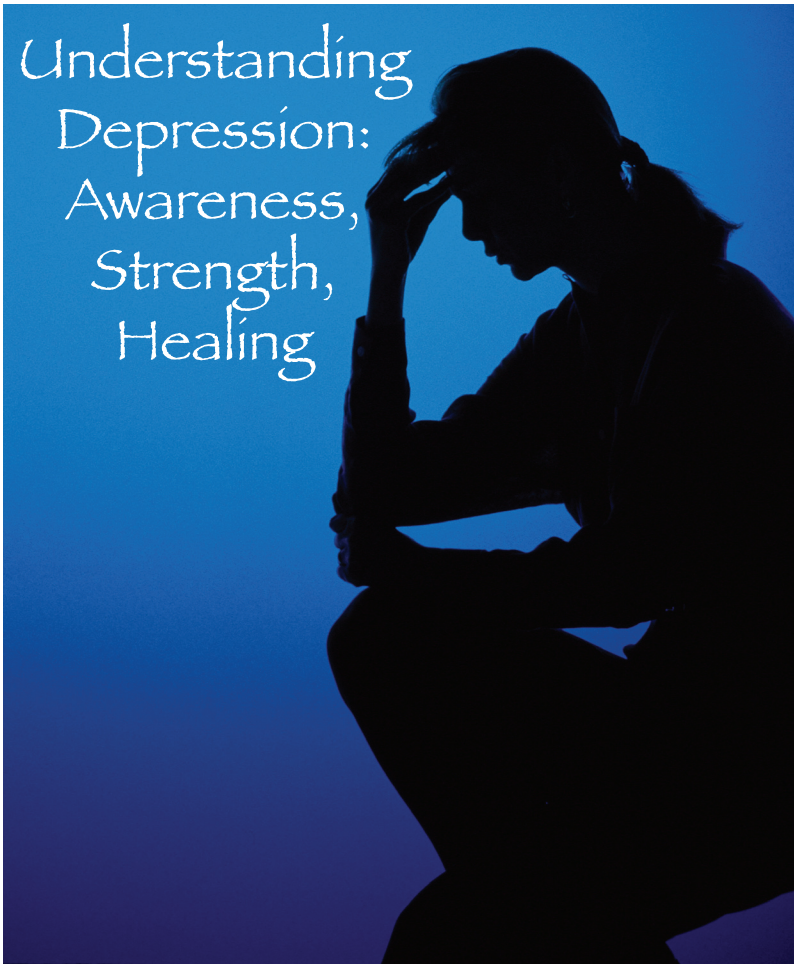

Saturday, March 3, 2012
Mary Lou Costanzo, LCSW
10:00 a.m. to 5:00 p.m.
Offering: $45

This workshop will explore the definition of "depression," distinguishing between normal periods of sadness that occur for most people at some points in life, and clinical depression, a defined, treatable condition. Once defined, we will discuss ways to deal with clinical depression, including biochemical and pharmacological treatments, psychotherapy, both individually and in groups, spirituality and faith, including focusing on the "inner strength" that often is present during depression, and alternative treatments, such as mindfulness meditation, movement therapies, exercise, etc. Some of these will be experiential and others will be described and discussed. It is hoped that participants will leave the day feeling that they have some understanding of the causes of depression, the symptoms of depression and what to do when or if it occurs.

Mary Lou Costanzo, an LCSW (Licensed Clinical Social Worker), has worked in the field of clinical social work for 35 years, specializing in work with families dealing with addiction and mental health problems such as depression and bipolar disorder. She has also worked in the field of problem gambling for fifteen years, specializing in working with family members of problem gamblers. Mary Lou has had extensive experience in clinical social work, both as an inpatient therapist and in private practice. She is currently the Clinical Director of Problem Gambling Services in Connecticut and has a private practice in West Hartford.

REGISTRATION FORM

Name .....

Address .....

City .....

State ..... **Zip** .....

Phone .....

E-mail .....

Parish & Town .....

Saturday - March 3 - $45

Please make sure that you include the names and addresses of all who will be attending.

I also include $ for those needing financial assistance to attend retreats.

Mail Reservation Form and Offering to: **Holy Family Passionist Retreat Center**
303 Tunxis Road, West Hartford, CT 06107-3119.
860.521.0440 • www.holyfamilyretreat.org • holyfamilyretreat@cpprov.org