



FREE COMMUNITY TALK

Strategies for Managing Anxiety & Depression in Older Adults

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a *free public talk* on anxiety and depression in older adults. For more information, visit us at www.nssac.ca.

DATE: Wednesday, February 22, 2017 at 7 pm

LOCATION: Sutherland Church
630 East 19th Street
North Vancouver, BC.



PRESENTER: Dr. Sarah Mordell
Registered Psychologist

With adults over 64 now outnumbering children in Canada, the mental health of older adults is becoming an important priority. Learn about the symptoms of depression and anxiety, two of the most common mental health issues affecting older adults. Develop strategies to promote mental health and get information about resources and where to get help.

Dr. Sarah Mordell is a Registered Psychologist with the North Shore Stress and Anxiety Clinic. She specializes in the assessment and treatment of mood and anxiety disorders. She has an interest in working with older adults with anxiety and depression, and has received specialized training in this area.