

**Free Community Education Seminar**

# Navigating Teenage DEPRESSION

What is depression? / How to spot early warning signs / How to build resilience / What to do  
For parents, teenagers and people who work with young people.

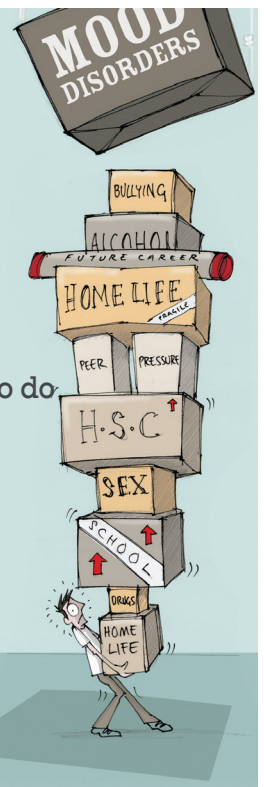
**WHERE:** Forum 6 Cinema, Wagga Wagga (77 Trail St)

**WHEN:** 27 April, 2011. 6.30pm - 8.30pm

**RSVP:** 22 April 2011

**CLICK HERE TO REGISTER**

Live music. Light refreshments provided.



**Free Community Education Workshop**

# Building Personal RESILIENCE

What is resilience? / Strategies for building resilience to combat stress

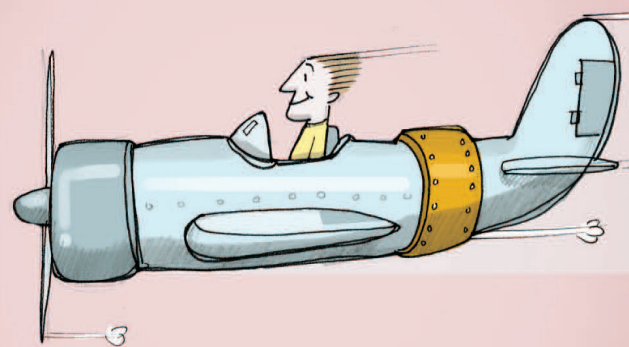
**WHERE:** Piercy Place, 185 Morgan St,  
Wagga Wagga (Conference Room)

**WHEN:** 28 April 2011, 9.30am - 12.30pm

**RSVP:** 22 April 2011

**CLICK HERE TO REGISTER**

Light refreshments provided.



Illustrations by Matthew Johnstone

**For more information,** contact: Chris Rule, Black Dog Institute, Project Manager -  
Rural Initiatives, on 02 9382 8203 or at [c.rule@blackdog.org.au](mailto:c.rule@blackdog.org.au)

**Website:** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Black Dog Institute is an organisation that specialises in mood disorders.  
The Institute is attached to the Prince of Wales Hospital and affiliated with the  
University of New South Wales.



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