



March 19

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Mood & Anxiety Concerns

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, March 19, 7pm
Free. All welcome.**

Dr. Meagan Gallagher, C.Psych., from the Centre for Interpersonal Relationships, will discuss the overlap in symptoms and experiences in Mood and Anxiety Disorders, their common roots and impact on thoughts, emotions, and behavioural patterns, as well as how individual treatments can address multiple difficulties.