

# Mental Health Mondays continue at Clark College

From grief and depression to addictions and the brain, Clark College's "Mental Health Mondays" series returns for spring quarter, offering insights on social issues.

Topics will include: "New Paradigms in Gender Transition" on April 23, led by Reid Vandenburg, licensed marriage and family therapist; "Alternatives to Psychiatric Medications" on April 30, led by Bill Dehen, a psychiatric/mental-health nurse practitioner; "Grief or Depression: Which is it?" on May 7, led by Jennifer Wohl, a licensed professional counselor in Portland; "Neuropsychology" on May 14 with Lawrence Moore, a neuropsychology specialist in Vancouver; "Acceptance and Commitment Therapy" on May 21 with Bevyn Rowland, PsyD, a clinical generalist specializing in individual and group therapy for trauma survivors; "Addictions and the Brain" on June 4 with James Jensen, MSW, who teaches many classes in addiction counseling education at Clark College.

"Mental Health Mondays" events are held from noon to 1 p.m. and are free and open to the public. The sessions are sponsored by the Clark College Counseling Center.

Clark College is located at 1933 Fort Vancouver Way, Vancouver.

For more information, visit [www.clark.edu/cc/mhm](http://www.clark.edu/cc/mhm) or call 360-992-2614.