

# Depression will be topic kicking off Mental Health Mondays events

Series is sponsored by Clark College Counseling Center

Clark College's Mental Health Mondays returns this month to offer insights on a number of issues ranging from depression to substance abuse.

The series opens Jan. 23 when Laurie Ellett, LCSW, will focus on mood disorders and depression. Her talk will be held in room 213 of Gaiser Hall, from noon to 1 p.m.

Other discussions, which will be held at the same time in the Penguin Union Build-

ing on the main campus, 1933 Fort Vancouver Way, will include "New Street Drugs," on Jan. 30, "When Substance Abuse and Mental Health Collide" on Feb. 6, "Couples Skills for Relationships," on Feb. 13, "Alternatives to Psychotropic Medications," on Feb. 20, "In Her Shoes: Domestic Violence," on Feb. 27, and "Acceptance and Commitment Therapy," on March 5.

The free series is sponsored by the Clark College Counseling Center.

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