

Clark College to offer Mental Health Monday sessions

From the mood disorders and new street drugs to domestic violence and couples skills for relationships, Clark College's "Mental Health Mondays" series returns for winter quarter, offering insights on important social issues.

The winter series will begin on Mon., Jan. 23 when Laurie Ellett, who is a Licensed Clinical Social Worker (LCSW), will focus on "Mood Disorders and Depression."

Ellett is licensed in Oregon and Washington, with a Master's Degree in Social Work and Alcohol and Drug Certification. She has provided leadership and clinical expertise to programs servicing people who have struggled with mental health and addiction problems.

The opening session will be held in Room 213 of Gaiser Hall, also known as the Ellis Dunn Community Room. All other winter quarter presentations will take place in the Penguin Student Lounge, located in the college's Penguin Union Building on Clark's main campus.

Events are held from 12-1 p.m., and are free and open to the public. Clark College is located at 1933 Fort Vancouver Wy., Vancouver. Driving, directions and parking maps are available at www.clark.edu/maps.

The "Mental Health Mondays" sessions are sponsored by the Clark College Counseling Center. Additional information can be found at www.clark.edu/cc/mhm and by calling (360) 992-2614.