

MOOD DISORDERS OTTAWA SPEAKER NIGHT



November 21th, 2017 7:30pm - 9pm

Deborah Brooks

TOPIC

“Getting through the dark season.”

Learning from our bodies, our history and others, can all contribute to get us through this difficult season of darkness and cold. We are not alone.

Deborah, (on the left in the photo) is a Registered Psychotherapist and Internationally certified concurrent disorder professional. Working at Serenity Renewal for Families and in Private Practice.

Specializing in women's issues, co-dependency, and addiction of all kinds. Passionate about healing in all its forms through self-compassion and individual empowerment through increasing knowledge and creating healthy community. These things can profoundly change ones life in positive and unexpected ways.

PS. Max, Deborah's therapy dog, is on the right

**MDO SPEAKER NIGHTS ARE MADE POSSIBLE BY A GENEROUS
GRANT FROM THE OTTAWA COMMUNITY FOUNDATION**



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