

The Peer Work Network

presents a discussion on

Coping with Holiday Depression

Thursday - Dec 19

3 to 4:30 pm on Zoom

Contact peerworknetwork@vch.ca for the zoom link



Join us for a brief nostalgic video “A Charlie Brown Christmas – Coping with Depression.” A throw back to 1965 when CBS presented the first animated version of the iconic Charlie Brown series by Charles M. Schulz.

Learn some little-known facts about the first Charlie Brown Christmas airing along with the background story about Charlie Brown’s woeful outlook on the holidays.

“Christmas cheer is a great concept, but having the Christmas blues is the realistic experience for many. A recent survey discussed in the Psychiatric Times found that 67% of those with depression report that it worsens in the festive season.” – Andrea M. Darcy

Let’s discuss what is behind holiday depression and how to deal with it.

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads.



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