

### **Health Forum**

We are holding a Mental Health Forum on Depression on January 13 and 27, 2012. During the course of the two evenings we would speak to the issue of depression as it manifests itself through the whole life spectrum as well as helping people to understand contributing as well as protective factors and possible resources. After a brief presentation by 4 panel members, we will involve the audience in the discussion. The 4 panel members for January 13 are Meng Lim, Child and Adolescent Psychiatrist; Mike Nichols, Pastor of Capilano Community Church; Ray Penner, Family Physician, Werner Pankratz, Psychiatrist. Panel members on the 27<sup>th</sup> are Judith McBride, Psychiatrist, Mike Nichols, Counsellor with Burnaby Counselling and Werner Pankratz.