

# Depression in Adults: The Long & Winding Road of Answers, Resources & Job Impact



**Date:** Tuesday, April 20, 2010  
**Time:** 12:00-1:00 p.m.  
(Registration 11:30 a.m.)  
**Fee:** \$15.00/person registered  
\$25.00/for two  
**Location:** Resource Training & Solutions  
Cold Spring Center, Suite 550  
4150 2nd St. South  
St. Cloud, MN 56301  
**Deadline:** April 13, 2010

## About this Workshop:

How does depression look? What are the everyday challenges for a person with depression? How can a person manage and survive to be healthy? Come to this workshop to help identify the signs and impact depression can have on an individual. Realize the community resources available to help adults. Discover the impact depression can have on employees in the workplace and how to deal with it. Walk away with a better understanding of the issue of what you can do to help.

**>> Bring your lunch and we will provide beverages and cookies!**

## Who Should Attend:

Employees, Employers, Human Resource, mental health care providers, business people, adults and family members of people suffering with depression and anyone who is interested in learning more about how to understand and deal with adults living with depression.

## About the Presenter:

Lori Long is a former St. Cloud City Council Member. Lori has been a realtor, real estate investor, landlord, and was an active community volunteer. As passionate as she has been in her life endeavors, she is also passionate about mental health issues. Major Clinical Depression slowly crept into her life and that began a slow downward spiral. Daily activities like doing the dishes or laundry were simply overwhelming. Since Lori is a fighter, she is now living in recovery. Come to hear how she has been guided along the way with local programming and resources. Learn what you can do to understand as a person with mental health issues, a family member or friend, co-worker, or a person interested to learning how to show support in the community.

*Mark Your Calendar!*

How to Put the Fun Back into Parenting with Love & Logic ..... 5/6/10  
Who is Washing the Dishes? .....  
Summer Time Solutions ..... 6/7/10

**Registration Limited!**  
**DON'T DELAY, REGISTER TODAY!**  
**Payment confirms registrations.**

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**REGISTRATION AVAILABLE ONLINE AT**  
**[www.resourcetraining.com](http://www.resourcetraining.com)**



**For more information  
contact Martha Roth at:**  
(320) 255-3236 ~ (888) 447-7032  
[mroth@resourcetraining.com](mailto:mroth@resourcetraining.com)

# Registration Form

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April 20, 2010 • 12:00-1:00 p.m.

\$15.00/person  \$25.00/for two

\$ \_\_\_\_\_ Total Payment *(payment confirms registration)*

Name(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Home Email Address: \_\_\_\_\_

Organization: \_\_\_\_\_

Profession: \_\_\_\_\_

Work Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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Visa  Master Card  Discover  American Express

Signature: \_\_\_\_\_

Send registration form(s) and check(s) made payable to:

Resource Training & Solutions  
4150 2nd Street South, Suite 550  
St. Cloud, MN 56302  
**Attention: Martha Roth**



**Cancellations and Refunds:** Payment confirms registration. A full refund will be given for cancellations seven days prior to course. Payment for cancellations less than seven days prior to course are non refundable, but may be applied to another course between October 2009 - June 2010. Resource reserves the right to postpone, reschedule or cancel a course at anytime. **ADA Accommodations:** Call (320) 255-3236 48 hours before course.

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Phone: (320) 255-3236 or (888) 447-7032

### How to Register:

- ▶ Online: [www.resourcetraining.com](http://www.resourcetraining.com)
- ▶ Mail: registration form on back
- ▶ Phone: (320) 255-3236
- ▶ Toll Free: (888) 447-7032
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For driving directions visit:  
<http://www.resourcetraining.com/rtsmaps.aspx>



Linda Wilfahrt  
St Francis Xavier School  
308 2nd St N  
PO Box 150  
Sartell, MN 56377-0150

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