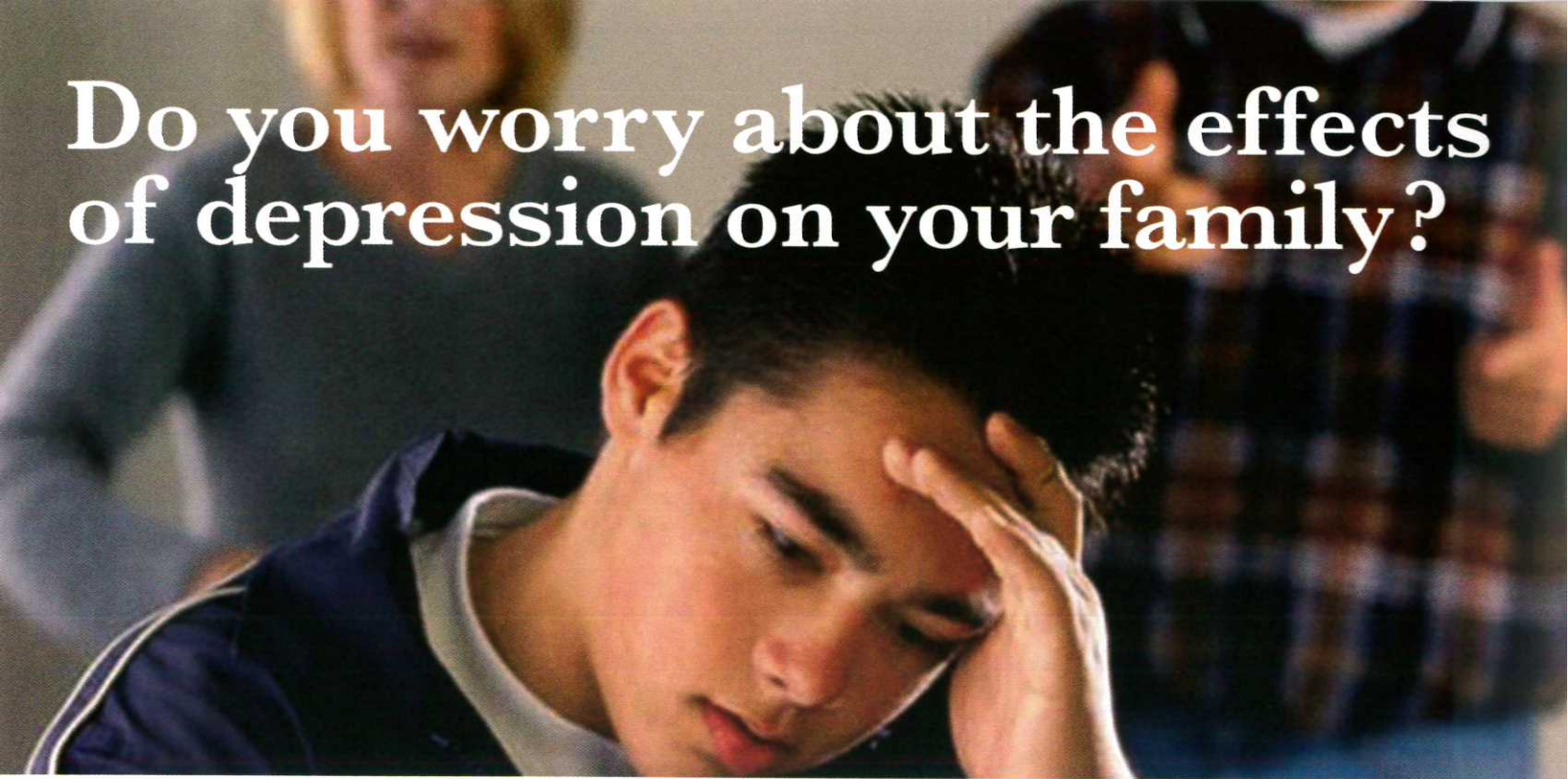


# Do you worry about the effects of depression on your family?



San Diego State University Research Program

## Helping Families Cope with Stress

If you have **current or past depression** and a **child 9-15 years old**, your family may be eligible to participate in a free program to help:

- *Reduce feelings of depression*
- *Learn about the impact of stress*
- *Strengthen parenting skills*
- *Learn healthy coping skills*

Compensation up to \$500 is provided.

*For more information visit:*



[www.familycoping.org](http://www.familycoping.org)

619-594-8892

[familycoping@chaamp-sdsu.org](mailto:familycoping@chaamp-sdsu.org)

