Understanding Seasonal Affective Disorder (SAD) Within First Nation Communities

January 14, 2024

10:00-11:30am MST

In this workshop we will learn what Seasonal Affective Disorder (SAD) is and discuss commonly experienced symptoms. We will also discuss strategies to help manage Seasonal Affective Disorder (SAD). This discussion will be framed in the context of traditional practices.

Learning Outcomes:

- Describe Seasonal Affective Disorder (SAD)
- Identify symptoms of Seasonal Affective Disorder (SAD)
- Identify strategies to help manage Seasonal Affective Disorder (SAD)
- Identify mental health resources one can access if experiencing Seasonal Affective Disorder (SAD)

Speakers:

Dr. Tricia Sandham, Registered Psychologist, Alberta. She owns a private practice in Edmonton where she provides individual therapy to adults, with a special interest in childhood trauma. Tricia has worked therapeutically with groups and individuals from various First Nation communities within Saskatchewan and Alberta.

Target Audience: Individuals who experience low energy, difficulty concentrating, and lack of interested in previously enjoyed activities during the winter

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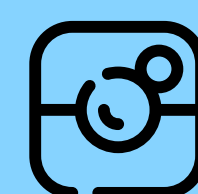
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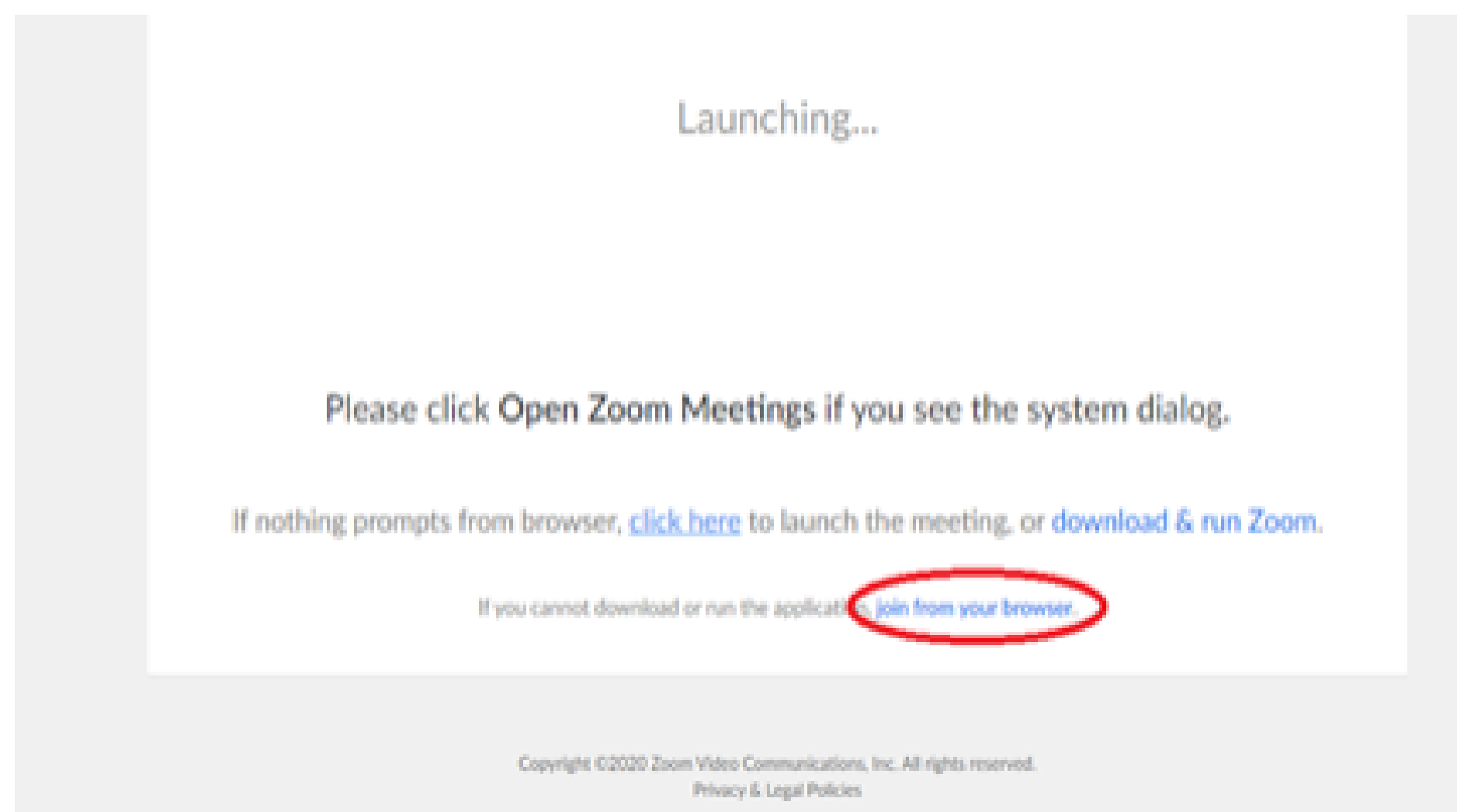3. Passcode: 538545
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