

# Creating Balance: Managing Depression and Stress Through the Holiday Season

November 25, 2025

10:00-11:30am MT

The holidays can bring joy but also stress, loneliness, and depression. This session will explore why these feelings surface during the season and share practical strategies to manage stress, set boundaries, and support emotional well-being.



## Learning Outcomes:

- Understand common triggers for depression during the holiday season
- Identify practical coping strategies to manage stress and difficult emotions
- Learn how to set healthy boundaries and realistic expectations
- Explore resources and supports available for ongoing mental health needs

## Speakers:

**Tammy Currie** - MSW, RCSW. Tammy Currie is a Registered Social Worker with extensive experience in private practice, municipal government, post-secondary education, and health services. She provides counselling and support to individuals experiencing depression, anxiety, and life transitions. Tammy has experience working with Indigenous communities, ensuring her approach is culturally respectful and trauma-informed.



Target Audience: Adults, caregivers, and community members who experience stress, loneliness, or depression during the holidays, as well as those supporting others through seasonal challenges

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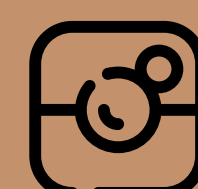
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