



Is It Depression?...or...Is It Grief?

**Susan K. Zimmerman, M.S.
PASSAGES TRANSITION CENTER**

**Friday, February 4, 2022
7:00 – 9:00 p.m. ET**

Your living room and Zoom

It is this time of year after the December holidays that many people wrestle with feelings of sadness. With the long winter ahead and less sunshine, we may find ourselves experiencing “depression”. But is it really depression, or is it just possibly grief?

What are the differences and why is it so important? Grief is very normal and is a natural response to loss, while depression is a medical condition. If you or a loved one are experiencing sadness, this class can be extremely helpful.

**Class fee – \$30.00
Register by calling (517) 339-4675
Or e-mail: szimmerman@passagestransitioncenter.com**

Susan Zimmerman, **PASSAGES Transition Center**, shares answers to these questions and provides ways to deal with both issues.