



DEALING WITH DEPRESSION

Dealing with Depression

Dr Ivan Watson MB BCH BAOa former GP turned pastor guides us through this common struggle with reflections and information from science & spirituality.

Ivan trained as a medical doctor and worked as a GP before becoming a Christian Pastor. He now lives in Cavan and is married to Carol who works as a psychiatric doctor. They have three children aged from 12 to 18. Both Ivan & Carol became interested in mental illness while they were medical students. Ivan talked with many depressed people during his time working in hospitals and as a GP. He acknowledges the usefulness of current treatments for depression in many cases but also senses the need for counselling which takes our spiritual dimension into account. This was one of the factors that led him to leave medical practice and become a full time pastor. This has brought him into contact with many people troubled by a range of issues including depression, anxiety, abuse, addiction and suicidal thoughts. Ivan has a heart for helping people through presenting information and dealing with individual questions.

All welcome. Tea and Coffee served at the end with opportunity for public and private questions during the evening.

Monday 7 November

7.30pm-8.30pm

**Carrigaline Community
Centre**

Organised By: **Carrigaline Baptist Church**
(www.carrigalinebaptist.org)
More info: 087 9798751 / 021 4373671