

The Depression Confessions

► Nanaimo ◀

So you are depressed — now what???

Please join Szos St Germain and Barry Samson for an interactive evening of personal story, analysis and open conversation targeting the topic of depression and the circumstances and conditions that drive it

Where? Nanaimo, Main Library, 90 Commercial Street, 2nd Floor

When? January 21, 2016 6:00 PM sharp to 8:00 PM
Open at 5:45 PM to mingle

Why? Because your depression is trying to tell you something and you are not listening!

Ours will be an intimate evening where both of us will tell our personal story with depression and attempt to explain our journey into and out of deep emotional distress. Both of us see depression as a form of emotional gold — a powerful motivator and profound, unrelenting and unapologetic wise counsel. Both of us have leveraged this to craft spectacular and meaningful lives stuffed full with the things we love. **We want you to know how we did it.**

What would it be like for you to attend an event where both you and your emotional distress were not only welcome but the very reason for the event itself? We will take you wherever you are and if you want to participate fine and if not that will be fine also! **Some questions for you to consider until we meet:** What is your depression trying to tell you? What are your emotional imperatives — the things you must have in order for you to be emotionally healthy? Who is driving your emotional life?

This **is a free event** so please join us and bring your friends and your curiosities. Please let us know you are coming so that we can assure a seat for you.

Please come

barry@lifedriver.ca

call/text 306 281 8489



Barry Samson

Father / Brother / Lover / Hunting Guide / Coach /
Entrepreneur / Student of Depression /
Hunter of Grace



Szos St Germain

Coach / Man of Love / Life Partner
Phd in all things that matter to
Szos St Germain