

"The Depression Confessions"

• Vancouver •

An evening of personal stories, analysis and open conversation including audience participation.

Where : Roundhouse Community Centre in the Multi Media Room upstairs,
181 Roundhouse Mews on the corner of Davie and Pacific 1 block
South of "Yaletown - Roundhouse" Sky Train Station

When : April 16th, 2015 6:45 PM to 9:55 PM

Why : Because depression prefers silence and the dark!

Please join Darren Hepple and Barry Samson for an intimate evening where each will tell his personal story with depression. These will be candid descriptions of the powerful emotional events that have shaped each of their lives and each man's initial and eventual emotional responses to them. Depression often comes with a history. This will be an attempt to track it. Neither men are trained professionals in the field of mental health but both are keenly aware of his own experience with the illness. Both stories are inspiring and promise hope.

Some questions to explore: Why is depression so powerful? What is its source? To what degree is depression a choice? What interventions worked for us? What role does belief play in perpetuating depression? What does depression tell us? What are its antidotes? What is the "Gold" of depression — its value?

Andy Solomon in his TED talk on depression describes depression as "a disease of how you feel" and if you can change how you feel or if you can be made to feel better you are essentially cured. It is our belief that "story", both in the telling and the listening to, can change how we feel and begin the journey of healing.

This is a free event and open to all. Seating is limited. To confirm your attendance or for questions please contact Barry at barrysamson@gmail.com

We look forward to see you there! Please share this with anyone you know who might be suffering with depression.



Barry Samson

Father / Guide / Coach / Entrepreneur



Darren Hepple

Husband, brother, uncle to many, Change Agent
Sees adventure in everything