



Depression is real. Hope is real too.

*Offering information, education, support,
and spiritual hope to those affected by
depression — as well as their families.*

Major depression is a medical illness that now affects 23 million adults each year. Depression affects our thoughts, feelings, mood, behavior, and physical health. Although devastating at times, depression is highly treatable.



Monthly Educational Speakers.

The Depression Support Coalition has developed a program of monthly informational talks by leading healthcare professionals and clergy educated and experienced about depression and related diseases.

Weekly Support Groups.

The program also offers weekly discussion and support group meetings at some Coalition church locations — designed to provide a network of Christian based support for those affected by depression — as well as their family members.

All are welcome.

All persons are welcome to attend, regardless of religious affiliation.

For meeting information.

For additional information, please contact Julie Opheim at 952-432-6351, or visit: www.DepressionSupportCoalition.org



February 6, 2012—7:00–8:30 PM

“The Whole-Person Approach to Treating Depression/Anxiety”

Kim Bushman, PhD, LP

Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
Apple Valley, MN 55124
Julie Opheim — 952-432-6351



April 16, 2011—7:00–8:30 PM

“Understanding & Managing Post Traumatic Stress”

Lisa Borneman, MSW

Easter Lutheran Church by the Lake
4545 Pilot Knob Road
Eagan, MN 55122
Stacy Wollmuth — 651-452-3680

Depression Support Coalition Member Churches

- All Saints Catholic Church
Lakeville, Minnesota
- Church of St. Michael Catholic Church
Prior Lake, Minnesota
- Church of the Risen Savior Catholic Church
Burnsville, Minnesota
- Easter Lutheran Church
Eagan, Minnesota
- Grace Lutheran Church
Apple Valley, Minnesota
- Mary, Mother of the Church Catholic Church
Burnsville, Minnesota
- Prince of Peace Lutheran Church
Burnsville, Minnesota
- Shepherd of the Lake Lutheran Church
Prior Lake, Minnesota
- Shepherd of the Valley Lutheran Church
Apple Valley, Minnesota
- St. John Neumann Catholic Church
Eagan, Minnesota
- St. John the Baptist Catholic Church
Savage, Minnesota
- St. Thomas Becket Catholic Church
Eagan, Minnesota



March 1, 2012—7:00–8:30 PM

“Bipolar Disorder: A Life of Extremes”

Bob Bartlett, MA, Marriage & Family
Prince of Peace Lutheran Church
13901 Fairview Drive
Burnsville, MN 55337
Richard Erickson — 952-788-0275



May 3, 2011—7:00–8:30 PM

“Depression in the Workplace: Navigating the Personal and Professional Waters”

Mark A. Meier, MSW, LICSW
Mary, Mother of the Church Catholic Church
3333 Cliff Road
Burnsville, MN 55337
Jamie Maloney — 952-890-0045



June 4, 2011—7:00–8:30 PM

“Our Stories of Depression & Our Hope Today”

Panel Discussion
All Saints Catholic Church
19795 Holyoke Avenue
Lakeville, MN 55044
Deacon Jim Marschall — 952-985-9983

Sponsored by the Depression Support Coalition
www.DepressionSupportCoalition.org

The mission of the Depression Support Coalition is to inform, educate, support, and cultivate a community of spiritual hope for those affected by depression — as well as their families.