

The University of Michigan Comprehensive Depression Center

Community Forum Series

# Bright Nights

Learn about and discuss the most current information with leading experts from the U-M Depression Center

*Transient fears and anxieties can be a part of normal childhood development, but if the anxiety causes excessive distress and/or interferes with school performance, activities, or relationships, this could be an indication of an anxiety disorder. Anxiety disorders can be disabling and are surprisingly common, affecting up to 30% of all youth, and often co-occur with depression.*

*The good news is that effective treatments are available. Join us to learn more about anxiety disorders and depression in children and adolescents, including the latest information on treatment options.*

## Depression and Anxiety in Youth & Adolescents

A presentation by **Kate Fitzgerald, M.D.**, Assistant Professor, U-M Department of Psychiatry Child and Adolescent Anxiety Program, with a panel of experts to answer your questions.

**Tuesday, November 17, 7:00-8:30pm**  
**Multi-Purpose Room**  
**Ann Arbor District Library, Downtown**  
**353 S. Fifth Avenue**

*Free of charge and open to the public. No pre-registration is required. Presented by the U-M Depression Center and the Ann Arbor District Library. For more information see [www.depressioncenter.org](http://www.depressioncenter.org) or contact Trish Meyer at 734-763-7495 or [meyerpa@umich.edu](mailto:meyerpa@umich.edu).*

