

# Understanding Depression in Youth and How to Help



**Kathryn DeLonga, PsyD**  
**National Institute of Mental Health**

**Wednesday, May 16, 2018**  
**6:30pm - 8:30pm\***

Sequoia Plaza Auditorium (Lower Level)  
2100 Washington Blvd, Arlington, VA 22204

*Are you concerned about your child? Come learn how parents can help.*

Join us in welcoming Dr. Kathryn DeLonga, a clinical psychologist with the National Institute of Mental Health. Dr. DeLonga will share information on the prevalence of major depressive disorder; how to identify and understand depression in youth; the elements of recovery; and strategies for treatment.

\*Doors open for a Mini-Resource Fair at 6:30pm, and Dr. DeLonga's presentation will begin at 7:00pm. This event is free and open to the public, and Spanish language interpretation will be available.

**Registration is REQUIRED.** Kindly [register online](#), or contact the Parent Resource Center at 703.228.7239 or [emma.parralsanchez@apsva.us](mailto:emma.parralsanchez@apsva.us).

Directions and parking information: <https://www.arlingtonva.us/locations/dhs-sequoia1/>