

# *Coping with Stress and Depression— Strategies for Families*

**April 10, 2018**

**7:00 p m ET**

Register at



**[www.familyaware.org](http://www.familyaware.org/trainings)**  
**/trainings**



***Families for Depression Awareness*** is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

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## **Join our Free Webinar on Coping with Stress and Depression to learn**

- How families can identify and manage stress
- Ways to support a service member or veteran
- What resources are available for you

For Family Caregivers, Military Families and Service Personnel, Employee Assistance Program Professionals, and Adults Concerned About Themselves or Others. Watch the webinar live to submit questions to the presenter, **Dr. Liza Zwiebach**.

Liza Zwiebach, PhD, is Associate Clinical Director of Emory Healthcare Veterans Program and an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine. Dr. Zwiebach is a practicing psychologist and works predominantly with returning veterans, specifically for treatment of PTSD.