

Community Education Service



Improving emotional health and wellbeing

Let's Talk About Depression

Presenters:

Jason Adair, Psychiatric Peer Support
The Summit; Alberta Children's Hospital - Psychiatric Emergency Services, Recovery Alberta

T.C.R. Wilkes, B.Sc., M.B., ChB., M. Phil., D.C.H., F.R.C.P. (Edin), F.R.C. Psych., F.R.C.P.(C), D.L.F.A.P.A., I.A.A.P., Professor Emeritus, Department of Psychiatry, Cumming School of Medicine, University of Calgary, Consulting Child, Adolescent, Family Psychiatrist & Analyst, Recovery Alberta

Learning Objectives:

- 1) To be aware that there are multiple forms of Major Depressive Disorder (MDD).
- 2) To be aware that neglect and abuse can result in depression.
- 3) Loss of purpose and sadness, acedia, has been recognized since the 4th century.
- 4) Our *Behavior* can be a language and reveals our sadness.

IN-PERSON SESSION

May 20, 2026

1:30pm – 3:30pm

**Hull Services – Social Room
2266 Woodpark Ave SW, Calgary**



[Click here to register](#)

FREE

This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta**.