



FALL ISSUE

Resources from October 21st Virtual Public Presentation Session

Dear Attendees of Dialogue on Aging's Virtual Public Presentation Series,

Thank you for joining us for our virtual presentation on October 21st, 2021.

This newsletter issue has the Q&A, links and files containing valuable resources that were shared during the October 21st session.

Here is the recorded version of our October 21st Webinar:

<https://youtu.be/ak8YGF1Hozc>

Stay safe,

The Dialogue on Aging Team



<http://publicpresentations.providencehealthcare.org/>



@DialogueonA

Resources

Resources from Dr. David Conn (Preventing and Treating Depression as we Age)

The Wellness App - <https://wellnessapp.ca>

- Developed by clinicians expert in behaviour activation. This application offers Daily Check-in and calendar to log your goal, assisting in increase of goal attainment and provides encouragement when you need it. The Wellness App is available to you for free and is usable on any device (computer, laptop, iPhone, iPad, or Android device).

The Canadian Coalition for Seniors' Mental Health - Tools for Seniors and Families: <https://ccsmh.ca/projects/depression/>

Tap into your Fountain of Health!

<https://fountainofhealth.ca/>

Health Behaviour Change Toolkit

<https://fountainofhealth.ca/toolkit>

Contact Dr. Conn

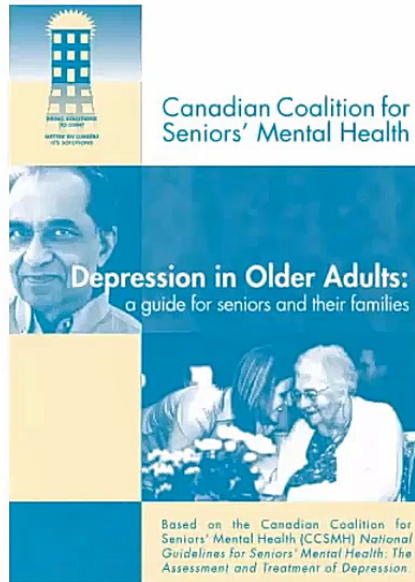
Email - dconn@baycrest.org

Resources

Helpful Booklets -

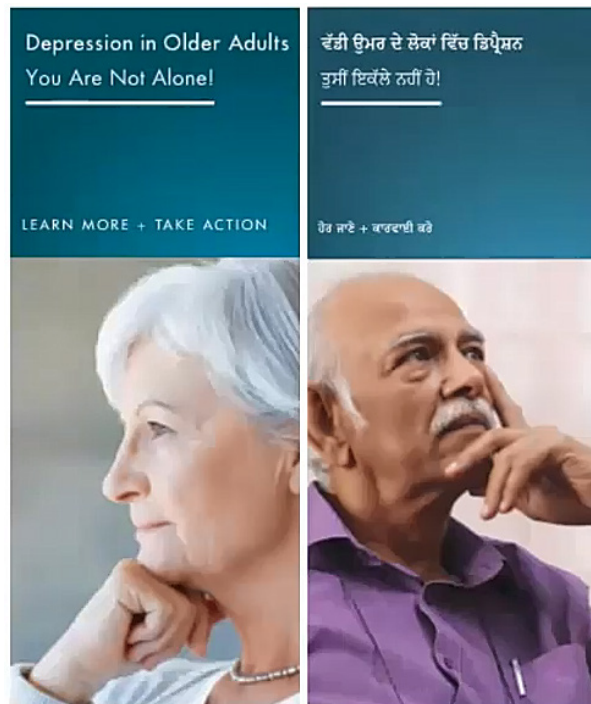
1. Depression in Older Adults: a guide for seniors and their families -

[Download](#)



2. Depression in Older Adults: You are Not Alone!

[Download PDF](#)



[Download Pamphlet](#)

Resources

Thank you for attending our webinar as part of Dialogue On Aging's Virtual Public Presentation Series. We greatly appreciate having you join us for the October 2021 Virtual Series.

We hope to see you in Spring!

Best,

The Dialogue On Aging Team

