



Dr. Tigerson Young, Registered Psychologist

Dr. Tigerson Young is a registered psychologist in B.C. He works in a full-time private practice. He is an adjunct faculty at UBC, Kwantlen Polytechnic University, and Thompson Rivers University. He is also a renowned speaker on various mental wellness topics, including co-hosting a regular radio show.

Session: *Depression in Seniors*

- Objectives:**
1. How to recognize signs of depression and anxiety in seniors
 2. Practical tips for managing stress and negative emotions
 3. How to identify activities to keep you connected
 4. When and how to seek help and support