

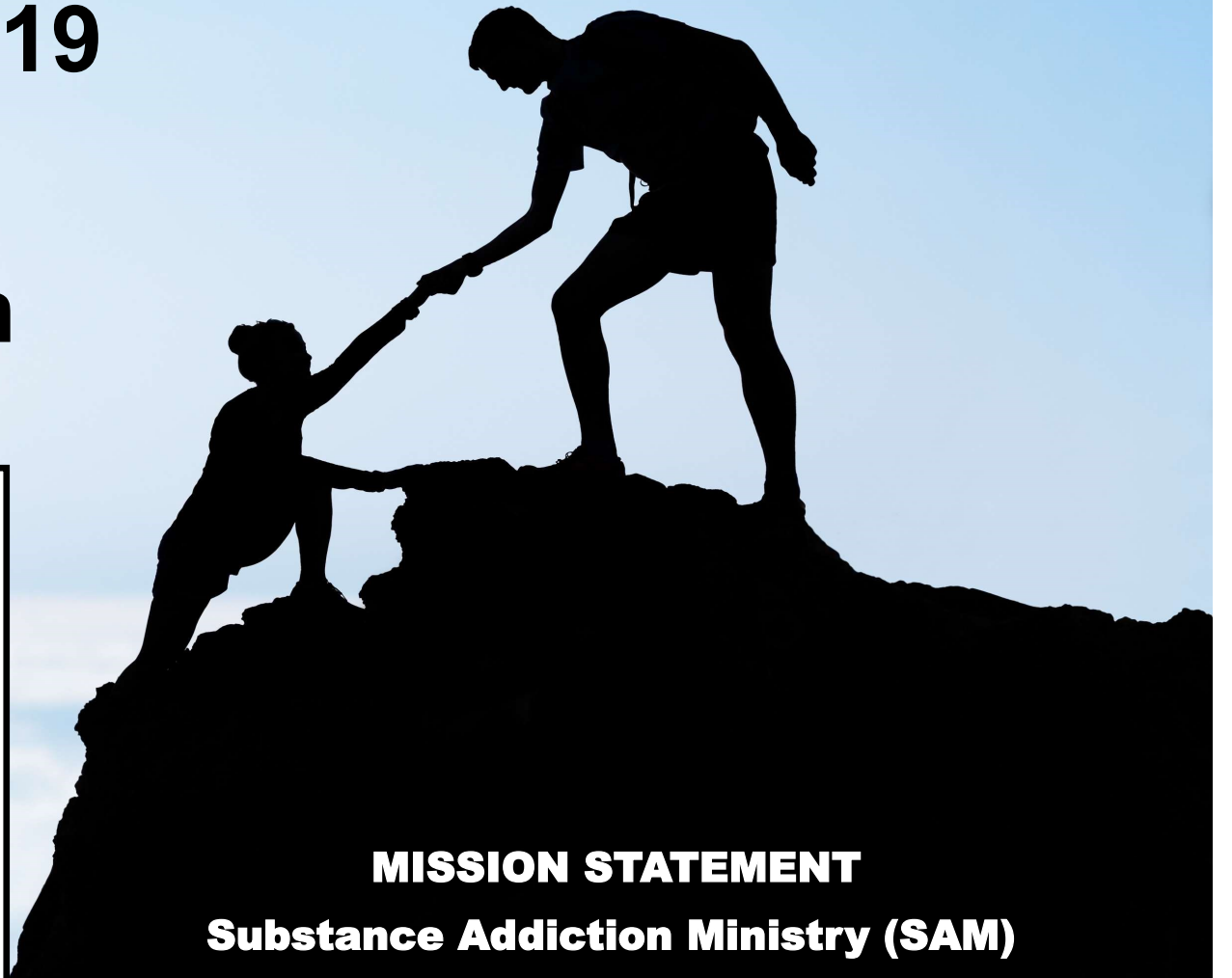
# Managing Clinical Depression and Anxiety

**Speaker: Brandon Bykowski MSW, LCSW-SA**

**When: Thursday, September 12, 2019**

**Time: 7:00-8:00 p.m.**

**Where: St. Francis Borgia—Church**



## Topics covered:

- Understand the difference between healthy emotions vs psychiatric mood and anxiety disorders
- Gain tools for identifying & measuring the various symptoms of depression and anxiety
- Learn practical skills and coping strategies for reducing depression and anxiety symptoms
- Acquire a basic understanding of the different outpatient treatment options available

## MISSION STATEMENT

**Substance Addiction Ministry (SAM)**

**A ministry to provide hope, healing and reconciliation to the people of God touched by addiction.**



Brandon Bykowski MSW, LCSW-SA, graduated from UW-Madison Clinical Social Work program with MSW in 2012. He has been employed as a psychotherapist at Jefferson County Human Services since 2016 and previously at Yellowstone Behavioral Health Clinic since 2012. Brandon primarily provides outpatient individual and group therapy to adults struggling with addiction, trauma and mental health disorders. He draws from a broad array of psychological knowledge and clinical interventions to help his clients develop deeper insight, alleviate emotional suffering, and make meaningful improvements in their lives. He utilizes evidence based therapy modalities including Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and Prolonged Exposure Therapy. Brandon also enjoys working with and providing clinical supervision for UW-Madison graduate student interns who are training to become licensed therapists.

**Saint Francis Borgia Catholic Church—1375 Covered Bridge Road, Cedarburg, WI 53012**

**For more information contact: Pat Franklin at [SAM.cedarburg@email.com](mailto:SAM.cedarburg@email.com)**

**[www.SaintFrancisBorgia.org](http://www.SaintFrancisBorgia.org) >parish outreach> SAM**

**The SAM Prayer Support Group will meet in church from 6:15-6:45 p.m. before this event.**