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December, 2009

To our friends and supporters:

It is holiday time and the season is full of excitement and expectations. Yet, there can be a gap between our hopes and expectations of the holidays and the actual experience -which can lead to holiday stress. This year in particular, many families are facing financial challenges and holiday stress can be experienced as anxiety and even depression. When a person is feeling out of step with the season of celebration, difficult emotions like anxiety and depression can be magnified. If you have questions, or are worried about the emotional well being of your child, please look over our web site - you will find a lot of helpful information here. Erika's Lighthouse is dedicated to educating students, parents and teachers about childhood and adolescent depression. Our *Parent Handbook on Childhood and Adolescent Depression* which is a "parent to parent discussion on childhood depression" can be found here in a PDF and a spiral bound copy can be ordered at **Amazon.com**. Remember, there is no "perfect" gift, family or holiday - rather our children need our presence to help them grow healthy and strong. Best wishes for a healthy and happy year.

Peggy Kubert, LCSW
Executive Director