

Join the Toronto Stroke Networks for a FREE in-person workshop:

Post-Stroke Mood Changes: Exploring Anxiety & Depression

Objectives

By the end of this session, participants will:

- Increase their knowledge of mood, anxiety, and depression after a stroke.
- Explore screening tools and the clinician's role in assessing mood.
- Acquire practical strategies to support patients experiencing post-stroke mood changes.
- Learn about resources available to support patients' mental health and well-being post-stroke.

Date and Location

Date: Wednesday, March 19th 2025

Time: 8:00 AM- 12:00 PM

Registration: begins at 7:45 AM

Location: Auditorium (Room 604), Floor 6, Princess Margaret Hospital
(620 University Ave, Toronto, ON)

Target Audience

Social workers and other healthcare providers working primarily in stroke care will be prioritized.

Seats are limited- Sign-up now!

<https://www.surveymonkey.com/r/LXBYXR6>



Featured Speakers



Dr. Abe Sniderman, M.D., F.R.C.P (C)

Director, Neuropsychiatry Clinic
Brain and Spinal Cord Program
Toronto Rehabilitation Institute.
University Health Network.
Associate Professor
Departments of Psychiatry and Medicine,
University of Toronto



**Cristina Barrios
MSW, RSW**

Poul Hansen Family Centre for Depression
UHN Centre for Mental Health



**Pat Chitnuchtaranon
MSW, RSW**

Poul Hansen Family Centre for Depression
UHN Centre for Mental Health



**Emily Milton
MSW, RSW**

Poul Hansen Family Centre for Depression
UHN Centre for Mental Health



**Mara Manzato
Regional Manager,
After Stroke**
March of Dimes



**Megan McPolland
MSW, RSW**
Sunnybrook Health Sciences Centre &
North East GTA Regional Stroke Best
Practice Team



**Hannah Matthews
MSW, RSW**
North York General Hospital